

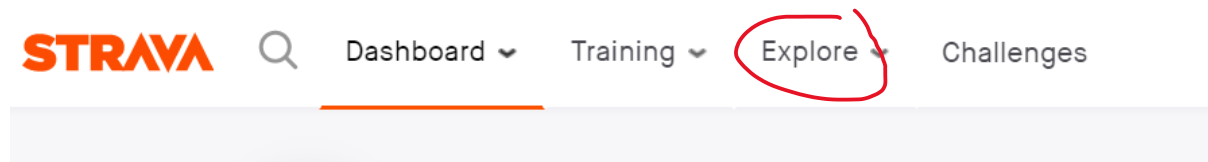
Interwing cross-country

Step 1

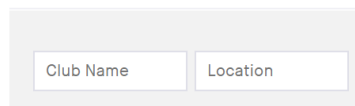
First you will need to sign up for a Strava account. It is free and easy to do but if you are under 13 you will have to get your parents to sign up for you.

Step 2

Once you have signed up, log in to Strava and go across and click on the Explore tab. A menu will drop down. Click on the Club option.



Once you have clicked on clubs you will see the screen below.

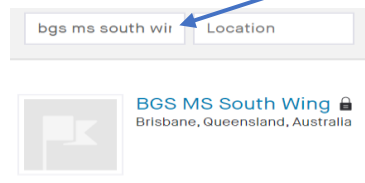
A search form for finding clubs. It consists of two input fields: 'Club Name' and 'Location'.

Search for a club above.

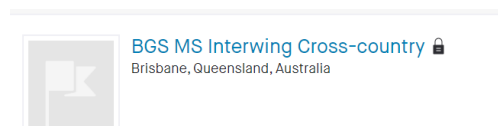
Step 3

Search for your Wing Club by typing BGS MS and your Wing name in as below and then select your Wing. Once selected, click on the request permission to join button.

An email will be sent to your Wing Coordinator who will then grant you access. If you are using your Mum or Dad's email to login and it is not something they would recognise, like a business name, it would be worth getting them to email your Wing coordinator to explain who they are.



If you are interested in also competing for the fastest 1.6km for your year level. You should also request permission to join the BGS MS Interwing Cross-country. **Only join this club if you want to enter your fastest 1.6km time**



If you are not interested in entering the individual fastest 1.6 K race, just join your Wing Club and accumulate as many kms over the recording period as possible.

Don't forget to send in some great photos of you and your family, including the dog running in your Wing colours!