

Strava Application

Step 1: Download the STRAVA app [Apple](#) or [Android](#) and request to join the [Fight For Air Climb San Francisco club](#). A Group Administer will accept your request to join.

Step 2: Start posting photos, practice exercises, and more to familiarize yourself with the app before event day.

Step 3: Understand how the Strava app will be used on March 2nd by reading the details below. Please reach out if you have any questions.

Event Instructions

Building Climber

Use the Strava App before and during the event to communicate with team members and follow the Urban Climbers on their journey. Post your pictures and climb times. Receive important day of challenges and win prizes.

Urban Climbers

The list of named stairs will be posted in the Strava Club and on the website prior to the event.

You can start at any staircase you choose at whatever time you choose. You will have from 9am until 8pm on March 2nd to climb as many named staircases as possible as an individual or as a team. For team awards at least 4 team members must stay together and climb together to qualify. You cannot split up to cover more stairs.

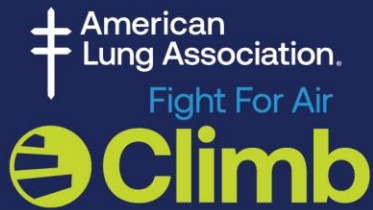
Please note that there is no course you have to follow. You will create your own course by checking in (starting and finishing activity at each staircase). The only GPS Data being recorded and processed for event purposes is the completion of each Staircase, which in turn renders the exact course irrelevant.

Recording your staircases

It is important to note that all of your GPS movement will be recorded through the STRAVA App. Your timestamp and activity for each staircase ascent needs to be manually recorded as activity and named the staircase you are climbing. How long it takes you to climb the staircase is irrelevant. Competitions are based only on how many staircases you climb, not how fast you climb each one.

Your time between staircases is irrelevant so please transport yourself safely from one staircase to the next. The goal is to navigate your way through the most beautiful parts of San Francisco while taking in the exceptional vistas at the top of each of the 22 Staircases in this year's event. The speed in which you make your way to the top of each staircase is personal preference.

You can go from one Staircase to another in whatever order you prefer. You just need to make sure you record, finish, name and save activity for each staircase.



At the start of each staircase

- Make sure your STRAVA App is open, and you have selected the shared “Fight For Air Climb SF” club and event.
- Start recording your activity and continue until you have finished climbing that staircase.
- Hit stop, and Finish
- Name your activity the staircase you are on; example: Coit Tower Stairs.
- Make sure Everyone can see your activity.
- Post a picture or make a comment (optional)
- Save your activity
- Repeat at every staircase you climb throughout the day.

Again, the only GPS activity that will be tracked for event purpose is how many staircases you complete and save as activity on the Strava App.

Leaderboards and Prizes

All activity will show on the “club” Leaderboards. All event award results will be posted within 30 days after the event.

Follow the club posts before and during the event for POP-UP competitions to win great prizes.

Teams with Virtual Climbers or Building Climbers can stay connected through event day posts on the app.

***Please note that safely completing the ascent of each of the staircases should be your top priority. The event is not a closed course and many people outside of the event may also be making their way up and down the staircases. Be aware of your surroundings at all times as many staircases have uneven surfaces, and some have low hanging branches. Please note that there will not be any services provided at the staircases. You will need to bring your own water and any other items.