



CITY OF RIDGEFIELD, WASHINGTON ON STRAVA

Ridgefield has a wonderful array of trails that are just waiting for you to explore. Many of the trails parallel beautiful wildlife areas or go through them. You will see a variety of birds, trees, flora and fauna along each trail.

Over the past several months the city of Ridgefield has been recording trails around the city on the Strava App.

By following the 'City of Ridgefield' on Strava you will be able to access trail descriptions, maps and photos of each trail that has been entered by the City. The descriptions of the trails will help you decide if it is suitable for you or your family and friends to explore.

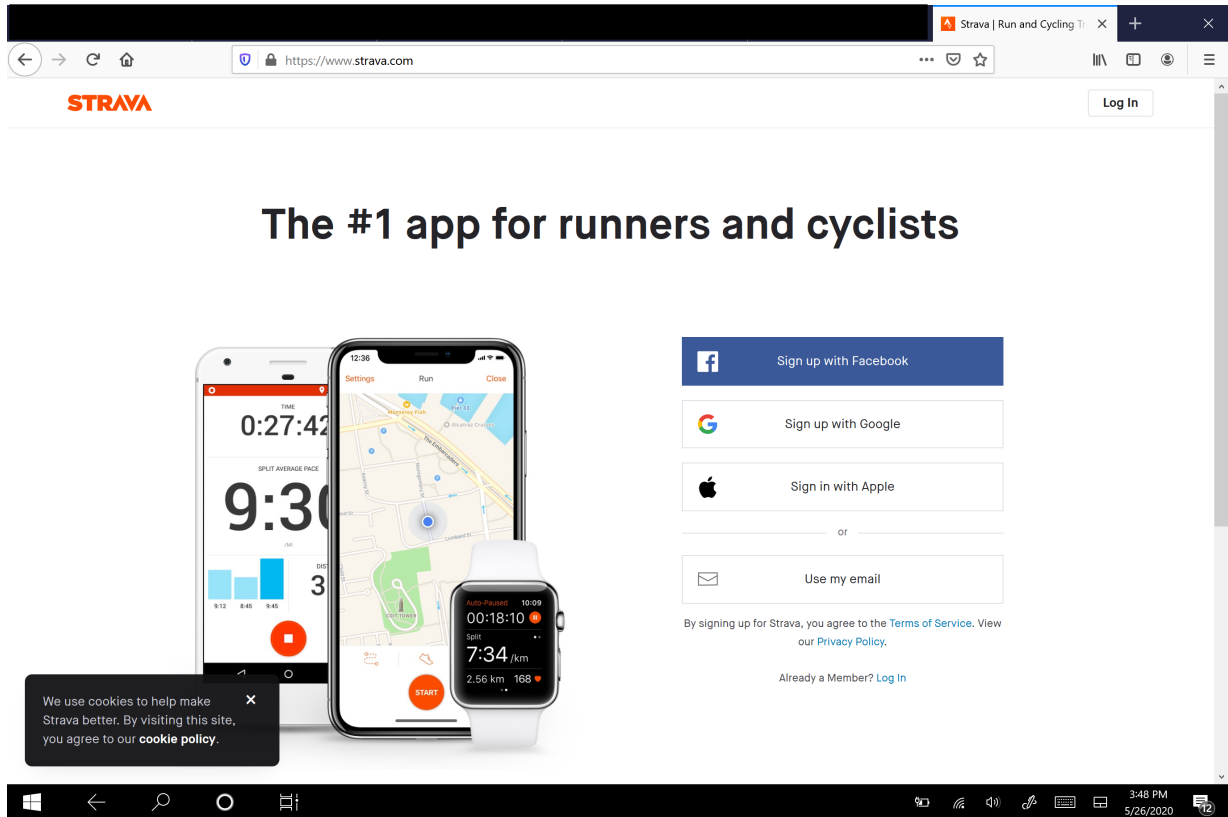
Following is a tutorial to help you create a free Strava account on a web browser. It will also teach you how to 'follow' the City of Ridgefield on Strava and access the trail information that the City has entered.

Once you have a Strava account, you can easily download the Strava App on your smart phone and then it will be just a matter of signing into the app to record your own routes and have an alternate way to see the City of Ridgefield activities.

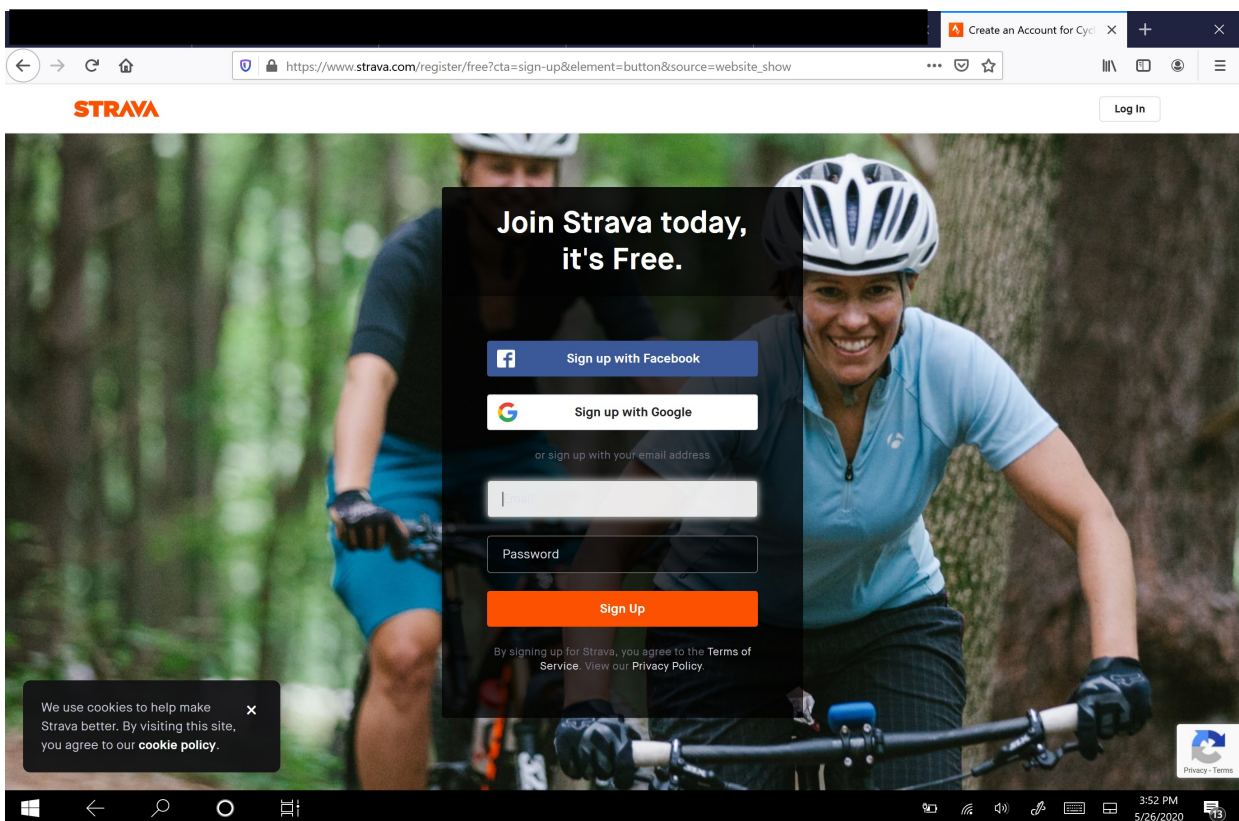
Please share this with your friends. We'll see you outdoors!

These instructions will help you create a Strava account using your web browser.

- Go to <https://strava.com>
- Click on the 'Use my email' box.



- Enter your email, a password and click on the 'Sign Up' button.



- Create your profile by filling in your name, birthdate and gender. Click on the 'Continue' button.

The screenshot shows the Strava website's onboarding page at <https://www.strava.com/onboarding/continue>. A modal window titled "Create your profile" is centered on the screen. It contains the following fields and options:

- First Name**: A text input field.
- Last Name**: A text input field.
- Birthday**: Three dropdown menus for Month (MM), Day (DD), and Year (YYYY).
- Gender**: A dropdown menu.
- Continue**: An orange button at the bottom right of the modal.

The background of the page is dimmed, showing the Strava Athlete dashboard with statistics (Following: 0, Followers: 0, Activities: 0) and various onboarding prompts like "Add an Activity", "Connect Device", and "See what your friends are doing".

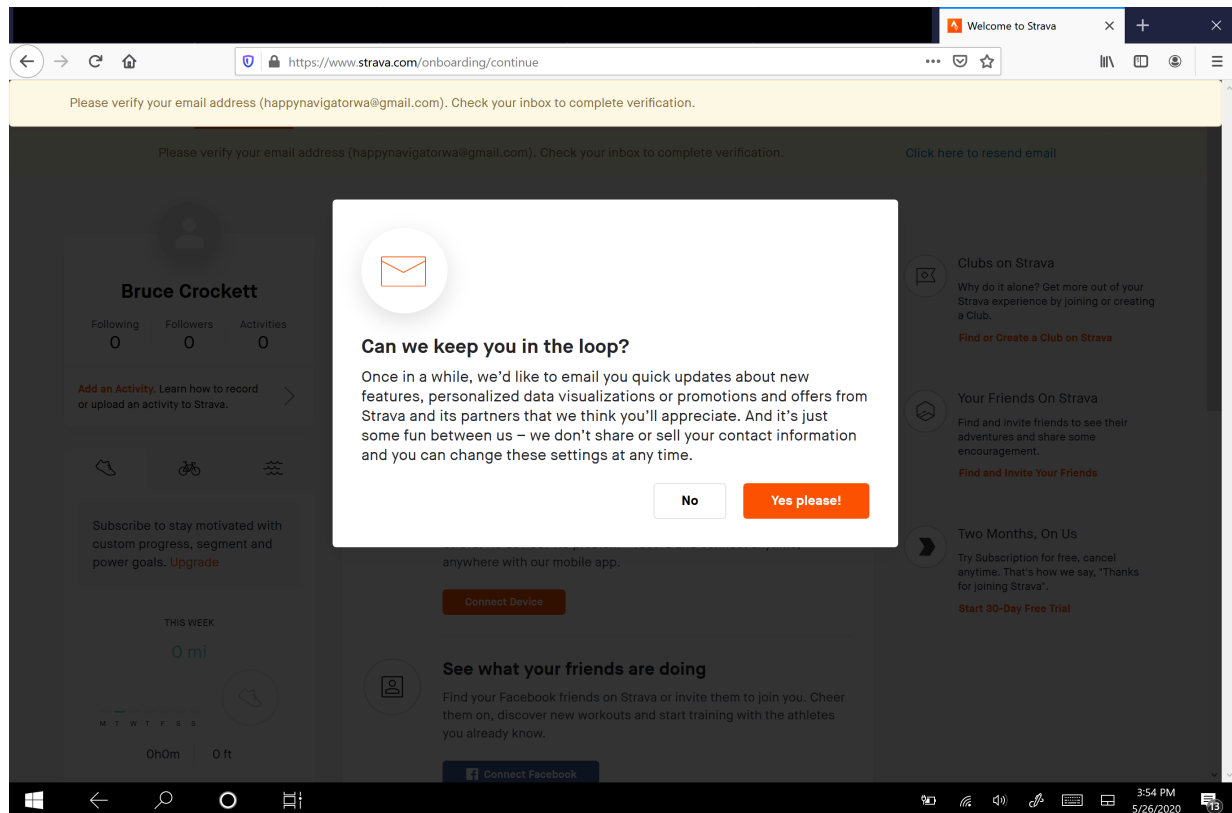
- Click the 'Skip for Now' button

The screenshot shows the same Strava onboarding page, but now a modal window titled "Facebook Friends" is displayed. It contains the following elements:

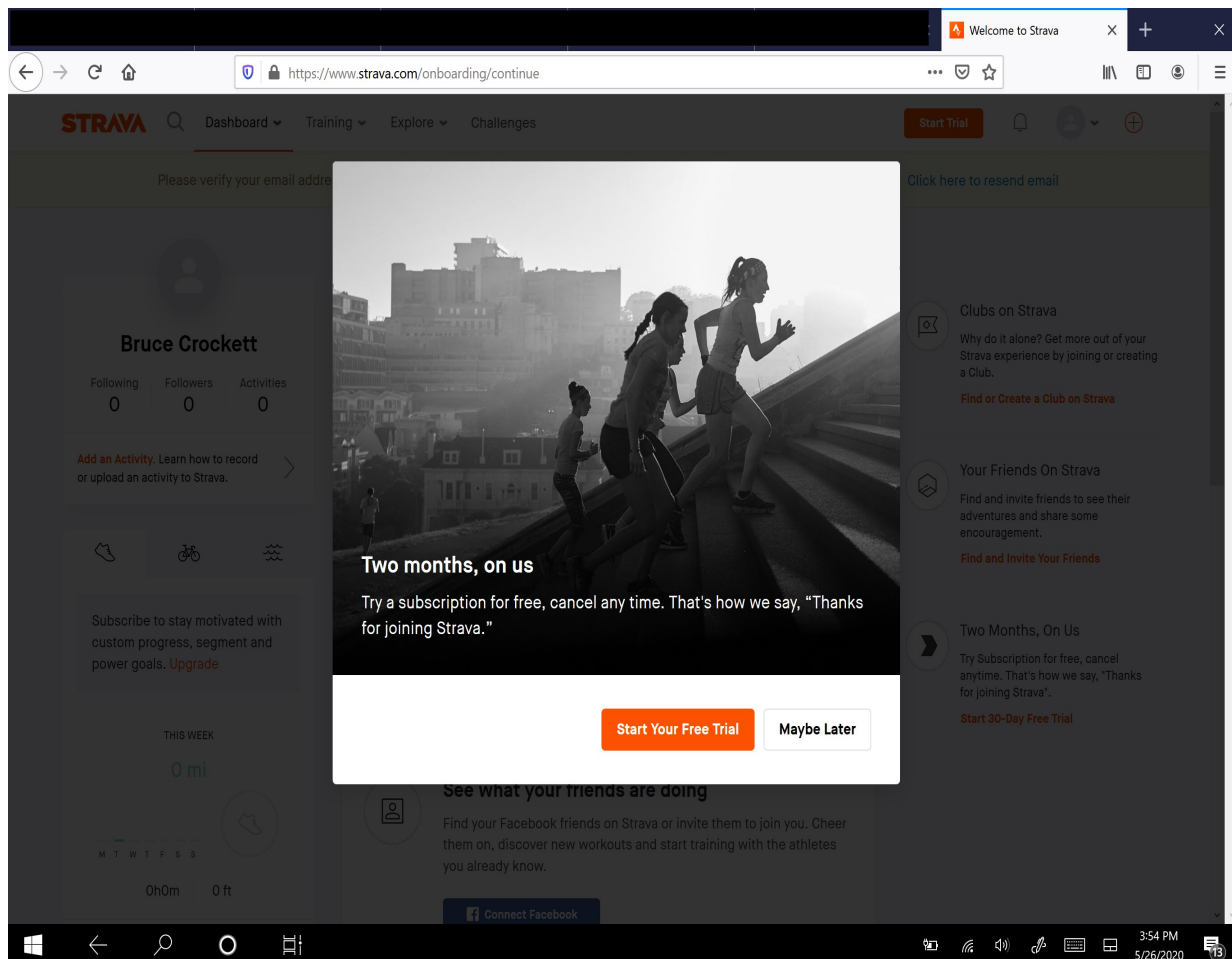
- Facebook Friends**: The title of the modal.
- Text**: "Some of your Facebook friends are already on Strava. Follow them to see their adventures and share some encouragement."
- Connect with Facebook**: A blue button with the Facebook logo.
- Skip for Now**: A button at the bottom right of the modal.

The background shows the user's profile, "Bruce Crockett", with the same statistics as before. The "Connect Facebook" button is visible at the bottom of the page.

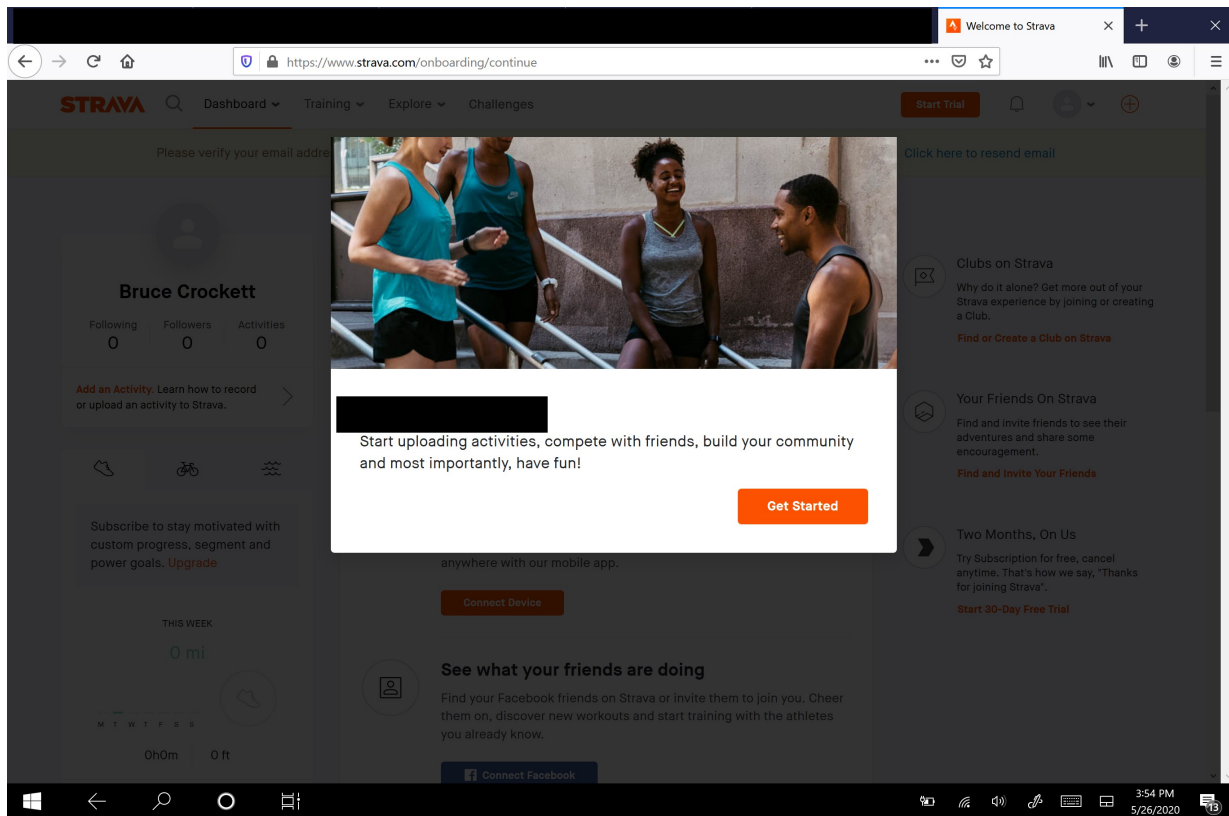
- Click the 'No' button.



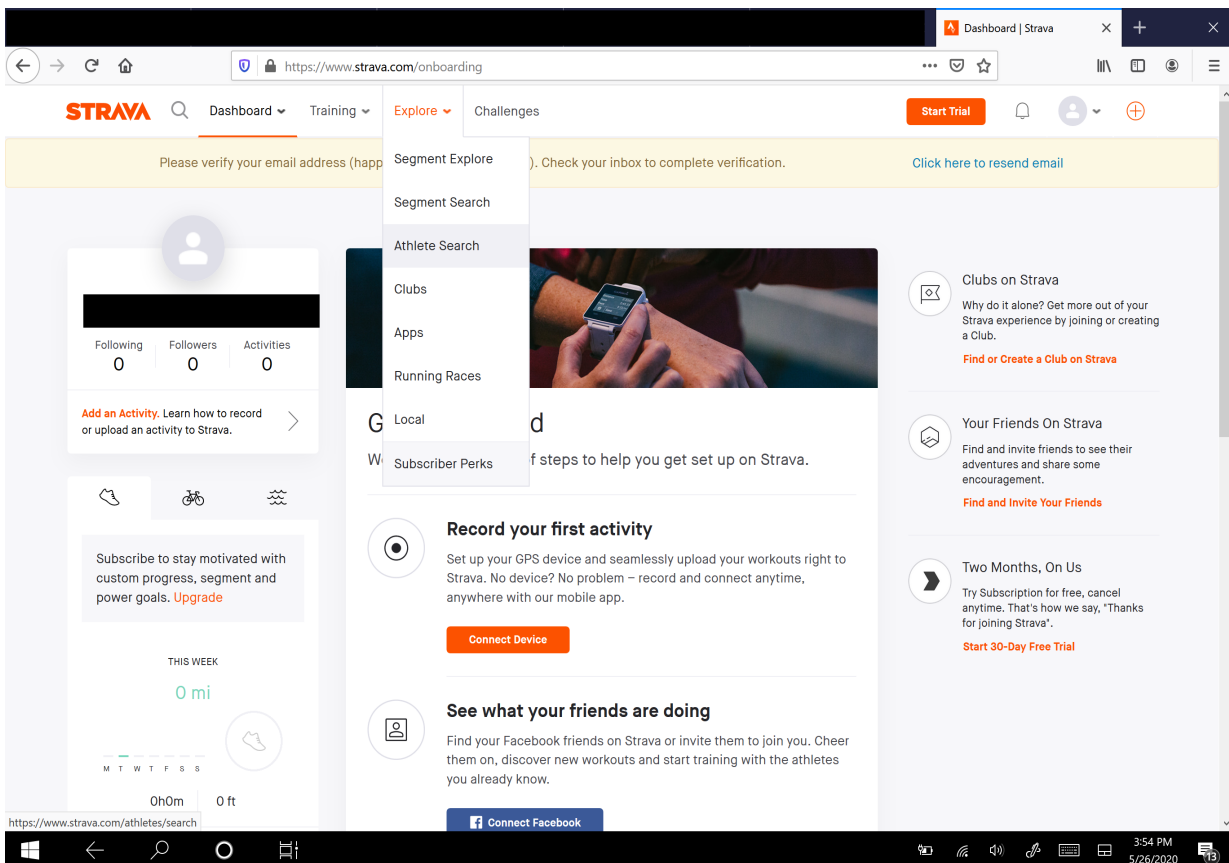
- Click the 'Maybe Later' button.



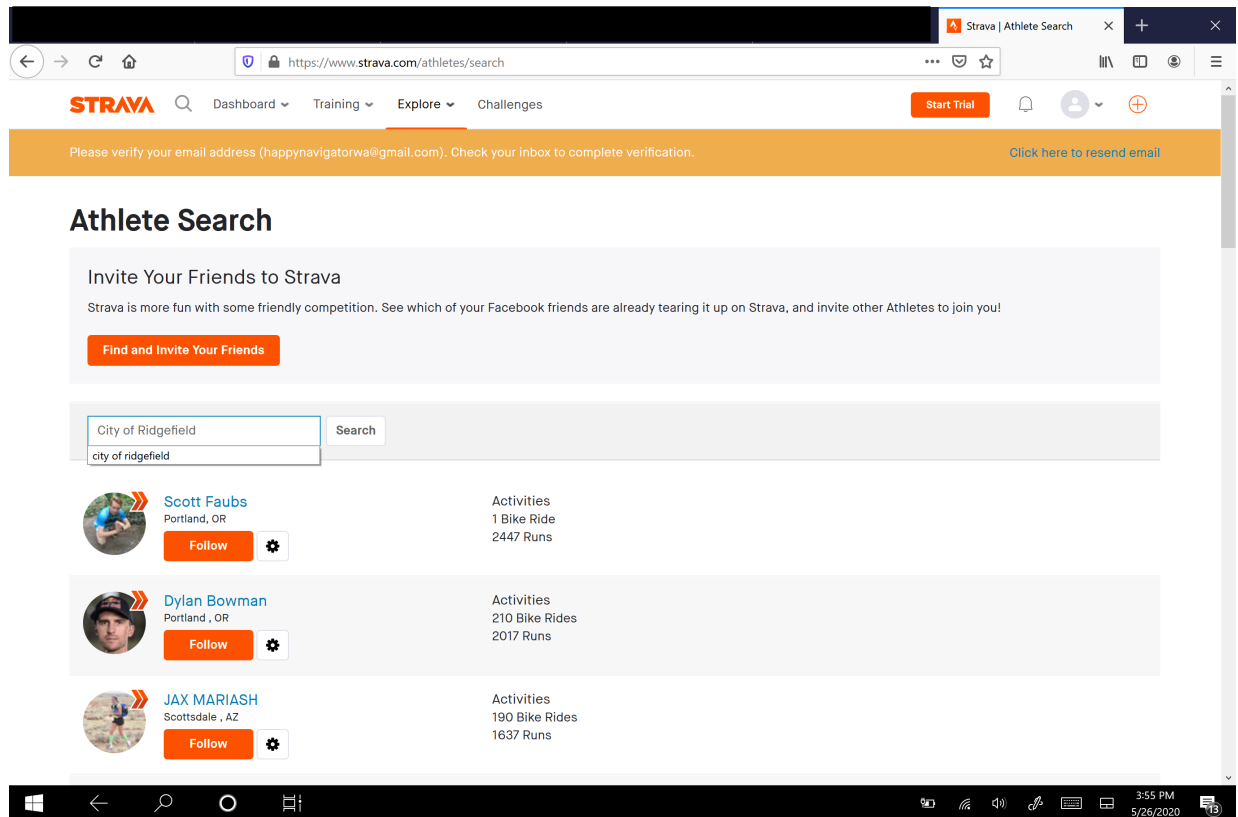
- Click the 'Get Started' button.



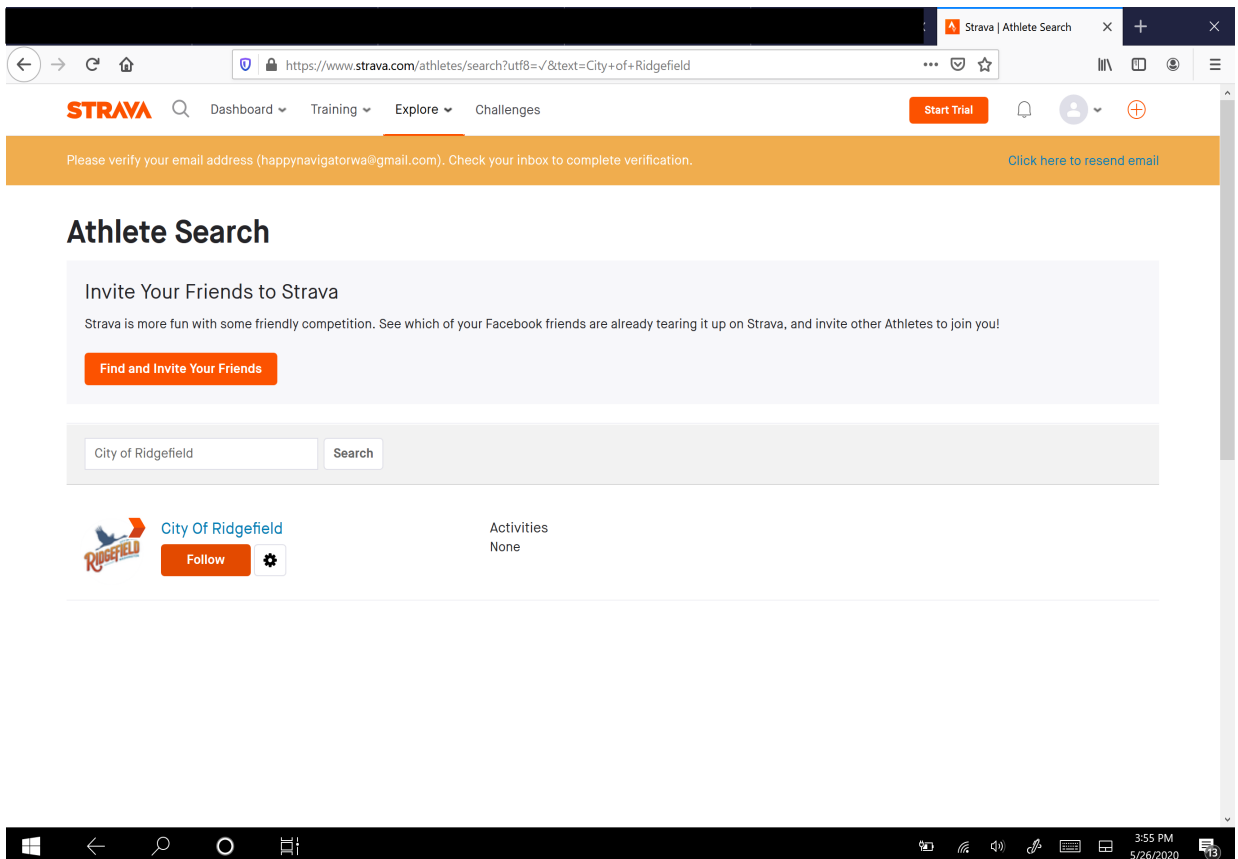
- Go to your email account to verify your email address.
- To follow the 'City of Ridgefield' hover over the 'Explore' dropdown menu with your arrow and click on 'Athlete Search'.



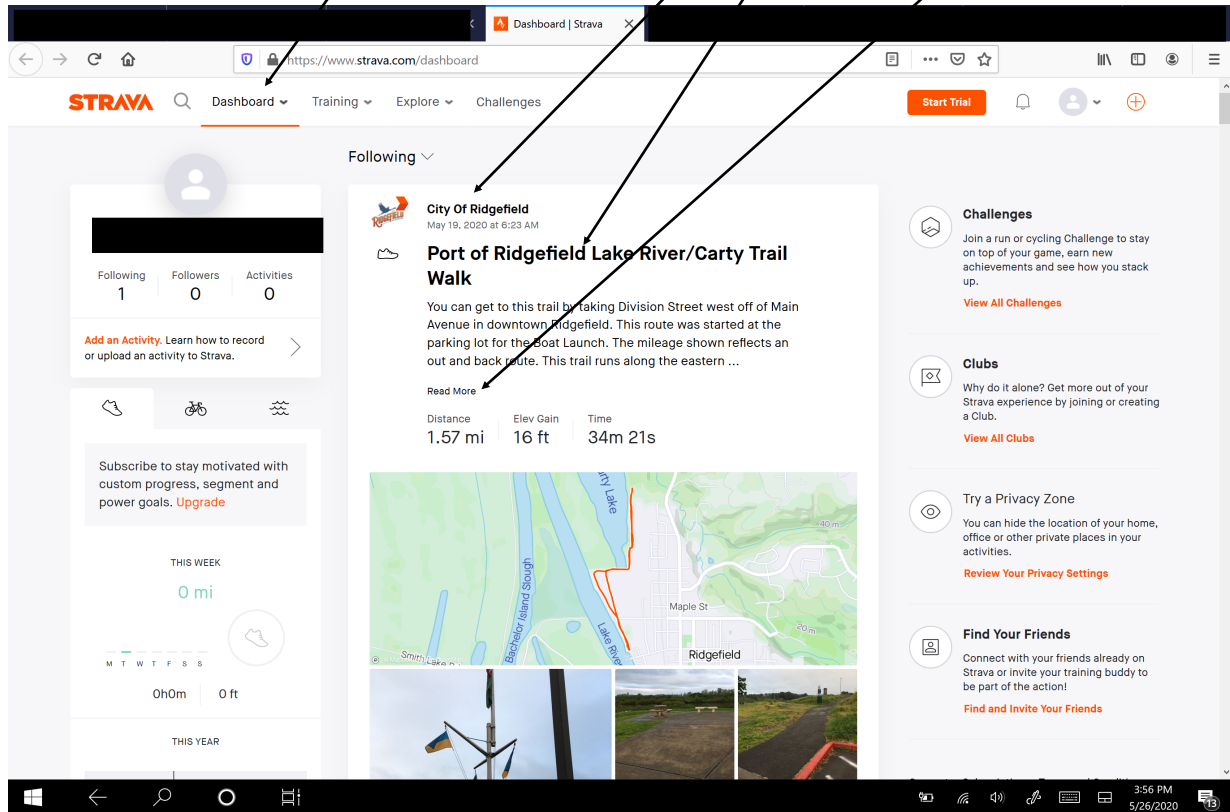
- Type 'City of Ridgefield' into the search box and click on the 'Search' box.



- The 'City of Ridgefield' will show in the the 'Athlete Search' window.
- Click on the 'Follow' button to the right of the City of Ridgefield Logo.



- It will now show on your 'Dashboard' that you are following the 'City of Ridgefield'.
- When you find an activity that you want more information on click on the title of the activity or 'read more'.
- You can also scroll down the 'Following' feed to see the routes that the City of Ridgefield has entered.



- If you follow more than one person on Strava, all routes will be mixed and listed by the date when they were entered.

- Now you can explore detailed information about the activity.
- Click on the three dots to be able to read the full description of the activity.
- Click on the first photo to scroll through the photos that were taken along the trail.
 - You can click on + or - to see more or less detail of the map.
 - You can click here to change to a satellite map view.

The screenshot shows a web browser window with the URL <https://www.strava.com/activities/3371492144>. The page displays details for a walk activity titled "Canyon Ridge Subdivision and Trail #2 Walk" by the City Of Ridgefield. The activity was recorded on Wednesday, April 29, 2020, at 9:48 AM. Key statistics include a distance of 0.38 miles, a moving time of 9:02, and a pace of 23:23/mi. The elevation is 40ft and the elapsed time is 9:17. Weather conditions are listed as partly cloudy with a temperature of 57°F, 81% humidity, and a wind speed of 3.5 mi/h from the south. The page also features a gallery of photos taken along the trail, a "Splits" table, and a map view. Annotations with arrows point to the following elements:

- The three dots menu icon next to the activity title.
- The first photo in the gallery.
- The "+" and "-" zoom controls on the map.
- The "Standard Map" dropdown menu on the map.

Overview

City Of Ridgefield – Walk

Give Kudos 0 0

9:48 AM on Wednesday, April 29, 2020

Canyon Ridge Subdivision and Trail #2 Walk

You can access this trail by taking S Sevier Road off of S Hillhurst Drive. The .33 mile trail portion takes you along

0.38 mi 9:02 23:23/mi

Distance Moving Time Pace

Elevation 40ft Calories —

Elapsed Time 9:17

Partly Cloudy 57 °F Feels like 57 °F
Temperature Wind Speed 3.5 mi/h
Humidity 81% Wind Direction S

Strava iPhone App Shoes: —

STRAVA LABS View Flybys →

Splits

Mile	Pace	Elev
0.38	23:23 /mi	-1 ft

Map controls: +, -, GPX, Standard Map, Full Screen

Mozilla Firefox seems slow... to... start. Learn How to Speed It Up Don't Tell Me Again

10:34 AM 5/28/2020

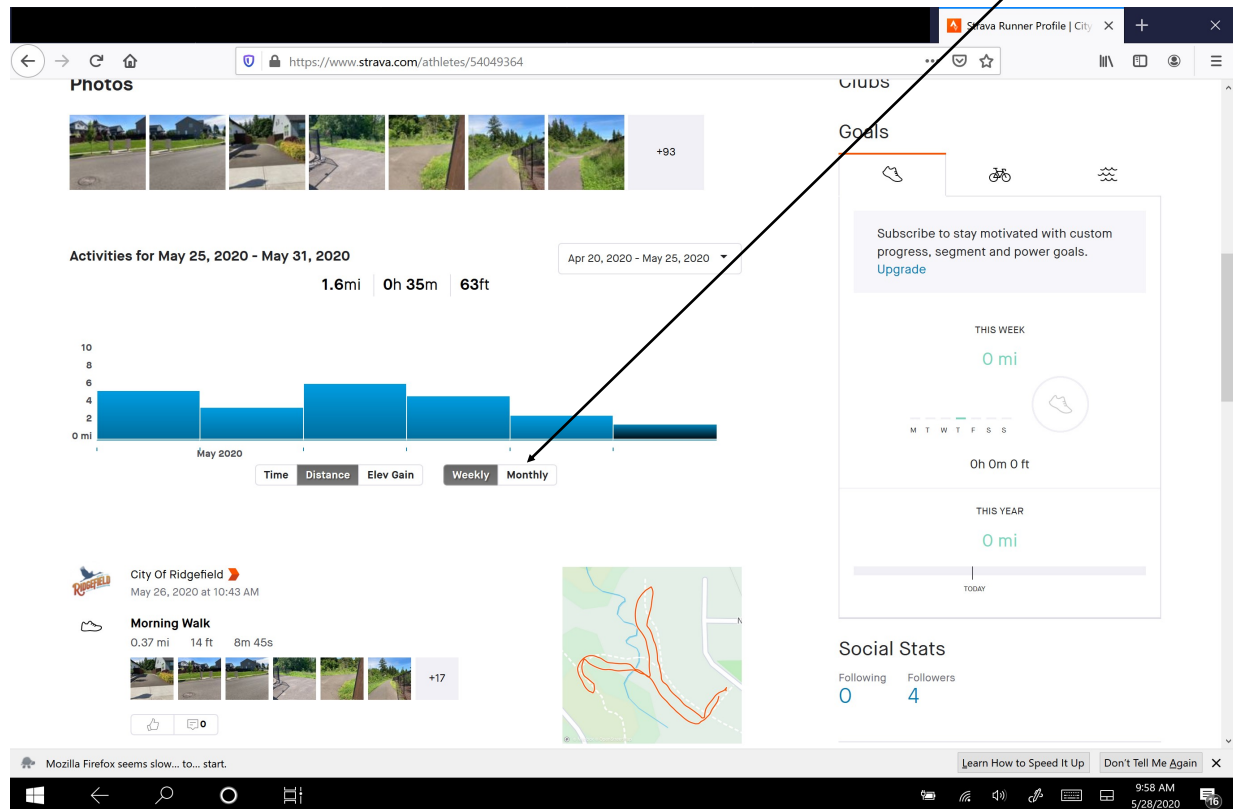
Alternately, if you just want to see **just** the activities that the City of Ridgefield has entered. Click on 'City of Ridgefield'.

The screenshot shows the Strava dashboard with the 'City of Ridgefield' profile selected. The profile card displays the name 'City Of Ridgefield', the date 'May 19, 2020 at 8:23 AM', and the activity title 'Port of Ridgefield Lake River/Carty Trail Walk'. Below the title, a description states: 'You can get to this trail by taking Division Street west off of Main Avenue in downtown Ridgefield. This route was started at the parking lot for the Boat Launch. The mileage shown reflects an out and back route. This trail runs along the eastern ...'. The activity statistics are: Distance 1.57 mi, Elev Gain 16 ft, Time 34m 21s. A map shows the trail route in Ridgefield, and three photos are displayed below the map. The left sidebar shows the user's profile with 1 following, 0 followers, and 0 activities. The right sidebar contains links to Challenges, Clubs, Privacy Zone, and Find Your Friends.

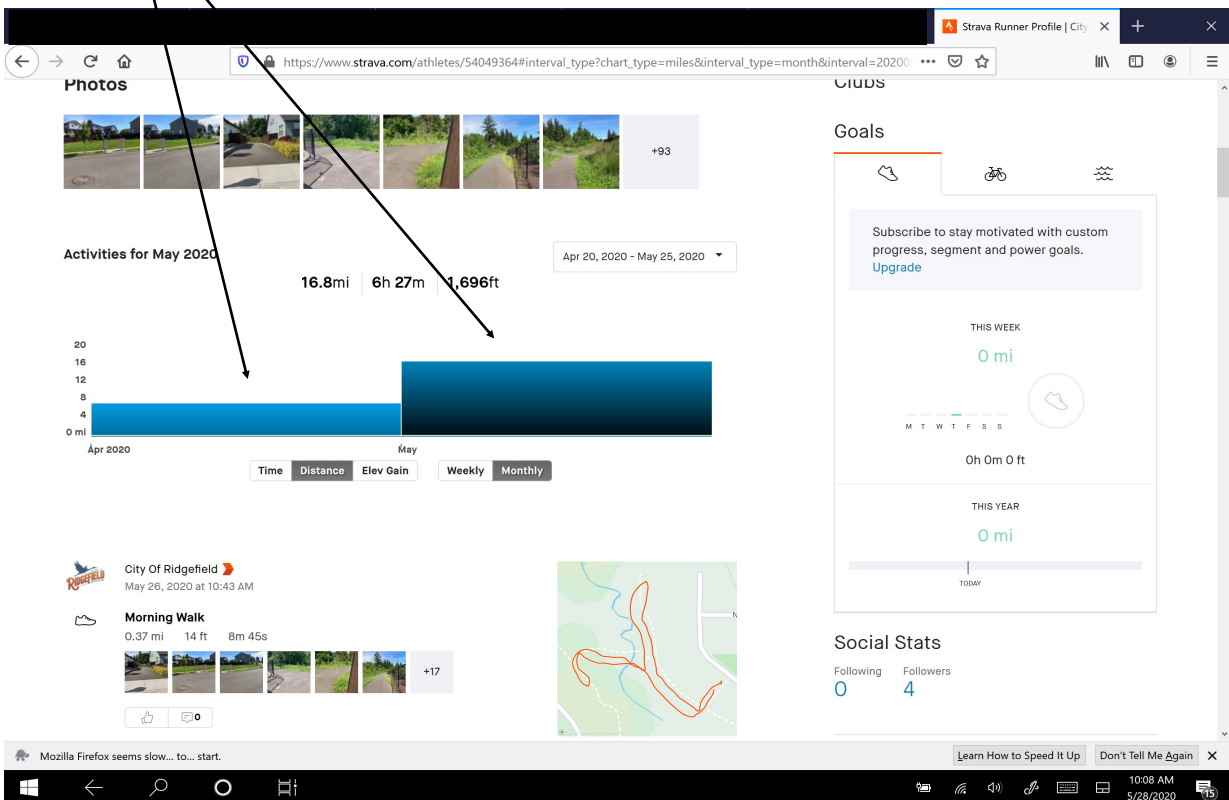
- The 'City of Ridgefield' Strava page.

The screenshot shows the 'City of Ridgefield' Strava profile page. At the top, there are five photos of local trails. Below the photos is the profile header with the name 'City Of Ridgefield', the status 'Subscriber', and a 'Following' button. The main section displays 'Last 4 Weeks' with a large number '24' representing the total activities. To the right of the activity count is a calendar grid showing activity frequency by day of the week. Below the calendar are four progress bars for different activity types: Running (2h 16m), Cycling (1h 51m), Swimming (0h 59m), and another activity (0h 35m). The bottom of the page has tabs for 'Overview', 'Trophy Case', 'Following', and 'QOMs / CRs'. The 'Photos' section is visible at the bottom left, and the 'Clubs' section is visible at the bottom right.

- To be able to see all the activities that the 'City of Ridgefield' has entered scroll down the page and click on the monthly view.



- Now you will be able to see all the activities that the 'City of Ridgefield' has entered.
- Click on the blue box above each month to see activities enter for each month. Note: As more activities are entered over the months you will see more boxes.



- You can now scroll down to see each activity the 'City of Ridgefield' did in the month you have chosen.
- To get detailed information on each entry click on the title of the entry.

The screenshot shows a web browser window with multiple tabs. The active tab is 'Strava Runner Profile | City'. The URL is https://www.strava.com/athletes/54049364#interval?interval=202004&interval_type=month&chart_type=miles&year=2020. The page displays the profile of 'City Of Ridgefield' for the month of April 2020. The main content area shows a list of activities, with the first one being 'Canyon Ridge Subdivision and Trail #2 Walk' on April 29, 2020, at 9:48 AM. This activity has a distance of 0.38 mi, 40 ft elevation gain, and a time of 9m 2s. It includes a map and a series of photos. To the right, there is a 'Social Stats' section showing 0 following and 4 followers. Below that is a 'Side by Side Comparison' table. The table has columns for 'Last 4 Weeks' and 'All-Time PRs'. The 'Last 4 Weeks' section shows 'Avg Distance / Week' as 0 mi, 'Avg Time / Week' as 0h 0m, and 'Avg Runs / Week' as 0. The 'All-Time PRs' section shows 'Distance' as 0 mi and 'Time' as 0h 0m. The browser's taskbar at the bottom shows the time as 10:25 AM on 5/28/2020.

City Of Ridgefield
April 29, 2020 at 9:48 AM

Canyon Ridge Subdivision and Trail #2 Walk
0.38 mi 40 ft 9m 2s

City Of Ridgefield
April 29, 2020 at 9:36 AM

Canyon Ridge Subdivision Trail #2 Walk
0.23 mi 25 ft 7m 26s

City Of Ridgefield
April 29, 2020 at 9:09 AM

Canyon Ridge Subdivision and Trail #1 Walk
0.74 mi 132 ft 21m 6s

Social Stats
Following: 0, Followers: 4

Side by Side Comparison

	City Of Ridgefield	City Of Ridgefield
Last 4 Weeks		
Avg Distance / Week	0 mi	0 mi
Avg Time / Week	0h 0m	0h 0m
Avg Runs / Week	0	0
All-Time PRs		
2020		
Distance	0 mi	0 mi
Time	0h 0m	0h 0m

- As explained earlier you can now explore detailed information about the activity.
- Click on the three dots to be able to read the full description of the activity.
- Click on the first photo to scroll through the photos that were taken along the trail.
 - You can click on + or - to see more or less detail of the map.
 - You can click here to change to a satellite map view.

The screenshot shows a web browser window displaying a Strava activity page. The browser's address bar shows the URL <https://www.strava.com/activities/3371492144>. The page title is "City Of Ridgefield – Walk". The activity details include:

- Distance:** 0.38 mi
- Moving Time:** 9:02
- Pace:** 23:23/mi
- Elevation:** 40ft
- Elapsed Time:** 9:17
- Calories:** —
- Weather:** Partly Cloudy, 57 °F, 81% Humidity, Wind Speed 3.5 mi/h, Wind Direction S.
- Shoes:** —

 The activity description states: "You can access this trail by taking S Sevier Road off of S Hillhurst Drive. The .33 mile trail portion takes you along...". Below the description is a gallery of photos. To the left of the main content is a sidebar with "Overview" and "Segments" tabs. At the bottom left is a "Splits" table:

Mile	Pace	Elev
0.38	23:23 /mi	-1 ft

 The main map area shows a red line representing the trail on a topographic map. Annotations with arrows point to specific features:

- An arrow points from the "three dots" menu icon next to the activity description to the first photo in the gallery.
- An arrow points from the "three dots" menu icon to the map's zoom controls (+ and - buttons).
- An arrow points from the "three dots" menu icon to the "Standard Map" dropdown menu in the top right of the map area.

 The browser's taskbar at the bottom shows the Windows logo, navigation buttons, and system tray icons including the clock showing 10:34 AM on 5/28/2020.