

Step 1.

Go to **sleafordstriders.org.uk/login** & enter your username and password.

If you are a new user please go to **sleafordstriders.org.uk/running-log-register** to register (and refer to **Striders_New_User_Instructions.PDF** that can be found at **sleafordstriders.org.uk/1000-mile-challenge**)

HOME » LOGIN

Existing Users Log In

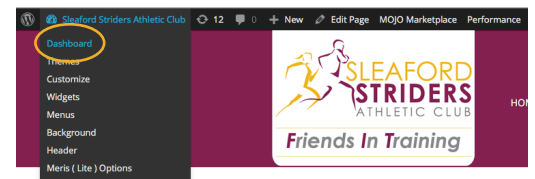
Username

Password

☐ Remember Me

Step 2.

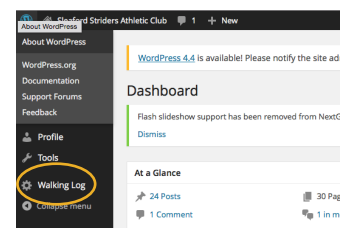
In the top left, go to 'Sleaford Striders Athletic Club' (as shown right) then click on Dashboard.



Step 3.

To begin using the distance log, click the **Walking Log** link on the left.

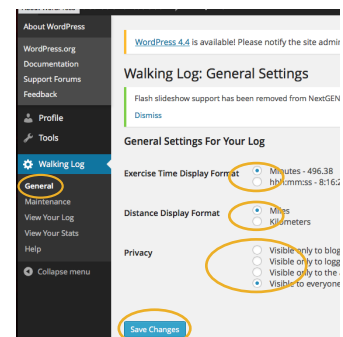
Please do not click on any other links. Thank you.



Step 4.

The first thing to do is set your preferred distance format, time display settings & privacy settings.

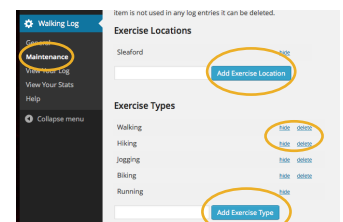
Click **Save Settings** when you are happy. These can be changed at any time by clicking the **General** link.



Step 5.

Click on the **Maintenance** link & to enter your **exercise locations & types**.

You can do this at any time, but it's best to enter your most common ones now, eg Sleaford & Running. You can hide/show/delete the different types as you would like.



Step 6.

Click on the **View your Log** link to enter mileage.

Click **Edit Log**, then **New Log Entry**.

Enter your exercise details: **Time, Distance, Type & Location** then click **Save**. You can use the drop down month menu to review previous months.

