



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.

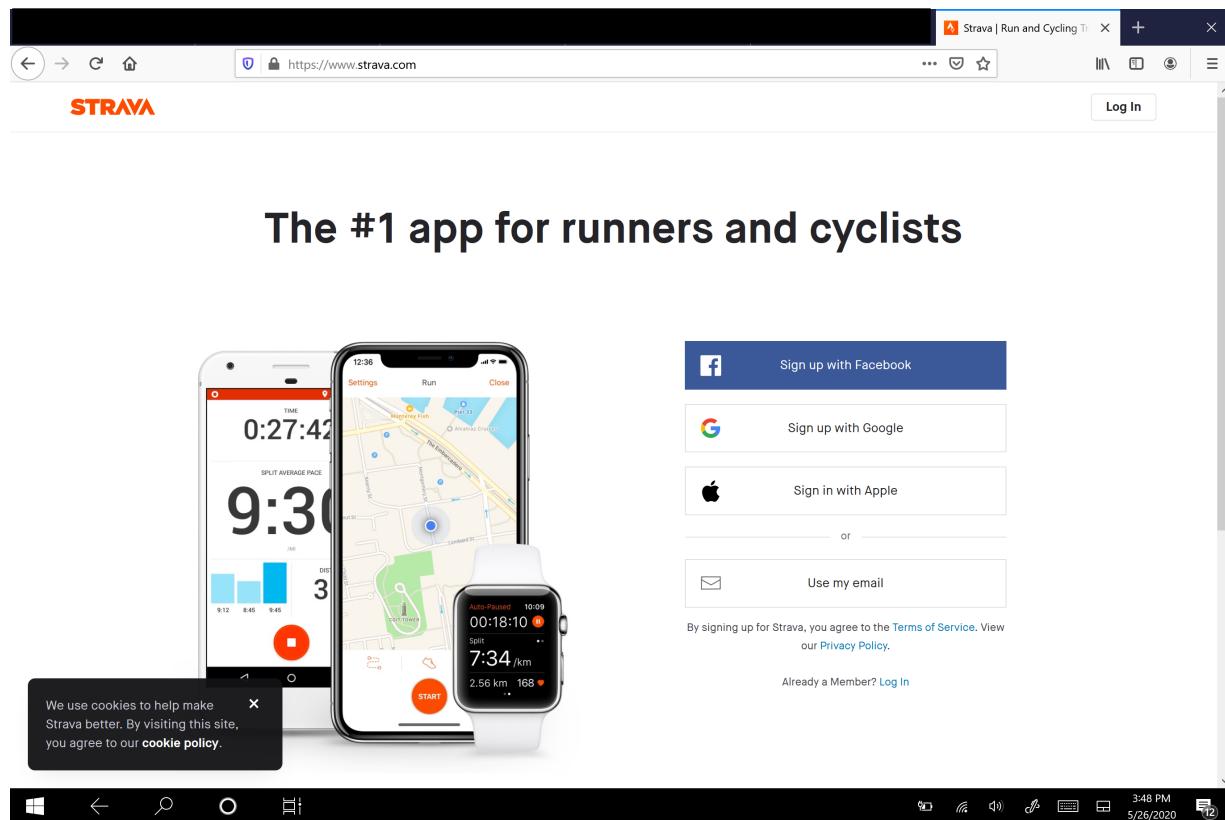
Following is a tutorial to help you create a free Strava account on a web browser. It will also teach you how to 'follow' the City of Ridgefield on Strava and access the trail information that the City has entered.

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.

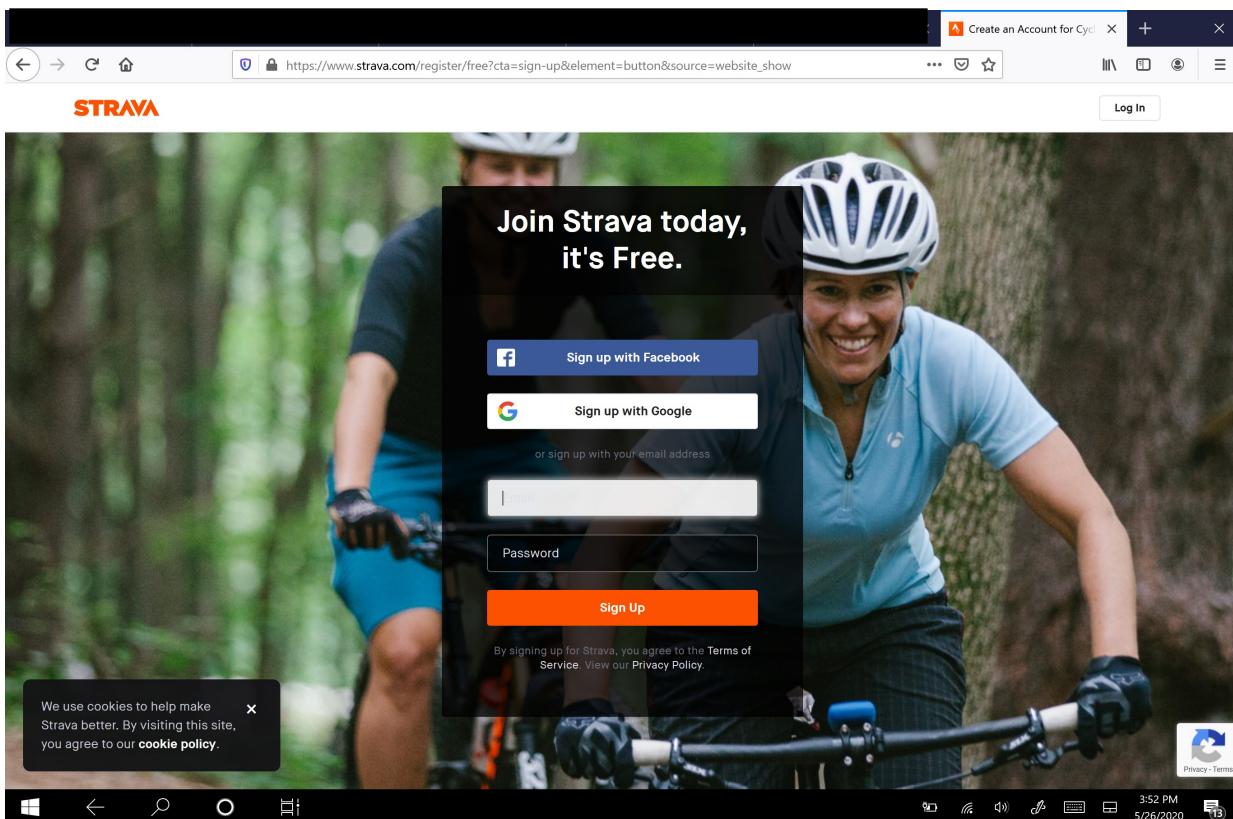
Please share this with your friends. We'll see you outdoors!

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

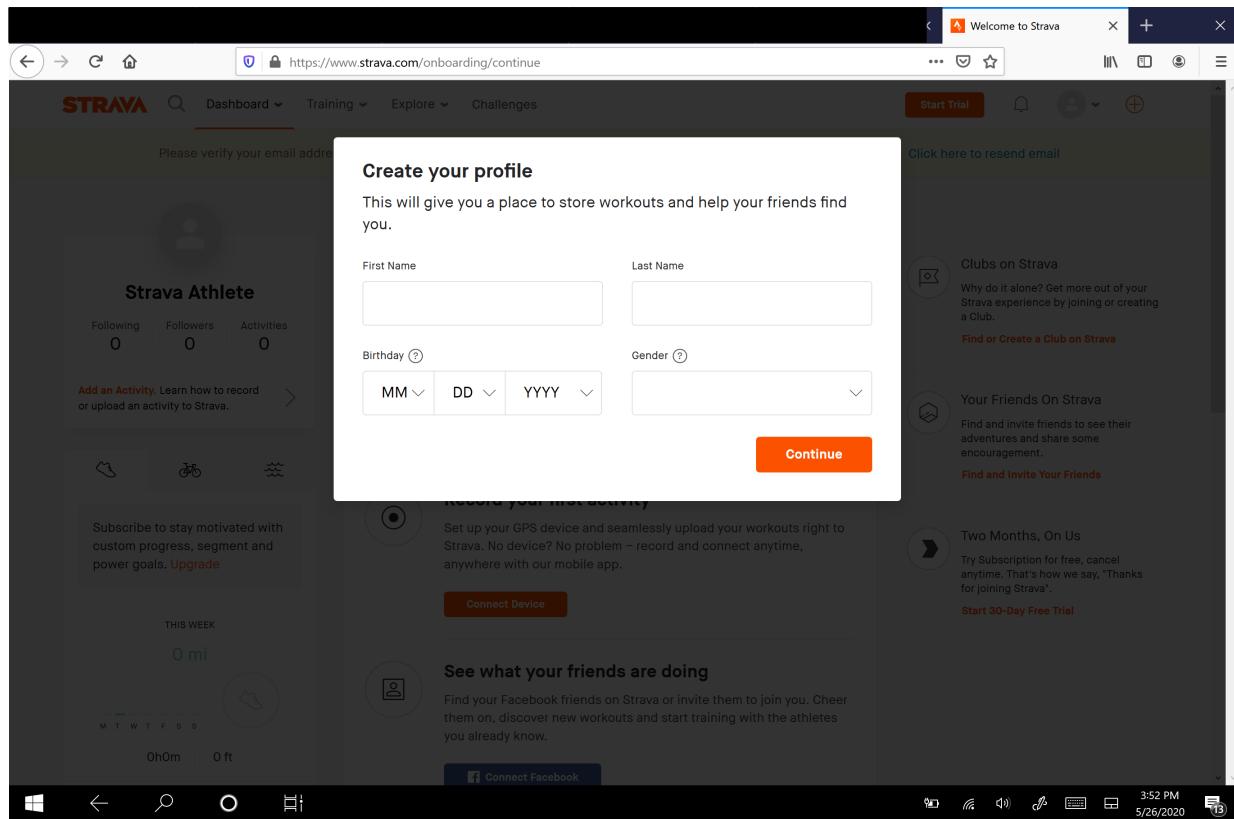
- Go to <https://strava.com>
- Click on the 'Use my email' box.



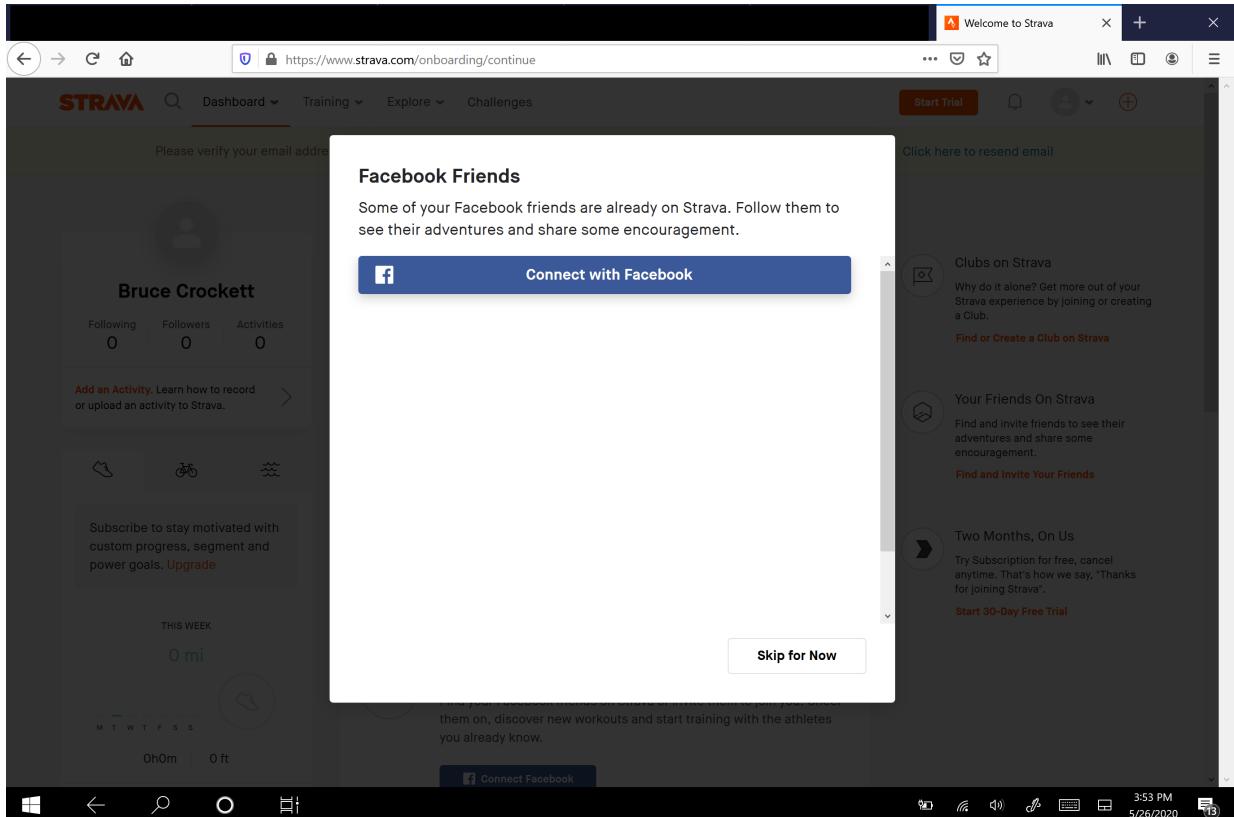
- Enter your email, a password and click on the 'Sign Up' button.



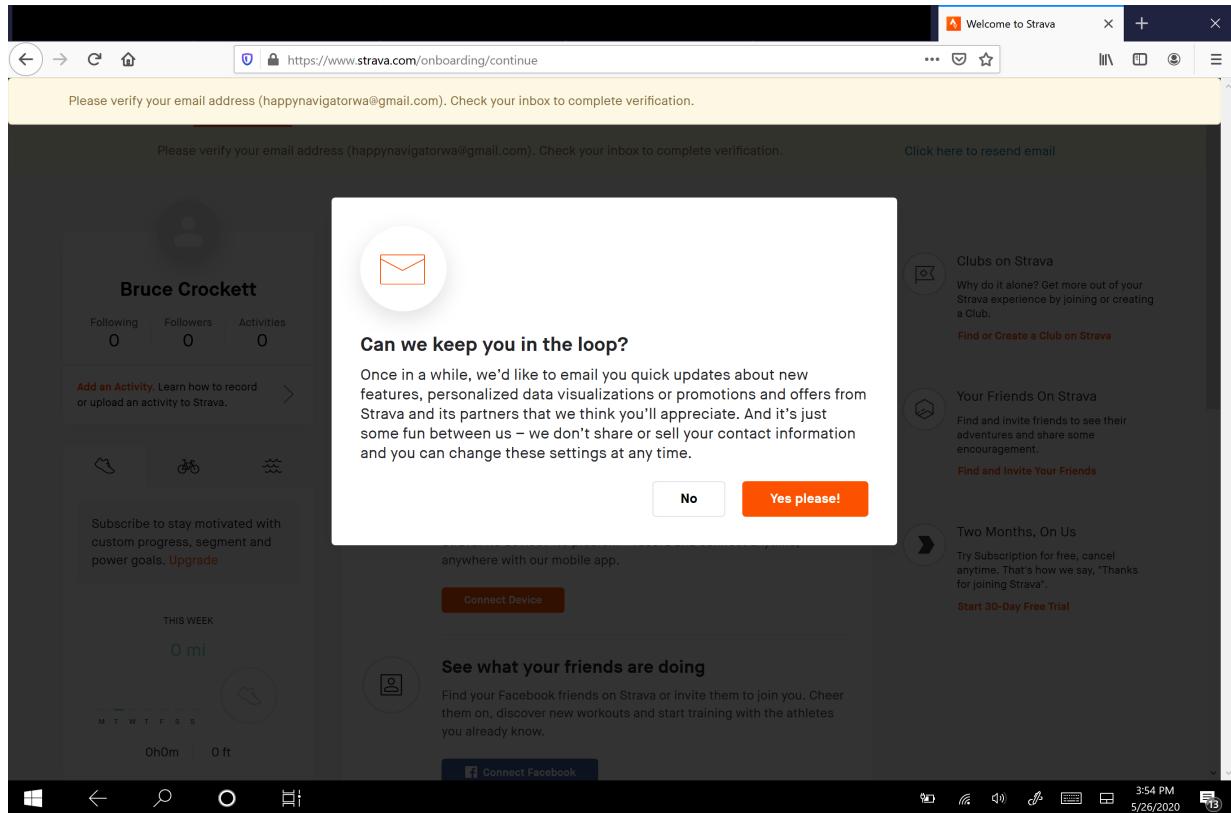
- Create your profile by filling in your name, birthdate and gender. Click on the 'Continue' button.



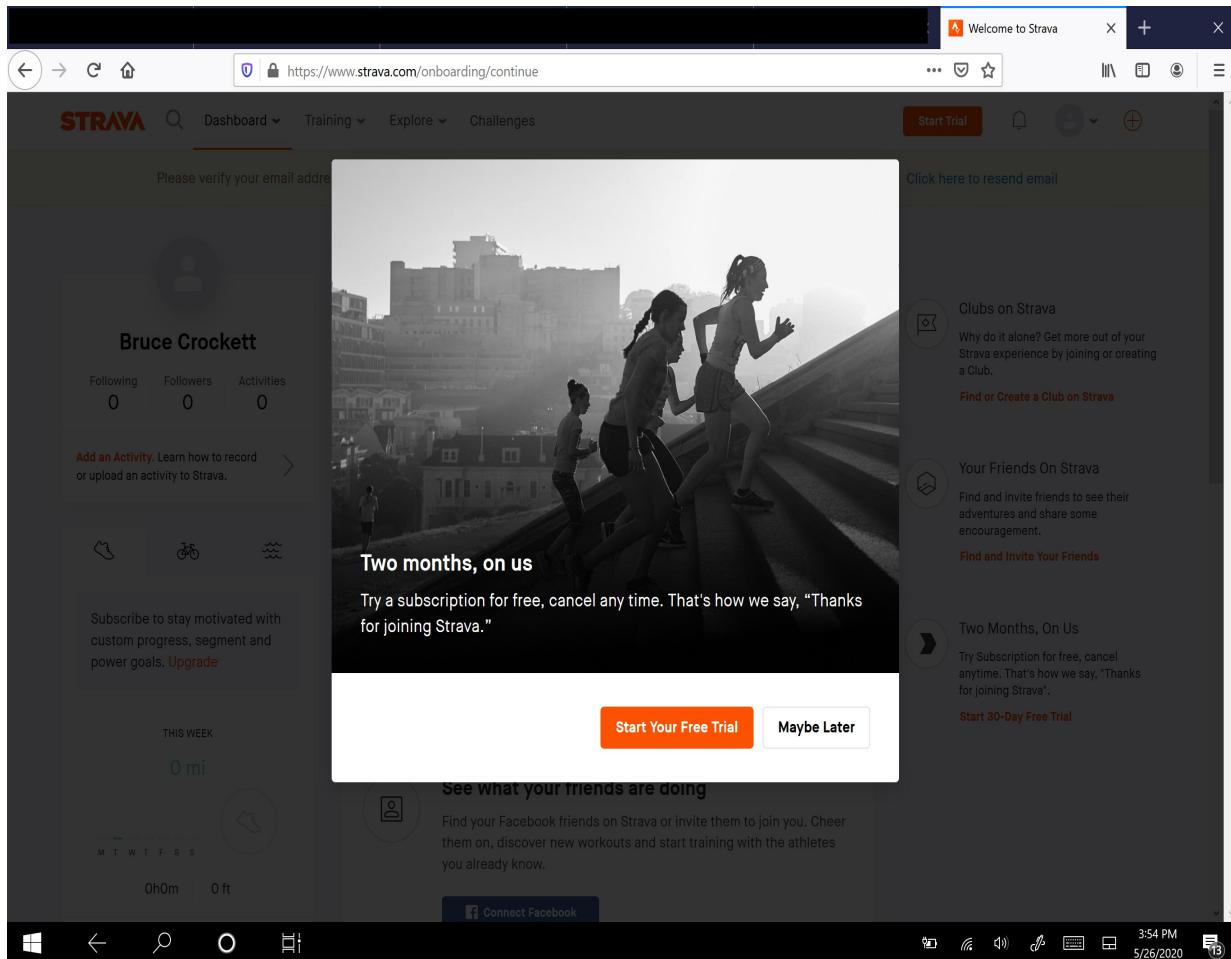
- Click the 'Skip for Now' button



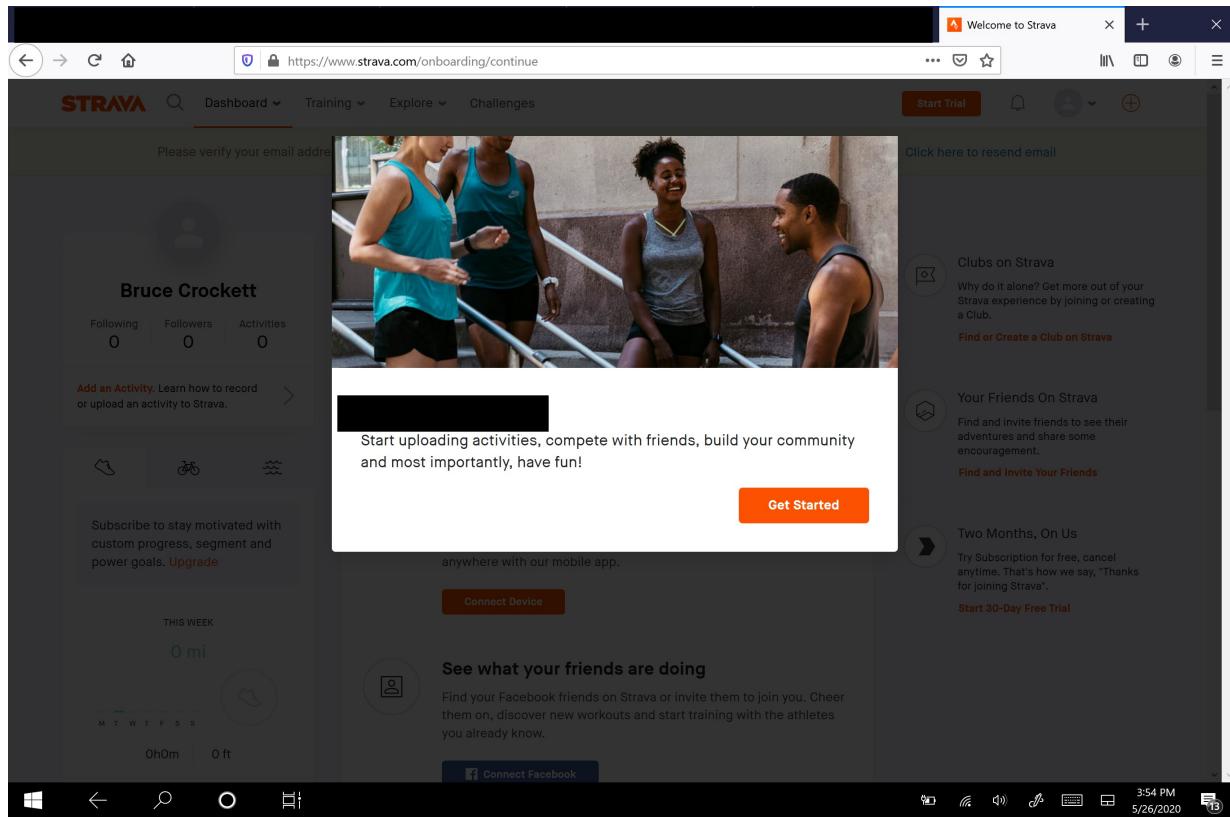
- Click the 'No' button.



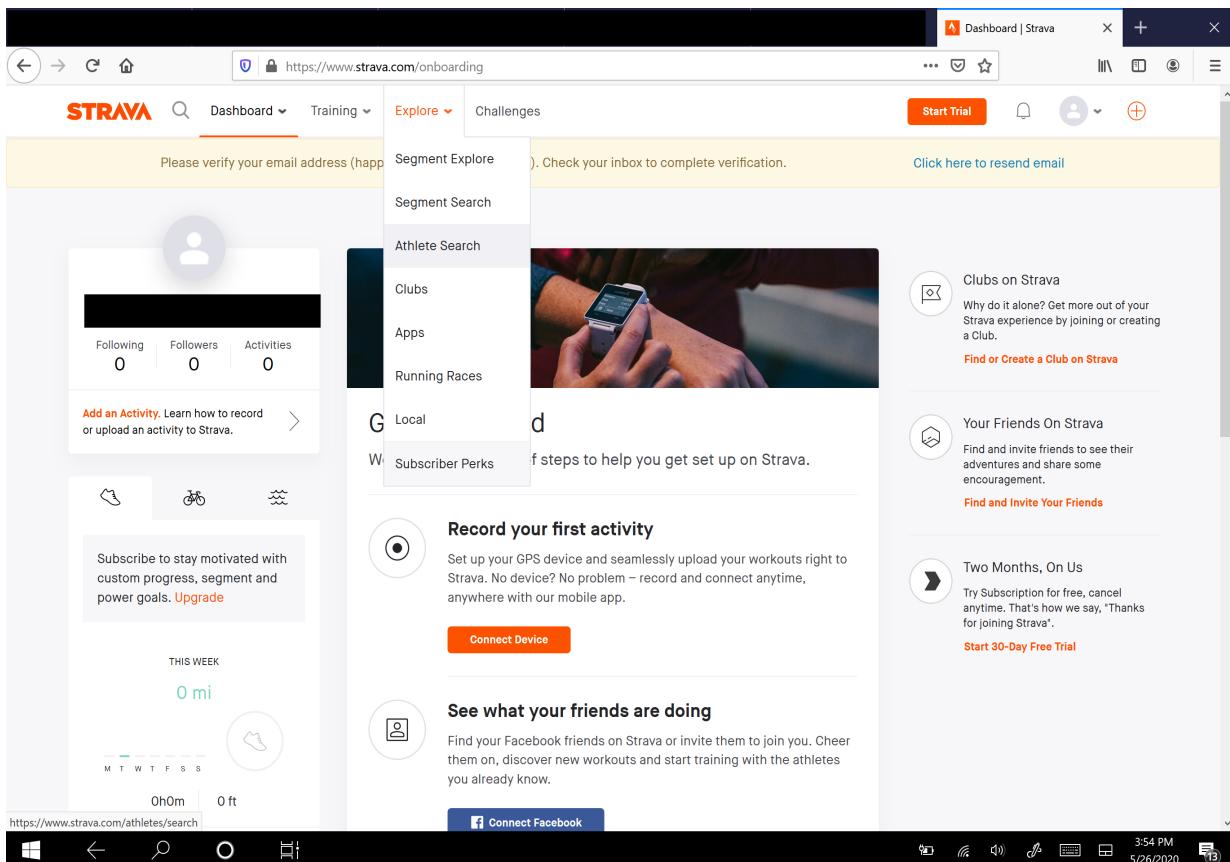
- Click the 'Maybe Later' button.



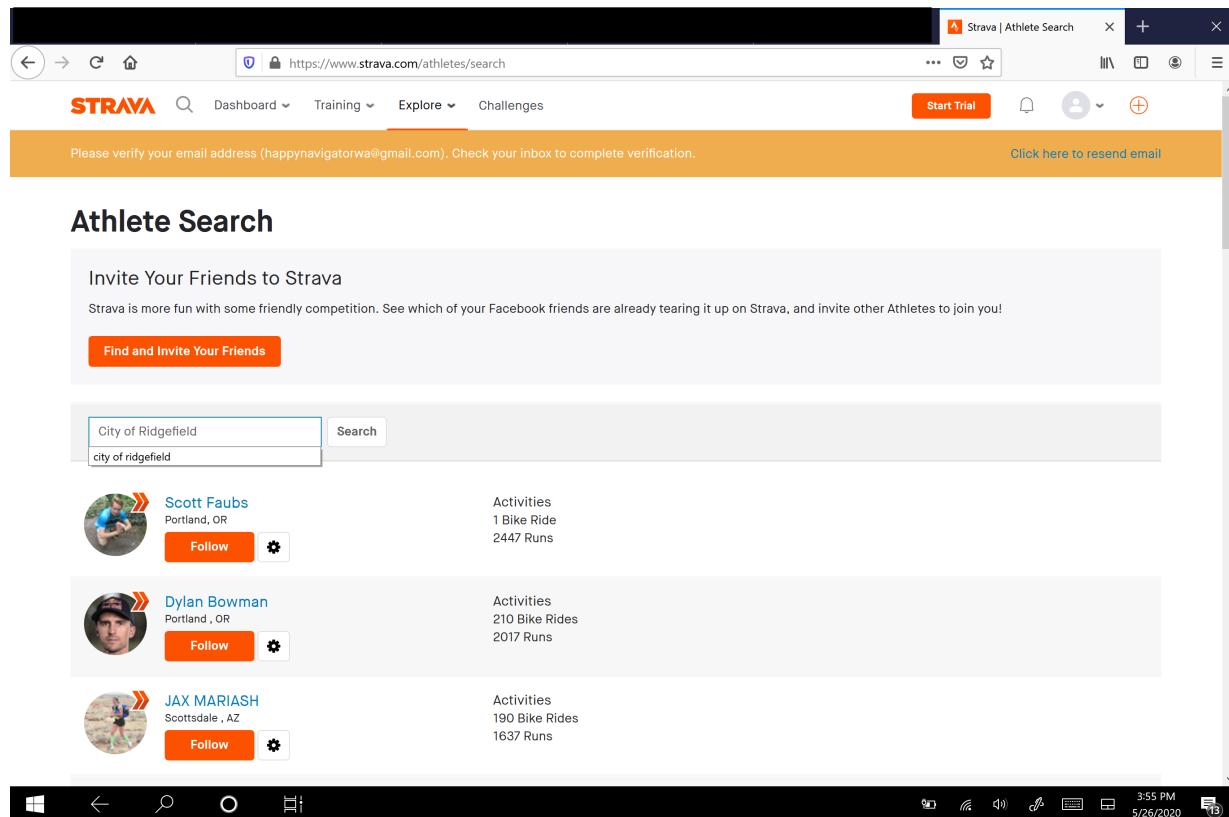
- Click the 'Get Started' button.



- 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.

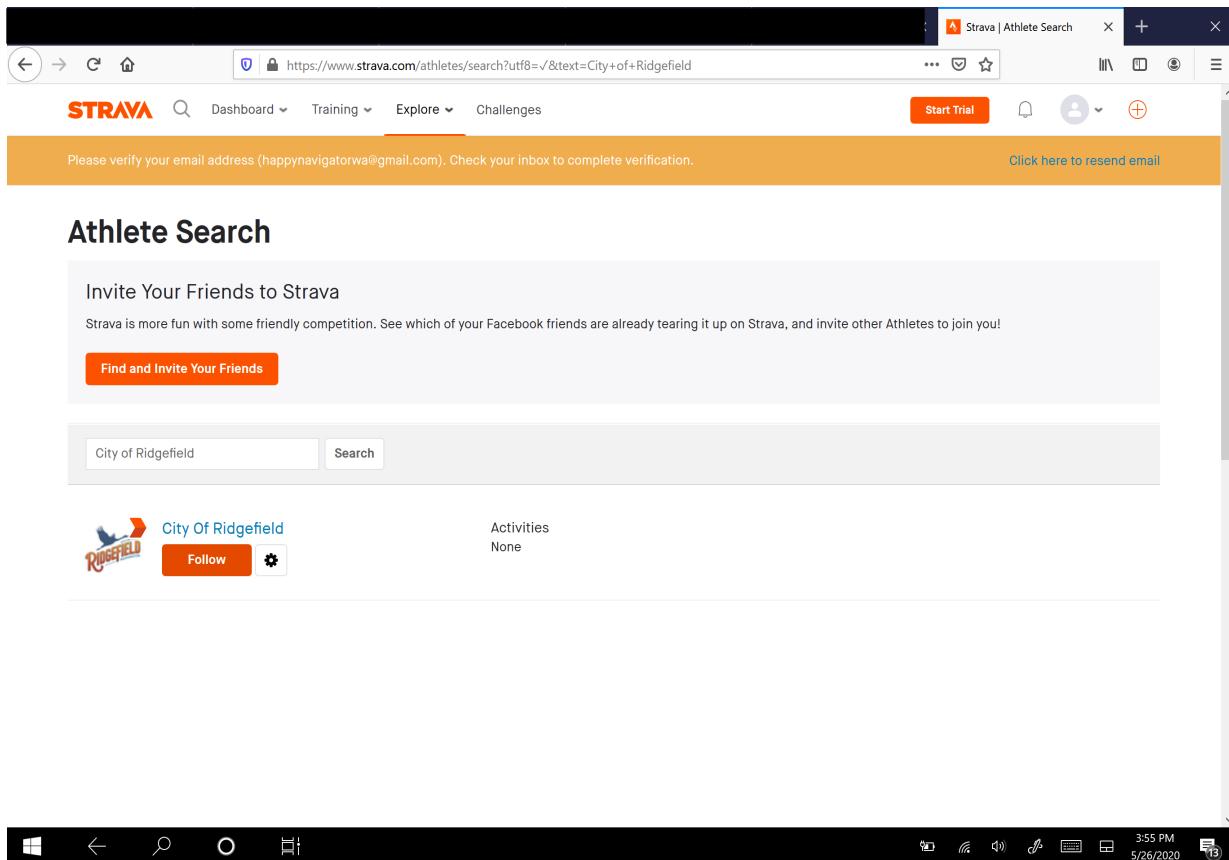


The screenshot shows the Strava Athlete Search interface. At the top, there is a search bar with the text 'City of Ridgefield' and a 'Search' button. Below the search bar, three athlete profiles are listed:

- Scott Faubs** (Portland, OR): Activities: 1 Bike Ride, 2447 Runs. Buttons: Follow, Settings.
- Dylan Bowman** (Portland, OR): Activities: 210 Bike Rides, 2017 Runs. Buttons: Follow, Settings.
- JAX MARIASH** (Scottsdale, AZ): Activities: 190 Bike Rides, 1637 Runs. Buttons: Follow, Settings.

The Strava header includes 'STRAVA' and navigation links for Dashboard, Training, Explore, and Challenges. A yellow banner at the top says 'Please verify your email address (happynavigatorwa@gmail.com). Check your inbox to complete verification.' with a 'Click here to resend email' link. The Windows taskbar at the bottom shows the date and time as 5/26/2020 3:55 PM.

- 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.

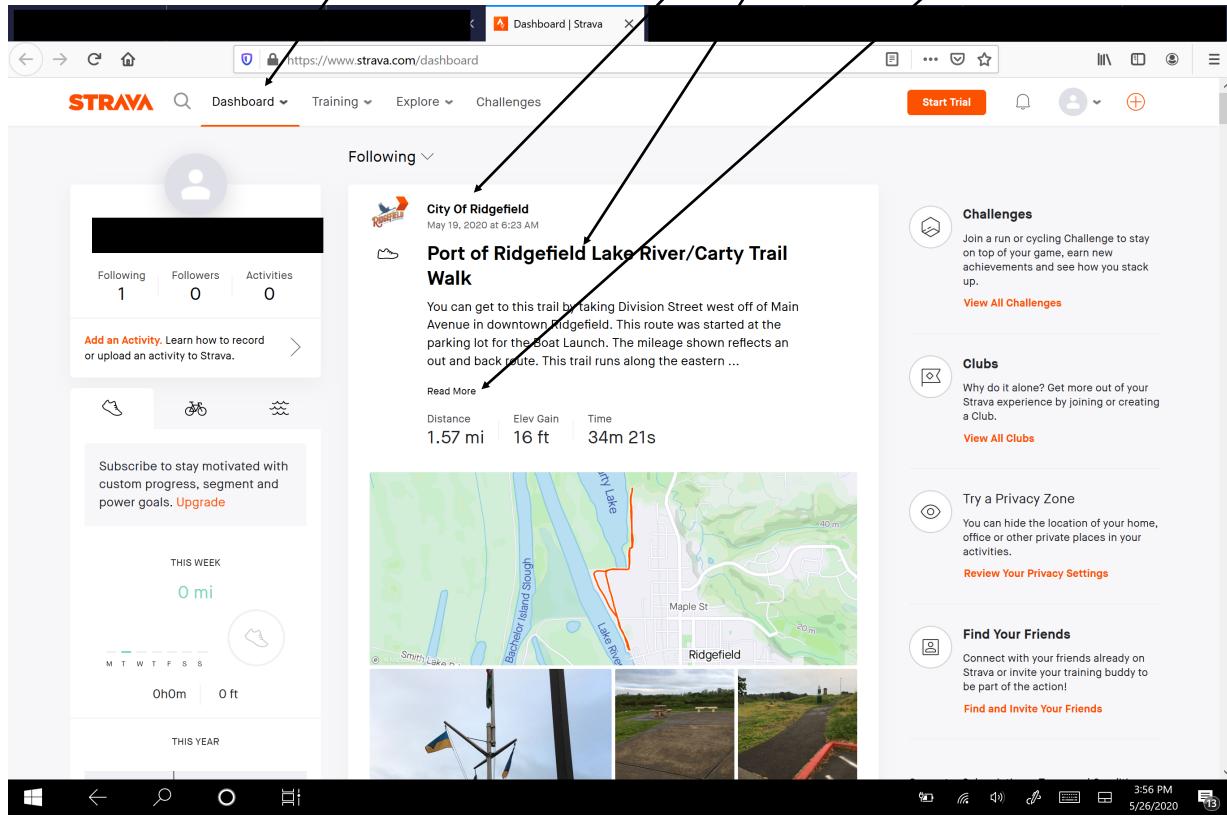


The screenshot shows the Strava Athlete Search interface. At the top, there is a search bar with the text 'City Of Ridgefield' and a 'Search' button. Below the search bar, one athlete profile is listed:

- City Of Ridgefield** (None): Activities: None. Buttons: Follow, Settings.

The Strava header includes 'STRAVA' and navigation links for Dashboard, Training, Explore, and Challenges. A yellow banner at the top says 'Please verify your email address (happynavigatorwa@gmail.com). Check your inbox to complete verification.' with a 'Click here to resend email' link. The Windows taskbar at the bottom shows the date and time as 5/26/2020 3:55 PM.

- 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.

Firefox browser window showing a Strava activity page for a walk in Canyon Ridge Subdivision.

Overview Section:

- Distance: 0.38m
- 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: —

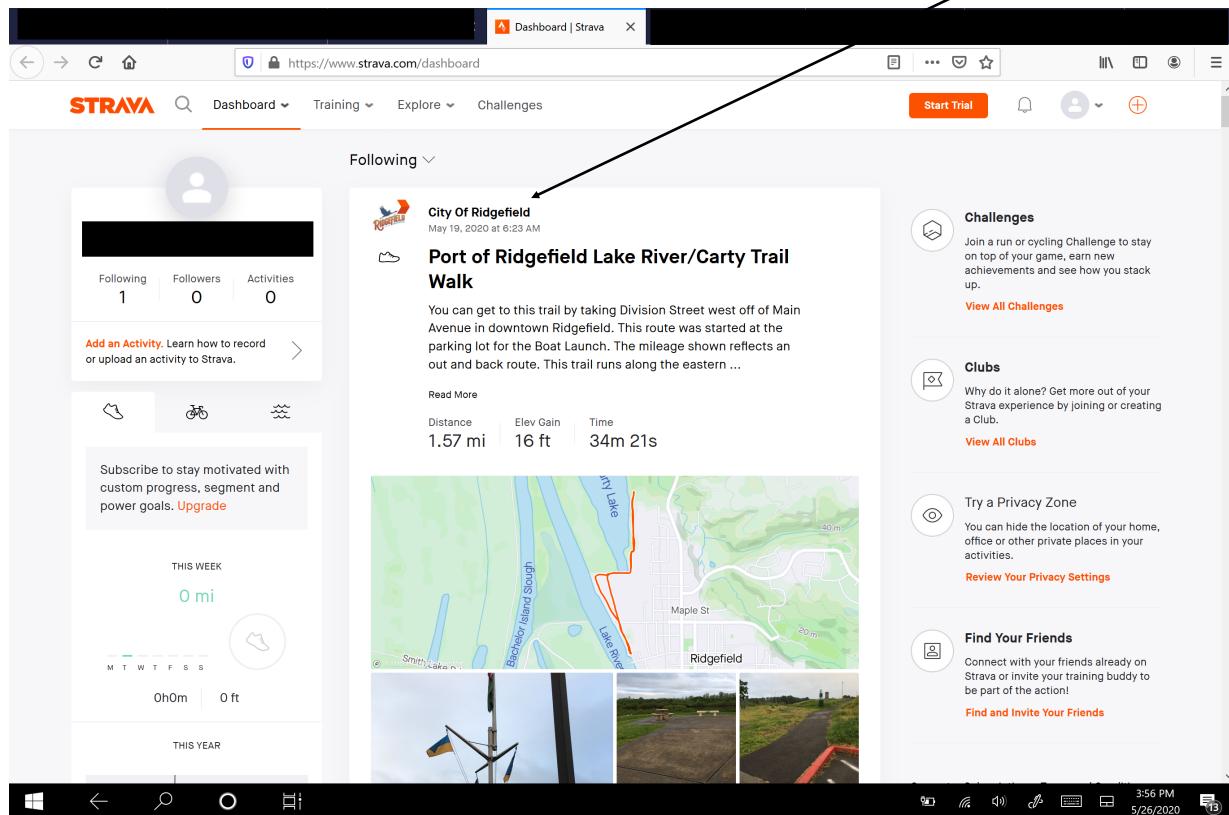
Splits Section:

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

Map Section:

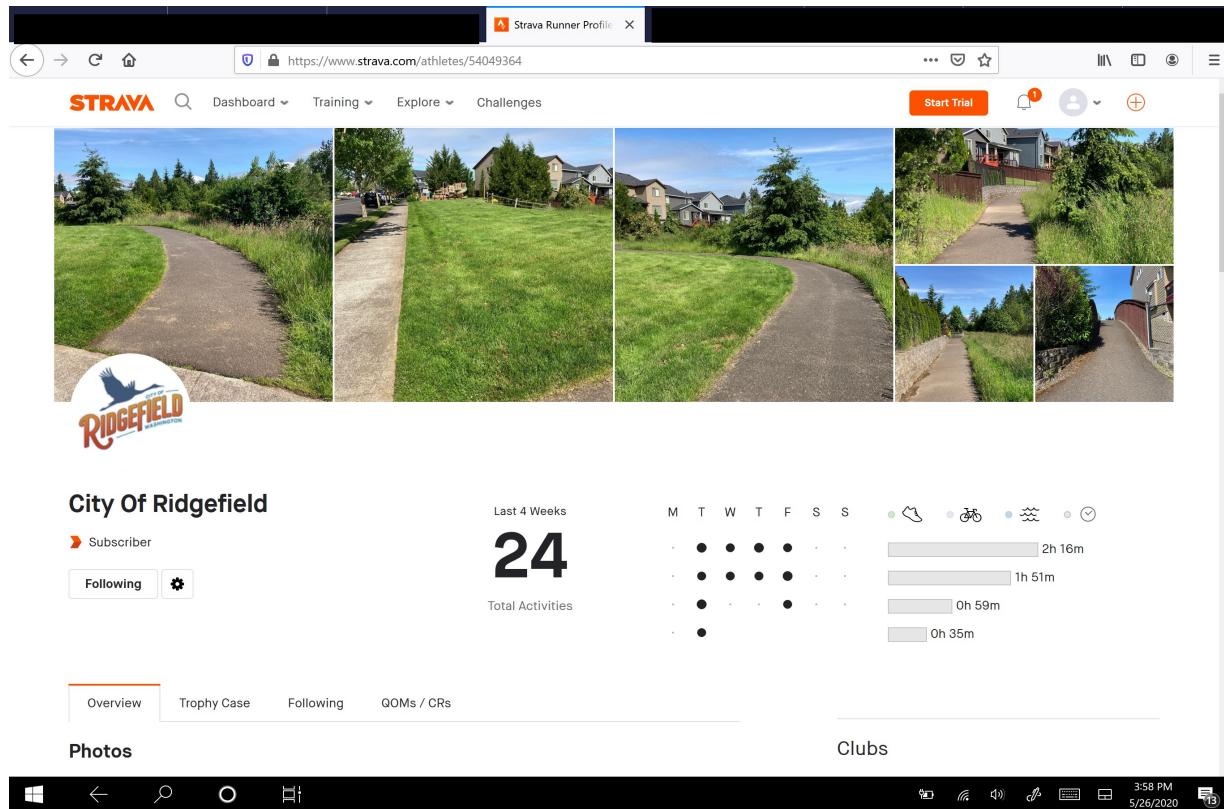
The map shows the walk route as a red line on a green shaded elevation profile. The route starts at a low point, rises to a peak, and then descends. Elevation changes are marked in 40m, 50m, and 60m increments. The map includes a zoom control (+/-), a scale bar (0-1000m), and a legend for GPX and Standard Map.

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 a red arrow pointing to the 'Following' section. The 'City of Ridgefield' profile is listed, showing 1 Following, 0 Followers, and 0 Activities. The profile picture is blacked out. Below the profile, there is a button to 'Add an Activity', a progress bar for the week (0 mi), and a summary for the year (0h0m / 0 ft). The main content area shows a route titled 'Port of Ridgefield Lake River/Carty Trail Walk' from May 19, 2020, at 6:23 AM. The route is 1.57 mi, 16 ft elevation gain, and 34m 21s duration. A map shows the route along the Carty Trail and Lake River. Below the map are three small photos: a flag pole, a paved path, and a view of the lake. To the right of the route are sections for 'Challenges', 'Clubs', 'Try a Privacy Zone', and 'Find Your Friends'.

- The 'City of Ridgefield' Strava page.



The screenshot shows the Strava Runner Profile for the City of Ridgefield. The profile picture is the Ridgefield Washington logo. The profile is labeled 'Subscriber' and shows 24 Total Activities over the last 4 weeks. Below the profile, there are four large photos of the Carty Trail. The main content area includes a summary for the last 4 weeks: 2h 16m, 1h 51m, 0h 59m, and 0h 35m. Below this are tabs for 'Overview' (selected), 'Trophy Case', 'Following', and 'QOMs / CRs'. The 'Photos' section shows a grid of small images, and the 'Clubs' section shows a list of clubs the user is part of. The bottom of the screen shows the Windows taskbar with the date and time (5/26/2020, 3:58 PM).

- 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.

Strava Runner Profile | City

Photos

Activities for May 25, 2020 - May 31, 2020

1.6mi | 0h 35m | 63ft

Apr 20, 2020 - May 25, 2020

10
8
6
4
2
0 mi

May 2020

Time Distance Elev Gain Weekly Monthly

City Of Ridgefield

May 26, 2020 at 10:43 AM

Morning Walk

0.37 mi | 14 ft | 8m 45s

Clouds

Goals

Subscribe to stay motivated with custom progress, segment and power goals.

Upgrade

THIS WEEK

0 mi

0h 0m 0 ft

THIS YEAR

0 mi

0h 0m 0 ft

Social Stats

Following: 0 | Followers: 4

Mozilla Firefox seems slow... to... start.

Learn How to Speed It Up | Don't Tell Me Again

9:58 AM 5/28/2020

- 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.

Strava Runner Profile | City

Photos

Activities for May 2020

16.8mi | 6h 27m | 1,696ft

Apr 20, 2020 - May 25, 2020

20
16
12
8
4
0 mi

Apr 2020 May

Time Distance Elev Gain Weekly Monthly

City Of Ridgefield

May 26, 2020 at 10:43 AM

Morning Walk

0.37 mi | 14 ft | 8m 45s

+17

Mozilla Firefox seems slow... to... start.

Learn How to Speed It Up | Don't Tell Me Again

Goals

Subscribe to stay motivated with custom progress, segment and power goals. [Upgrade](#)

THIS WEEK

0 mi

M T W T F S S

0h 0m 0 ft

THIS YEAR

0 mi

TODAY

Social Stats

Following: 0 | Followers: 4

1008 AM 5/28/2020

- 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.

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

THIS YEAR

0 mi

TODAY

Social Stats

Following 0 Followers 4

Side by Side Comparison

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	Time 0h 0m
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Learn How to Speed It Up | Don't Tell Me Again

10:25 AM 5/28/2020

- 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.

Firefox browser window showing a Strava activity page for a walk in Canyon Ridge Subdivision.

The page displays the following information:

Activity Details:

- City Of Ridgefield – Walk
- 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 .23 mile trail portion takes you along
- 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% (Feels like 57 °F, Wind Speed 3.5 mi/h, Wind Direction S)
- Shoes: —

Splits:

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

Map: An elevation profile map showing the route. The profile is red, and the background shows green shaded areas representing elevation changes. Labels indicate elevations of 40m, 50m, and 60m. A zoom control (+/-) is in the top-left corner of the map area.

Bottom status bar: Mozilla Firefox seems slow... to... start. Learn How to Speed It Up. Don't Tell Me Again. 10:34 AM 5/28/2020