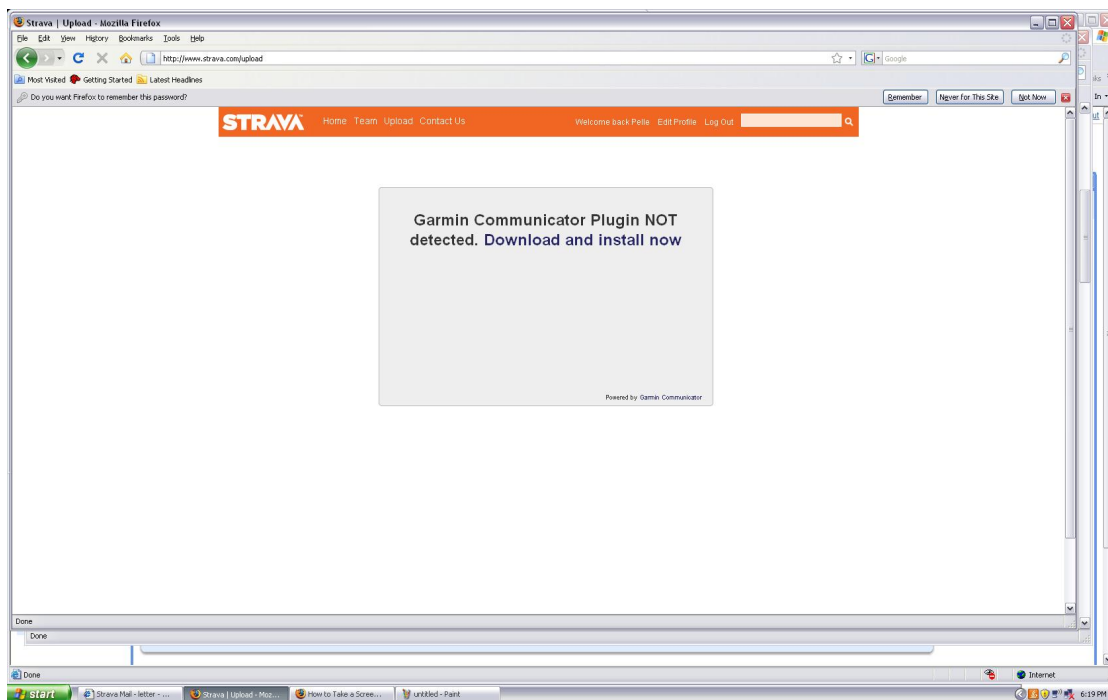


Hi,

Thank you for joining Strava. Below are the steps you should take to complete your first upload on a Mac.

1. *The first thing you should do when you get the device is to charge it. The first charge should be 10 h. This will improve the performance of the battery.*
2. *Now login to Strava at <http://www.strava.com/> using your username and password. If you have forgotten them, email us at [support@strava.com](mailto:support@strava.com)*
3. *You land on your home page where you will see an area called "Your Bikes" on the right side. Click on "here" in "You don't have any bikes! Click [here](#) to create a new bike." to create a new bike. You need at least one bike to be able to upload.*
4. *In the top nav bar there is a link called Upload. Click on that link.  
<http://www.strava.com/upload>*
5. *The first time you go to the upload page the system will check if you have the right plug-in installed. If you don't have a plug-in installed the site will tell you so as in the screenshot below*



6. *Click on the link "Download and install now". This link will take you to the Garmin site, where you can download the plug-in. Click on the "Download for Mac" button.*

7. *Once the plug-in is downloaded, follow the prompts to install it on your computer. When the installation is complete the installation guide will take you to a Garmin test screen, you should get a message that the plugin has been successfully installed.*
8. *Connect your Garmin to your computer with the cable included in the box. Go back to <http://www.strava.com> and login, then go to the Upload page.*
9. *The system will start looking for and downloading rides from your Garmin. When this is done you will click "Continue"*
10. *On the next screen you will see a list of the rides on your Garmin that have not yet been uploaded. Here you enter a name for the ride, select a bike, select which terrain the ride had, if it was a group ride and if it was a commute. There is also a skip link furthest to the right, use this link only if you never want to upload the ride to Strava.*
11. *When you have entered the information for the ride you click "Continue". Strava will now analyze your ride. When this is done you can go to your athlete's page to view your rides.*

*If you run into trouble you can always reach us at [support@strava.com](mailto:support@strava.com)*