

**Do you run or bike the greenspace trails and use Strava? Help show how important the LU greenspace is to the community by tallying your km on the LU greenspace trails.**

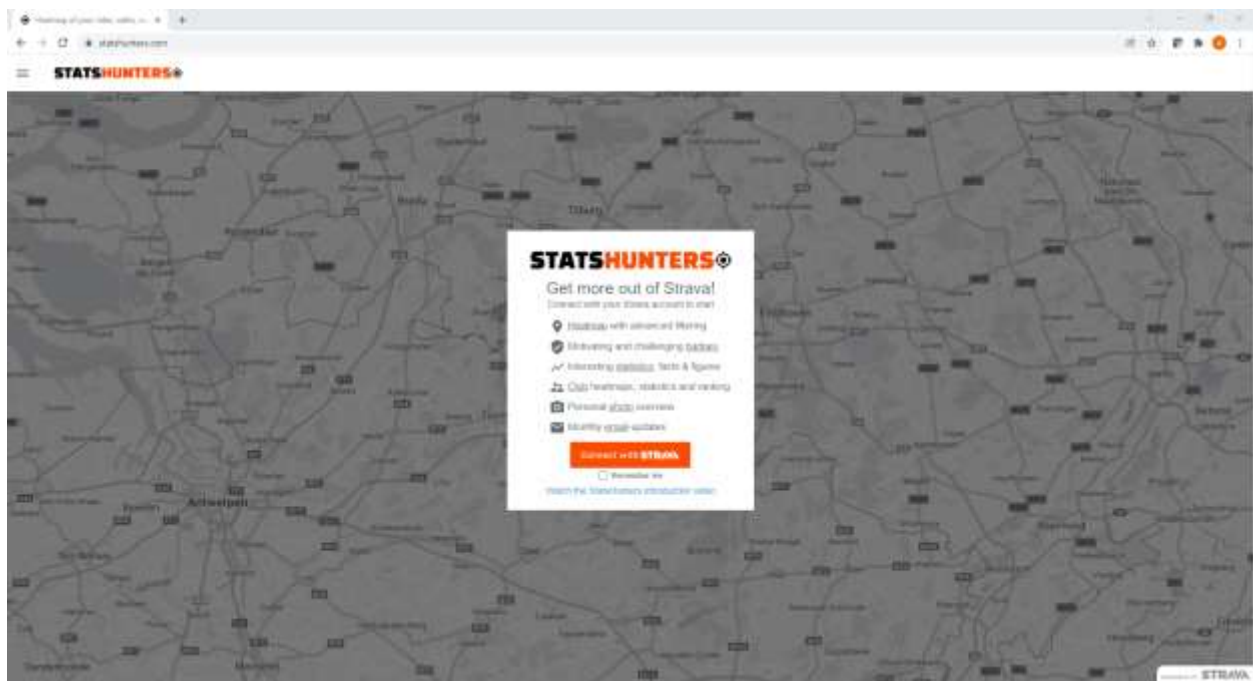
The following is a step-by-step guide to estimating the distance traveled by a Strava user in the Laurentian Greenspace.

Strava (at least the free version) does not have the capacity to select multiple activities based on a map. To accomplish this, you will make use of a free service called Stats Hunter.

On its own, Stats Hunter is a gold mine for Strava users. It allows you to display all your Strava activities on the same map. It is a really good tool.

Let's get started:

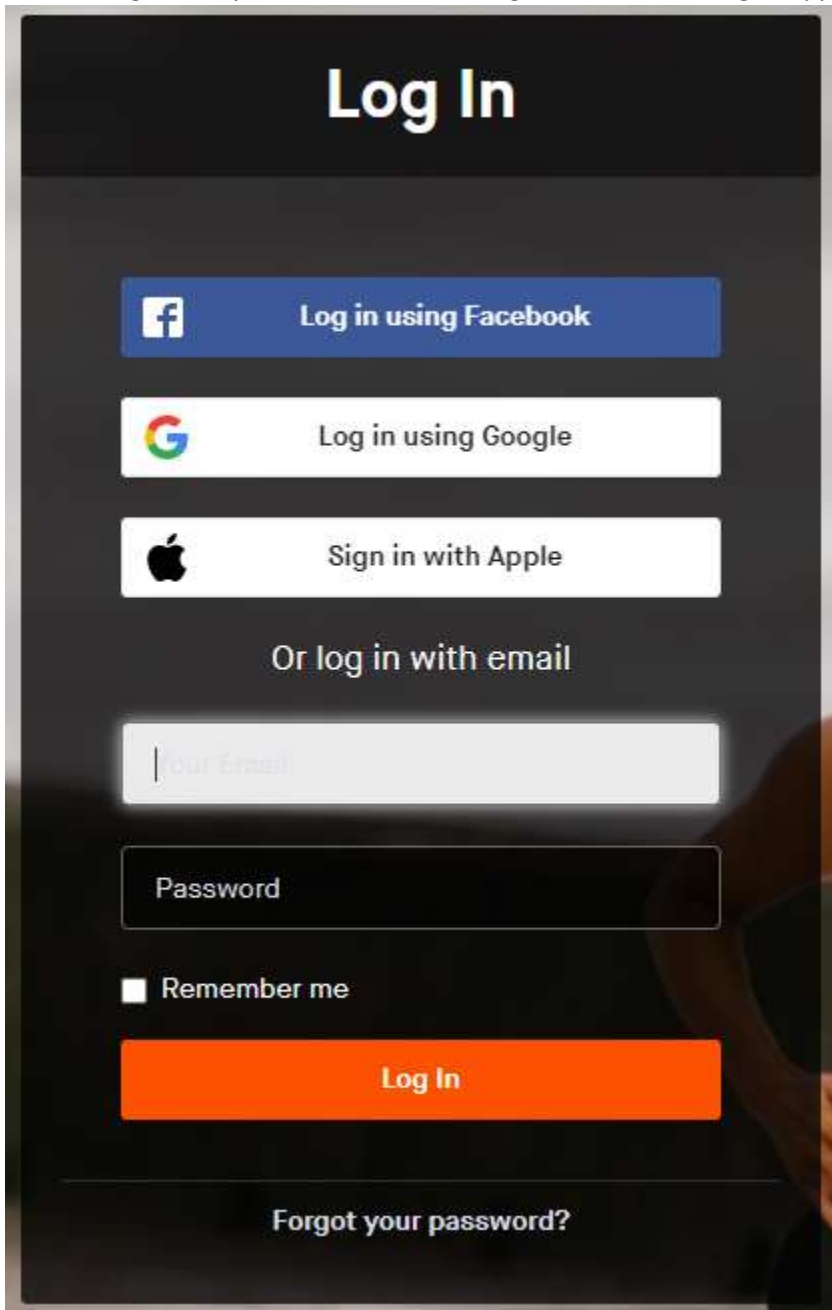
1. Using your favourite web browser visit [statshunter.com](https://statshunter.com)



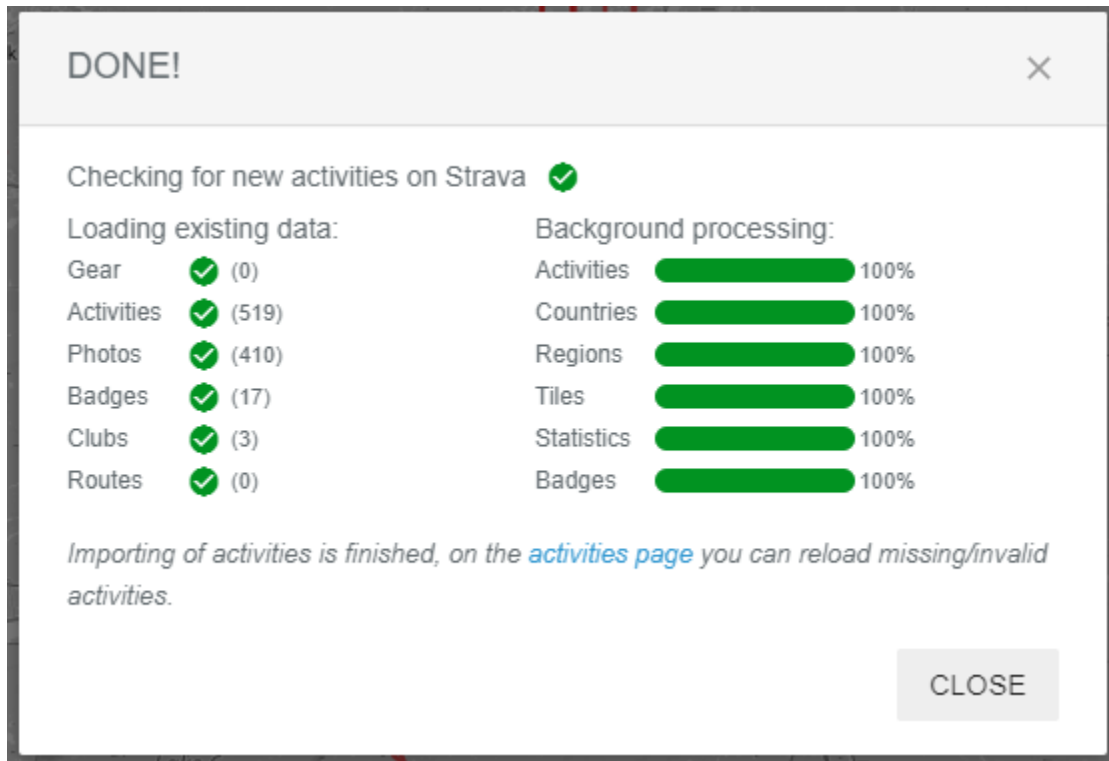
2. Click

Connect with **STRAVA**

3. Login with your standard Strava login (Facebook, Google, Apple or Email)

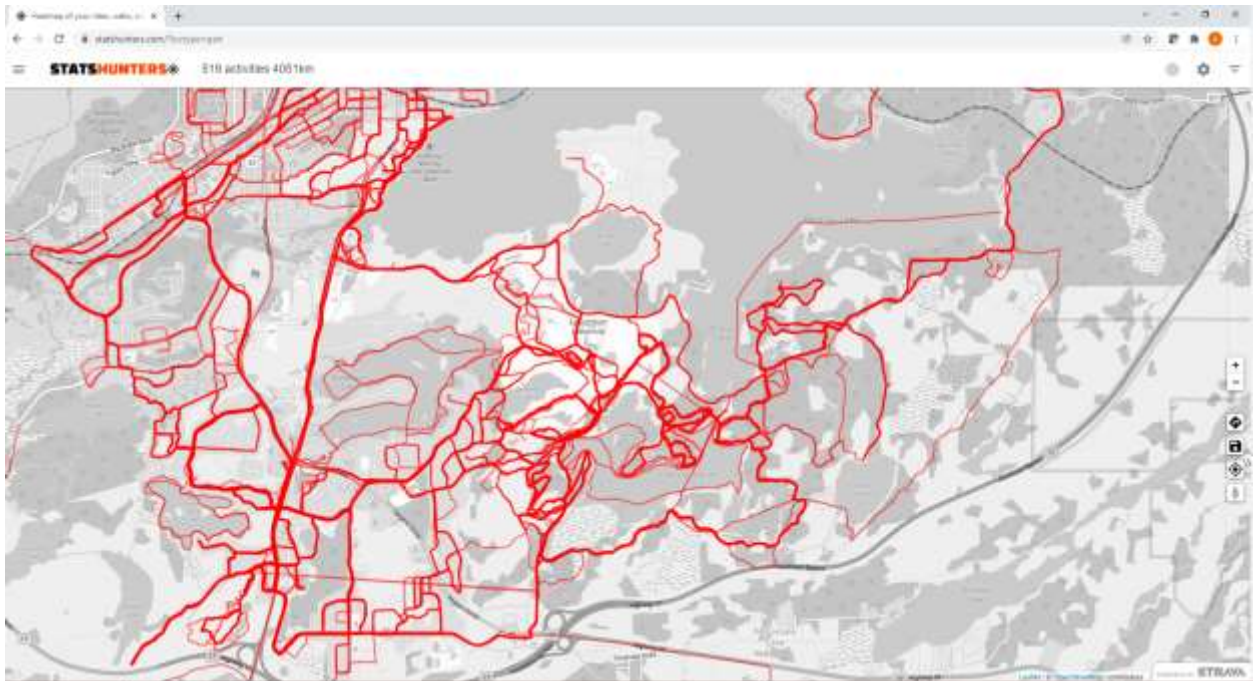
The image shows a mobile application login screen with a dark background. At the top, the text "Log In" is displayed in a large, white, sans-serif font. Below this, there are three social login options: a blue button with the Facebook 'f' icon and the text "Log in using Facebook"; a white button with the Google 'G' icon and the text "Log in using Google"; and another white button with the Apple logo and the text "Sign in with Apple". Underneath these is the text "Or log in with email" in white. This is followed by two input fields: a light gray one with the placeholder text "Your Email" and a white one with the placeholder text "Password". Below the password field is a checkbox with the label "Remember me". A prominent orange button with the text "Log In" is positioned below the checkbox. At the bottom of the screen, there is a link that says "Forgot your password?" in white text.


4. It will take a few seconds to load your Strava data. The more data you have, the longer it will take. The process is complete when each progress bar reaches 100%

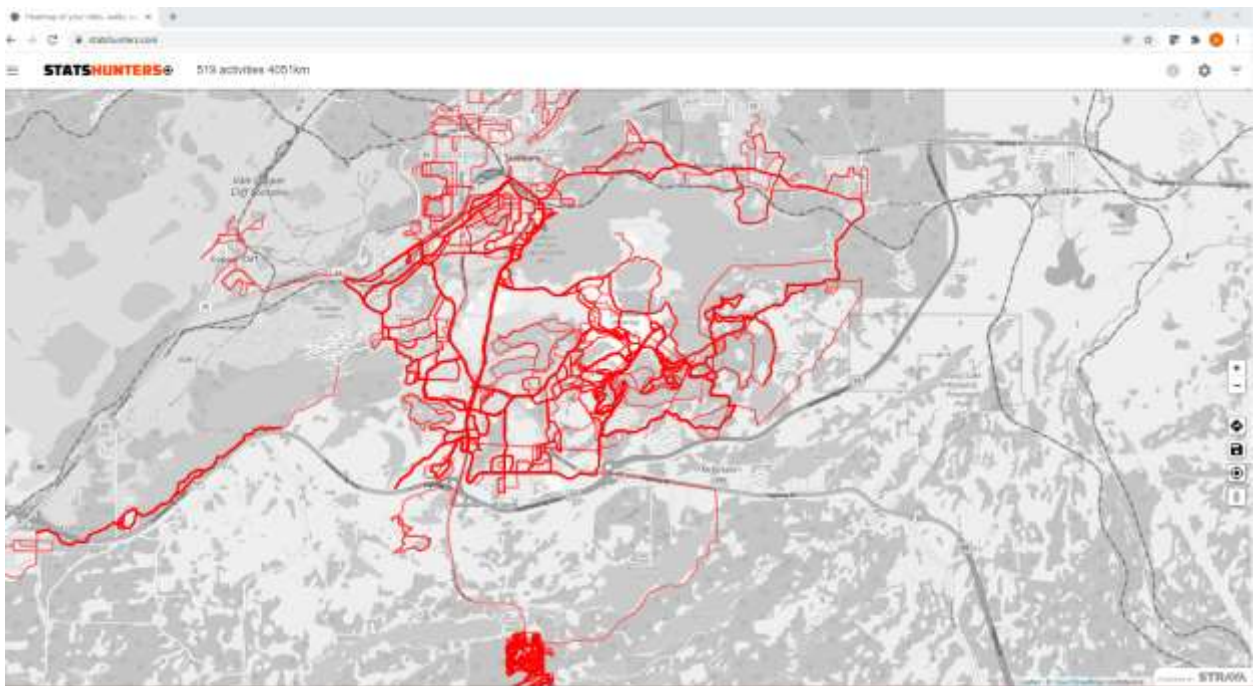


5. Click Close. You will now see a map with all of your Strava activities overlaid. (Note, if you have activities all over the province, country, or world you can zoom in and out to see them). There is a ton you can play with using this tool, but before you get too excited, please continue to the next steps.

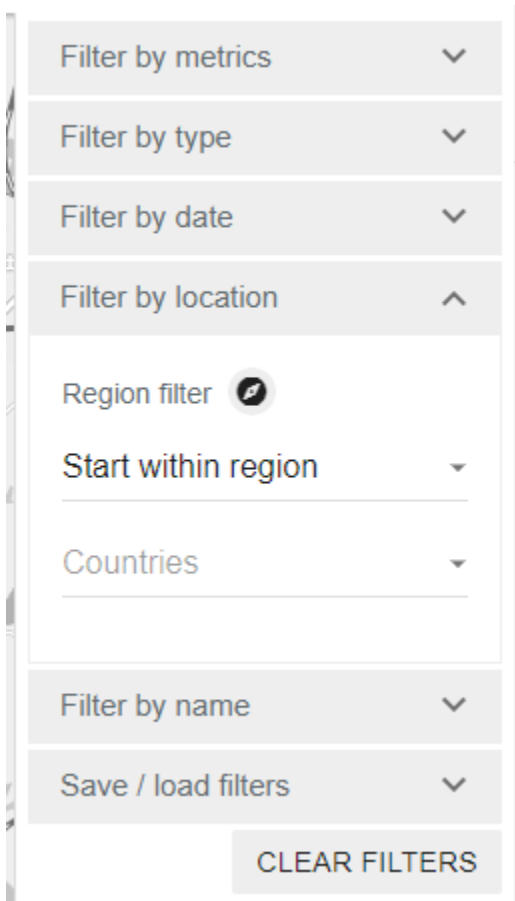
6. Use the zoom features to ensure that the LU GreenSpace is visible on the screen.



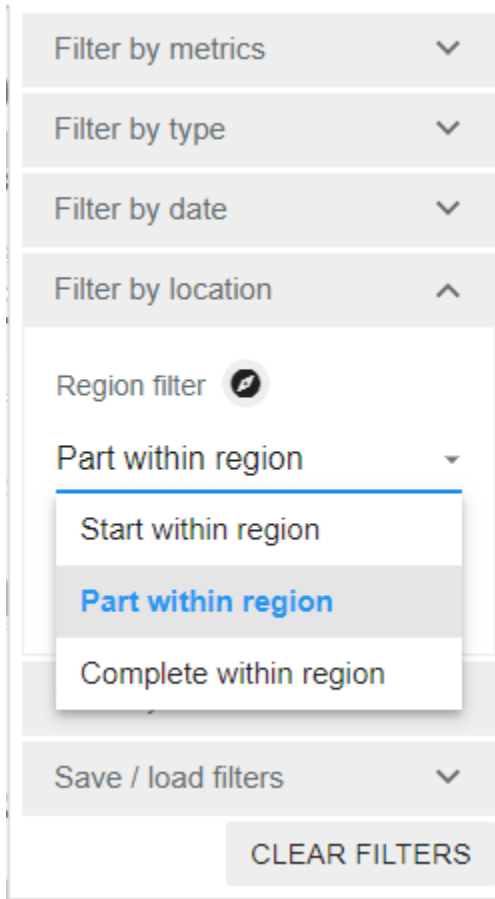
7. Click the filter  button on the top-right hand side of the screen. A filter window will pop up



8. Click "Filter By Location" the window will expand to show the following:



9. Ensure that that the drop down box reads “Part Within Region”. **This is an important step as it will ensure that it captures any activity that went through the area.**



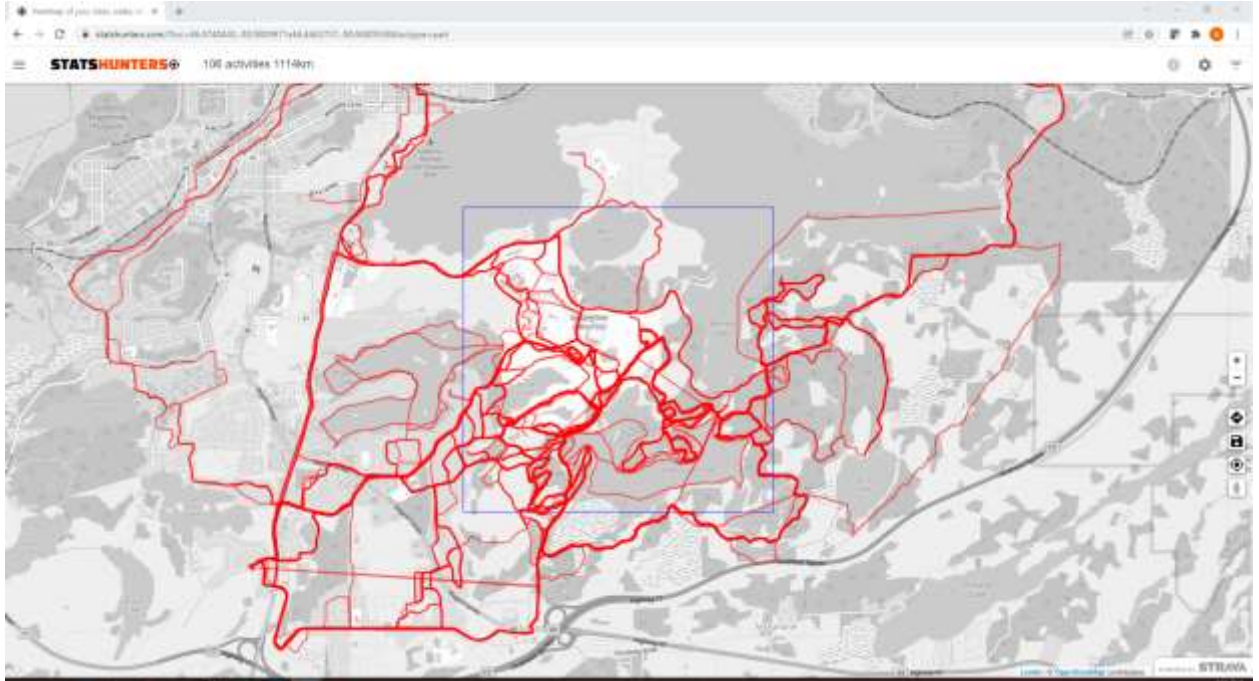
10. Click "Region Filter" button:

The image shows a vertical list of filter options. The options are: "Filter by metrics", "Filter by type", "Filter by date", "Filter by location", "Region filter", "Part within region", "Countries", "Filter by name", and "Save / load filters". Each option has a small downward arrow icon to its right. The "Region filter" option is circled in blue. Below the list is a button labeled "CLEAR FILTERS".

- Filter by metrics
- Filter by type
- Filter by date
- Filter by location
- Region filter
- Part within region
- Countries
- Filter by name
- Save / load filters

CLEAR FILTERS

11. Once you click this button, move the cursor to the top-left area of the green space and click, this will drop a blue pin on the screen. Drag your mouse to draw a box around the LU greenspace and click the mouse again.

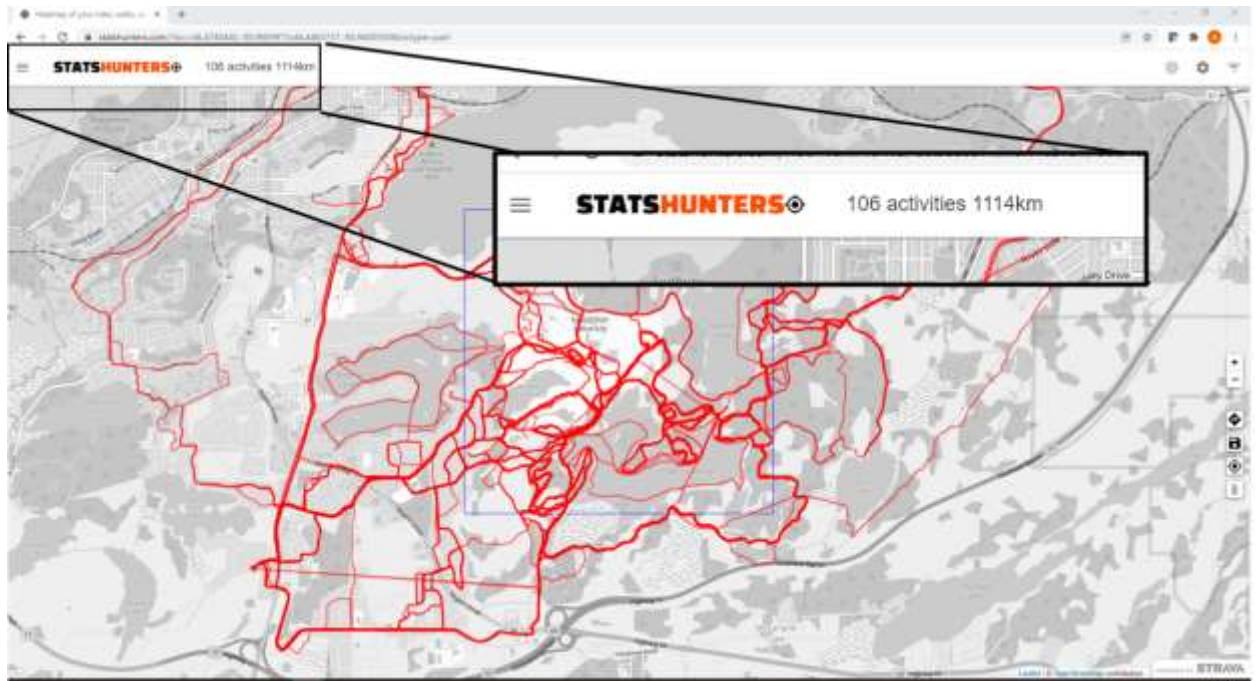


This image shows the LU Greenspace. Please do your best to draw a region that includes this area.





12. Once you have drawn the square, the activities will be filtered and any activity that passes through that square is included in the summary at the top of the screen.



13. Note the number of activities and the total distance and share.

**Post your results on social media.**

-Include a photo if you can – a picture of yourself on the trails is awesome, but a screenshot of your results is also good.

-Use the hashtag **#saveLUgreenspace**.

-Share with a fellow trail user, and invite them to take part

-On twitter: tag @recteurulpres @BiggerSudbury @liveablesud

-On Facebook: share to the [Help Save Laurentian Trails and its Ecosystem Facebook group](#)

E.g. you might post something like. "I ran more than 1500 km on the LU greenspace trails since I started using Strava in 2021. The LU greenspace is essential to my mental and physical wellbeing. #saveLUgreenspace"

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*The step-by-step guide for Strava users to estimate the distance they have traveled in the LU greenspace was prepared by Andre Dumais.*