

HKICPA Virtual Run 2021 - How to Record and upload your run

1. Record your run

Use any GPS watches, or mobile phone with running Apps to track your run

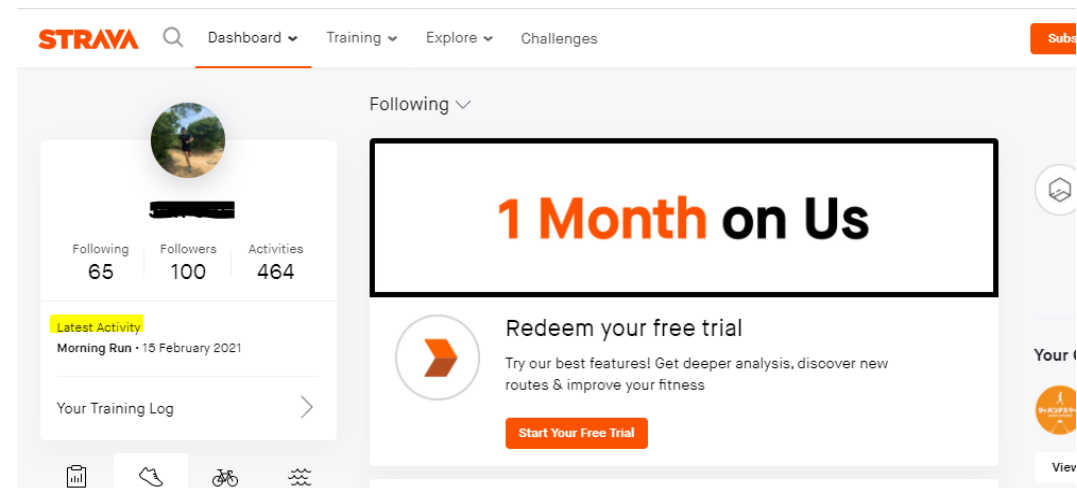
Tips: your resting time in between will also be counted, do not stop your watch until you finish your run

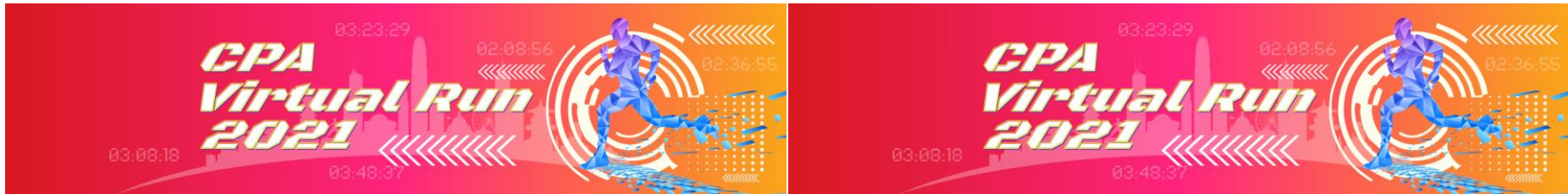
2. Capture and upload your run via [THE UPLOAD PLATFORM](#)

Sync your record with your GPS watch App, capture the run that clearly shows your **elapsed running time, distance and date**

DEMO - If you are using Strava on Desktop

After login, click "Latest Activity"





Remember to set your run type to “RACE” by clicking the edit (Pencil icon)

STRAVA Dashboard Training Explore Challenges [Subscribe](#)

Overview

- Analysis
 - Race Analysis
 - Pace Distribution
 - Heart Rate
- Segments
- Laps

Activity: Morning Run
10:00 on Monday, 15 February 2021 · Sham Shui Po District, Hong Kong

54.01 km	8:31:32	9:28/km	
Distance (?)	Elapsed Time	Pace	
Elevation	813m	Calories	4,721
Moving Time	6:28:53		
Polar Vantage M	Shoes: -		

[Add a description](#)

[Add Others](#)

Only your followers can view this activity. It won't appear on segment leaderboards and may not count toward some challenges.

Change the run type to “Race” and click “Save”

Edit Activity

[Save](#)

Title: Morning Run

Sport: Run

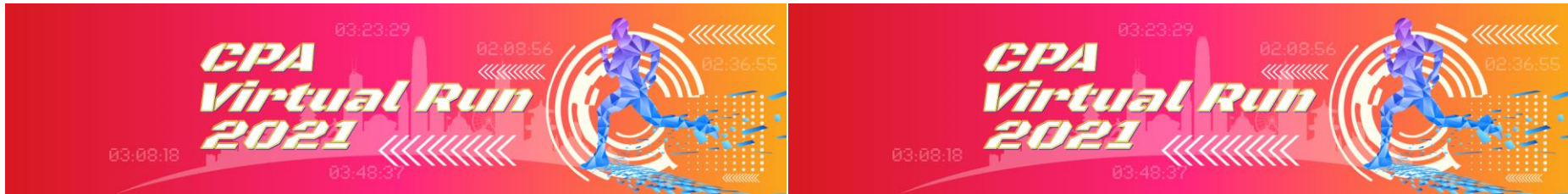
Description: How did it go? Were you tired or rested? How was the weather?

Run Type: Race (selected), Long Run, Workout

Perceived Exertion: How did that activity feel? [What is Perceived Exertion?](#)

Shoes: [+ New Shoes](#)

Map: 15 Feb 2021, 54.01 km, 8h 31m, 813 m Elevation Gain



Record ready to upload showing elapsed time / date and distance

STRAVA Dashboard ▾ Training ▾ Explore ▾ Challenges Subscribe

Overview

Analysis

- Race Analysis
- Pace Distribution
- Heart Rate

Segments

Laps

[Redacted] - Race 9 0

10:00 on Monday, 15 February 2021 · Sham Shui Po District, Hong Kong

Morning Run

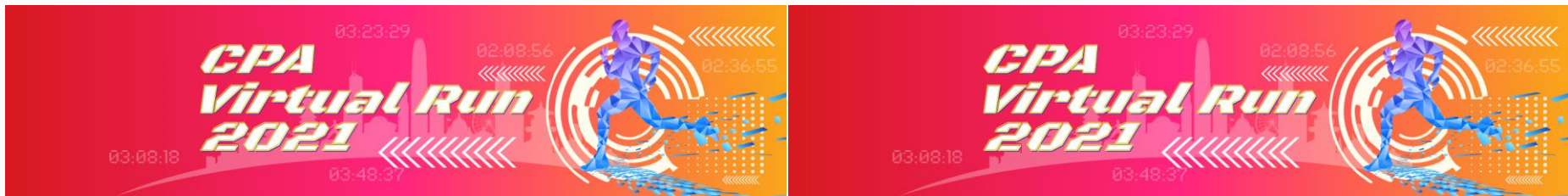
[Add a description](#)

[Add Others](#)

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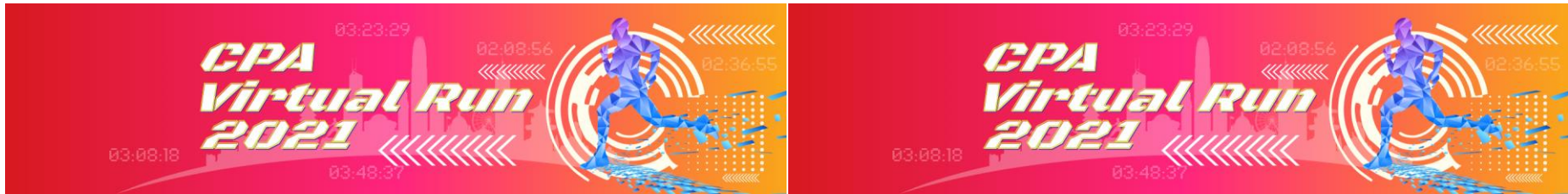
54.01 km	8:31:32	9:28/km	
<small>Distance (?)</small>	<small>Elapsed Time</small>	<small>Pace</small>	
<small>Elevation</small>	813m	<small>Calories</small>	4,721
<small>Moving Time</small>	6:28:53		
<small>Polar Vantage M</small>	<small>Shoes: —</small>		

You may now Capture and upload your run via [THE UPLOAD PLATFORM](#) =)



If you are using Strava on Mobile App
Click "You" to view your own run





Click on the map to view your latest record

9:41

+

Feed

Following You Clubs

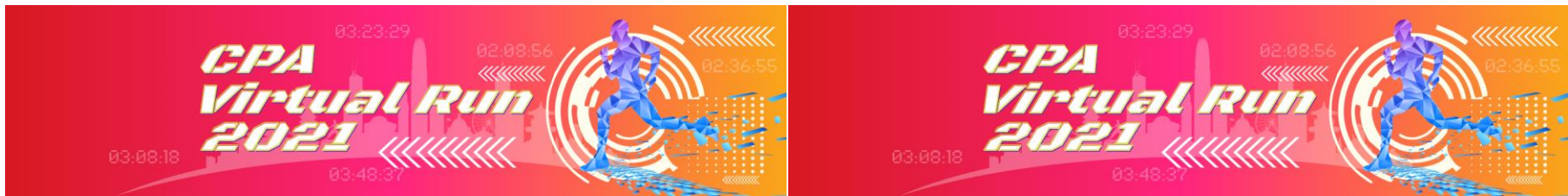
February 15, 2021 at 10:00 AM · Sham Shui Po District, Hong Kong

Morning Run

Distance 54.01 km Pace 9:28 /km Time 8h 31m Achievements 5

Race




381 m 289 m 587 m



Click “...” then “Edit” to change the type to “Race” .. then press “update”






9:41   

[Cancel](#) **Edit Activity**

CUSTOMIZE YOUR RUN

Name: Morning Run

 Add photos to your run

Sport: Run

Type: Race

Commute

[Learn more](#)

Description

How did it go? Were you rested? Leave your notes here.




PERCEIVED EXERTION

How did that activity feel?

Easy Moderate Max Effort

[Hide Details](#)


Update Activity

9:42   

[Cancel](#) **Edit Activity**

CUSTOMIZE YOUR RUN

Name: Morning Run

 Add photos to your run

Sport: Run

Type

Long Run

Workout

Race

[Cancel](#) [OK](#)

PERCEIVED EXERTION

How did that activity feel?

Easy Moderate Max Effort

[Hide Details](#)

Update Activity



You may now Capture and upload your run via [THE UPLOAD PLATFORM](#) =)

