



How to Record Meters Rowed

Join the Row to Slow Parkinson's [Strava Club](#) to log your row!

How to Add Your Activities to Strava:

Start Strava before an activity, and you can track your favorite performance stats and, afterward, dive deep into your data. You can upload your activities to Strava using any of the following methods.

- [Instantly upload from the Strava iPhone or Android app](#)
- [Upload from a GPS device](#)
- [Sync data from other fitness sites to Strava](#)
- [Upload a file from your computer](#)
- [Add an activity manually](#)

How to Add an Activity Manually:

By creating a manual activity, you can add it to Strava even if you didn't record it with a GPS device. Enter the time and distance for an activity (like rowing). This is a great way to keep track of your rowing, even if you aren't able to record with a GPS device.

- On the web, select the plus sign icon in the upper right-hand corner. Select Add manual entry from the drop-down list.
- On Android, select the plus sign icon on the bottom right of your feed and choose Manual Activity.
- On iOS, select the plus sign icon in the upper left-hand corner and then Manual Activity.
- Select your sport, enter the other required fields, and click Create or Save.

Questions? Please contact teamfox@michaeljfox.org.