Salesian College Walkathon

'Cambodia and back'

The online DBOW Walkathon is back!

6,975 km

Distance from Melbourne to Cambodia

We have decided to use the theme of travelling to '**Cambodia and back**' as a school. Our collective goal will be to travel 13,950km over the course of Don Bosco Oratory Week. This will equate to just over 12km's per student!

Using Strava, students will compete in Oratories and try to travel as far as they can over the course of the week.

IMPORTANT!

Make sure that if you are going for a walk, ensure that you select **'Run'** on the record section of your Strava app. This needs to be done in order for the data to be recorded correctly.

Creating an account:

To create an account on strava, use the following steps:

1. Visit the following link https://www.strava.com/login and select "sign up"
2. Enter your own name (nick names/other names will not be accepted by your oratory leader)
3. Enter your school email address and password of choice
4. Join the club for your oratory (link will be provided by your oratory teacher)
5. You have an account!

Privacy:

Refer to images on next page.

To protect your privacy, please check your **where you appear:**

1. In the app, click on your profile in the menu across the bottom of your screen.
2. Select the "settings" turning wheel in the top left corner.
3. Scroll down to the "privacy controls" tab
4. Under the "where you appear" tab, change the "who can see" dropdown boxes for "profiles" to "**followers**"
5. Change the "flyby" dropdown box to "**No one**"
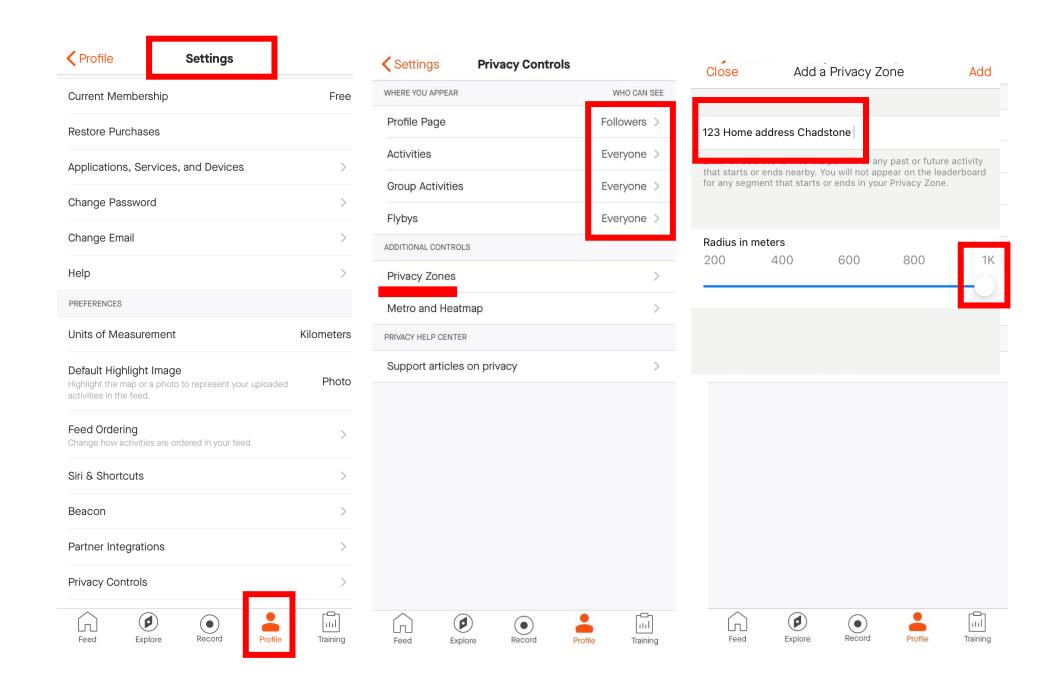
To protect your home and school address, please ensure you set up a **privacy zone:**

1. Also in the "privacy controls" tab
2. Scroll down to the "additional controls – privacy zones" section and enter your home address and select "1000m radius"
3. Click on the "Create privacy zone" button and it will hide your address from the activities you do!

We recommend you do not accept followers on Strava as this will allow them to see your activities, challenge progress and created routes.

To upload your exercise:

1. Using the app
   a. Open the app and look at the bottom taskbar for the option "record"
   b. Ensure that you select 'Run' by scrolling through the options at the bottom of the task bar, even though you might be going for a walk
   c. Click the start button!
      i. Once you have finished, press the stop button and then hit finish
      ii. To save and upload the activity – hit "Save Activity"
2. Using the website
   a. Login to your strava account
   b. Click on the plus symbol in the top right hand corner of your browser
      i. Using the app/website:
         1. Click on the dropdown logo "Add a Manual Entry"
         2. Fill out your exercise
      ii. With a smartwatch:
         1. Click the dropdown "upload an activity"
         2. Click the logo of your chosen smart watch
         3. Click "connect" and it will automatically upload your exercise to strava

Current Membership   Free

Restore Purchases

Applications, Services, and Devices   >

Change Password   >

Change Email   >

Help   >

PREFERENCES

Units of Measurement   Kilometers

Default Highlight Image   Photo
Highlight the map or a photo to represent your uploaded
activities in the feed.

Feed Ordering   >
Change how activities are ordered in your feed

Siri & Shortcuts   >

Beacon   >

Partner Integrations   >

Privacy Controls   >

Feed   Explore   Record   **Profile**   Training

WHERE YOU APPEAR   WHO CAN SEE

Profile Page   Followers >

Activities   Everyone >

Group Activities   Everyone >

Flybys   Everyone >

ADDITIONAL CONTROLS

Privacy Zones   >

Metro and Heatmap   >

PRIVACY HELP CENTER

Support articles on privacy   >

Feed   Explore   Record   Profile   Training

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123 Home address Chadstone

any past or future activity
that starts or ends nearby. You will not appear on the leaderboard
for any segment that starts or ends in your Privacy Zone.

Radius in meters

200   400   600   800   1K

Feed   Explore   Record   Profile   Training

Deleting your account

After the competition has finished or you have finished using the app, we suggest you delete your account. By following this process, your account and data will be permanently deleted.

1. Log into the account on Strava.com that you wish to delete.

2. Hover over your profile photo in the upper right-hand corner of the Strava page. Choose "Settings," then find the "My Account" tab from the menu listed on the Left.

3. Select the option to "Get Started" under "Download or Delete Your Account."

4. Check the box to confirm that you've already downloaded your data or you do not wish to download your data.

5. Select "Request Account Deletion." You will receive a confirmation email where you can complete the deletion process.

Student Safety:

You **MUST** create a privacy zone.

Keep in mind that you have the ability to earn merits for every KM that you travel!

Oratory	Teacher	Link
7A	Stephen Sellwood	https://www.strava.com/clubs/20217A
7B	Samantha Carey	https://www.strava.com/clubs/20217B
7C	Leonie Nathan	https://www.strava.com/clubs/20217C
7D	Simon Greely	https://www.strava.com/clubs/20217D
7E	April Ma	https://www.strava.com/clubs/20217E
7F	Christina Romano	https://www.strava.com/clubs/20217F
7G	Mikayla Domini	https://www.strava.com/clubs/20217G
7H	Matthew Brooks	https://www.strava.com/clubs/20217H
8A	Paul Azar	https://www.strava.com/clubs/20218A
8B	Chris Seeber	https://www.strava.com/clubs/20218B
8C	Melina Barcellona	https://www.strava.com/clubs/20218C
8D	Byron Chen	https://www.strava.com/clubs/20218D
8E	Craig Giles	https://www.strava.com/clubs/20218E
8F	Ken Verbyla	https://www.strava.com/clubs/20218F
8G	Gazielle Pinili	https://www.strava.com/clubs/20218G
8H	Daniel Campisano	https://www.strava.com/clubs/20218H
9A	Chris Ryan	https://www.strava.com/clubs/20219A
9B	Nick Filippis	https://www.strava.com/clubs/20219B
9C	Josephine Thomson	https://www.strava.com/clubs/20219C
9D	Anthony Anastasio	https://www.strava.com/clubs/20219D
9E	Dane Rogers	https://www.strava.com/clubs/20219E
9F	Emma Dodwell	https://www.strava.com/clubs/20219F
9G	John Russo	https://www.strava.com/clubs/20219G
9H	Gabrielle Rolfe	https://www.strava.com/clubs/20219H
10A	Steve Loonstra	https://www.strava.com/clubs/202110A
10B	Emma Bradley	https://www.strava.com/clubs/202110B
10C	Brendan Douglas	https://www.strava.com/clubs/202110C
10D	Molly Tilley	https://www.strava.com/clubs/202110D
10E	Jason Collins	https://www.strava.com/clubs/202110E
10F	Tristan O'Brien	https://www.strava.com/clubs/202110F
10G	Heath Chipperfield	https://www.strava.com/clubs/202110G
10H	Molly O'Shea	https://www.strava.com/clubs/202110H
10P	Carolyn Ellul	https://www.strava.com/clubs/202110P
11A	Malwina Dwyer	https://www.strava.com/clubs/202111A
11B	Lexi Tsiavis	https://www.strava.com/clubs/202111B
11C	Monique Capomolla	https://www.strava.com/clubs/202111C
11D	Georgina Dow	https://www.strava.com/clubs/202111D
11E	Stuart Hill	https://www.strava.com/clubs/202111E
11F	Angela Liyanage	https://www.strava.com/clubs/202111F
11G	Kim Beurs	https://www.strava.com/clubs/202111G
11V	Emily Roach	https://www.strava.com/clubs/202111V
12A	Abby Milesi	https://www.strava.com/clubs/202112A
12B	Sam Bentley	https://www.strava.com/clubs/202112B
12C	Peter Bermingham	https://www.strava.com/clubs/202112C
12D	Emma Marsh	https://www.strava.com/clubs/202112D
12E	Dylan Chow	https://www.strava.com/clubs/202112E
12F	Nadia Knight	https://www.strava.com/clubs/202112F
12G	Deborah Rabot	https://www.strava.com/clubs/202112G
12V	Kathryn Zwalf	https://www.strava.com/clubs/202112V