



Erasmus+ Sport project

“Sport Possibilities in Restriction Periods”

GUIDE

***“How to Organize Remote Sport Competitions in
Restriction Periods”***



SPORT POSSIBILITIES
IN RESTRICTION PERIODS



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Introduction

The years 2020, 2021 and 2022 were challenging due to the pandemic of Covid-19. During this period, Sport clubs and sport schools were losing their athletes in a growing speed from month to month. The reasons of this huge dropout from sport were different: some of the people were not allowed to go outside in definite hours that they previously had used for doing physical activity; some fell into apathy or depression. Since October 2020, doors of fitness centres and sport facilities were closed for months and in the winter of 2022, they partly still were in the participating countries. Therefore, keeping members in the organizations, but what was more significant – motivating the members continue doing physical activity, was an urgent issue for sport organizations. This was a global problem that needed to be solved in cooperation with partners by sharing experiences on how to overcome the consequences and how to find ways of doing physical activity in pandemic and restriction situations and organize sport competitions and events that do not confront the restrictions.

This Guide is designed on how to organize remote sport competitions in restriction periods starting from online applications through which it is possible, going through twelve stories of different people – sport coaches, athletes, managers, sharing how they dealt with the restrictions and what solutions found. The Guide offers templates for remote sport competition regulations and call for social media that will help organizations to address participants and stakeholders.

True Story of a Shin-Do coach

True Story of remote CrossFit workouts

True Story of an indoor football player

True Story of the School Sport Federation of Türkiye

Online Apps other than for the project SPiRC

This chapter deals with those Apps that were examined by the project team, are very good for personal use, but were not selected for the remote sport competitions due to the following four reasons:

- These Apps are mainly designed for individual use instead of organizing public or group events.
- These Apps deal more with leisure time activities.
- Upon a quick survey within the local sport clubs, it turned out that only a few athletes have heard of several of these Apps, and they were not willing to download new Apps in their mobile devices.
- Very often less known Apps are not possible to link to smart watches.

HIS APP

The app is designed by the Sports for All Federation of Türkiye. This app is good for individuals like employees who cannot spare time for sports due to workload, house-wives and mothers, disabled individuals, and others. This app has wide exercise opportunities:

- Trending exercises: 251
- Yoga exercises: 216
- Home exercises: 111
- Morning exercises: 82
- Office exercises: 52
- Sports for the Physically Disabled: 52
- Sports for the Visually Impaired: 43
- Sports for the Hearing Impaired: 43

For a detailed information of this App's possibilities visit the homepage: <https://his.gov.tr/hisapp-projesi> or see the project SPiRC Research Database in the project Results Platform.

Komoot

Komoot offers different opportunities to organize leisure activities such as cycling or hiking and always landing at the intended destination.

For a detailed information of this App's possibilities visit the homepage: <https://www.komoot.com/> or see the project SPiRC Research Database in the project Results Platform.

Sports Tracker

Sports Tracker is a fitness app using GPS for tracking running, walking, hiking and other workouts. There are over 90 workout types to choose from.

For a detailed information of this App's possibilities visit the homepage: <https://www.sports-tracker.com/> or see the project SPiRC Research Database in the project Results Platform.

Runkeeper

A running app designed for all runners. Training plans, guided workouts, monthly running challenges. The app allows to set individual running and training goals, track progress and share journey with the Runkeeper's community.

For a detailed information of this App's possibilities visit the homepage: <https://runkeeper.com/cms/> or see the project SPiRC Research Database in the project Results Platform.

Home Workout

Home Workouts provides daily workout routines for all main muscle groups. In just a few minutes a day, it is possible to build muscles and keep fitness at home without having to go to the gym. No equipment or coach needed, all exercises can be performed with just a body weight.

The app has workouts for abs, chest, legs, arms and butt as well as full body workouts. All the workouts are designed by experts.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=homeworkout.homeworkouts.noequipment&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Adidas Running: Sports Tracker

Over 170 million people use Adidas Running App for sport, fitness and activity tracker frequently to log fitness activities and exercise routines for walking, cycling, running. It is more than just a run and distance tracker. This App offers challenges and virtual races.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.runtastic.android&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Relive

Millions of runners, cyclists, hikers, skiers, snowboarders and other adventurers are using Relive to share their activities with 3D video stories: go out, track your activity, take some photos and enjoy the moment, and create the video.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=cc.relive.reliveapp&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

AllTrails

AllTrails offers more than a running app or fitness activity tracker. It is built on the idea that the outside is not a place to seek, but rather a part of us all. Custom route planning helps you search for dog-friendly, kid-friendly, stroller-friendly, or wheelchair-friendly trails, and more.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.alltrails.alltrails&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Bikemap

This app deals with a leisurely ride with a city bike or e-bike, climbing MTB trails with a mountain bike, or preparing for a cycling marathon. With more than 10 million bicycle routes and trails worldwide, Bikemap has something for every cyclist.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.toursprung.bikemap&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Map My Ride

This app fits both for beginners and experienced cyclers. This app has what one needs to stay on track and motivated to hit one's goals. Within this app it is possible to get customizable Training Plans, personalized coaching tips to make riding feel easier, and an inspiring community of over 60 million athletes all supporting a shared commitment to health and fitness.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.mapmyride.android2&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Map My Walk

This app fits both for beginners and experienced runners. This app has what one needs to stay on track and motivated to hit one's goals. Within this app it is possible to get customizable Training Plans, personalized coaching tips to make running feel easier, and an inspiring community of over 60 million athletes all supporting a shared commitment to health and fitness.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.mapmywalk.android2&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Footpath

This app allows to:

- 1) trace a map with a finger and Footpath snapping to roads and trails,
- 2) measure distance and elevation in seconds,
- 3) follow along with turn-by-turn voice navigation,
- 4) mix up a routine and plan out a new running route or bike ride,
- 5) plan a scenic road trip or multi-day hiking adventure.

Possibility to join millions of adventurers using Footpath Route Planner and pave own path.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.halfmilelabs.footpath&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Map My Run by Under Armour

This app fits both for beginners and experienced runners. This app has what one needs to stay on track and motivated to hit one's goals. Within this app it is possible to get customizable Training Plans, personalized coaching tips to make running feel easier, and an inspiring.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.mapmyrun.android2&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

RunMotion Coach – Running

This app offers an adaptive training plan with varied sessions to enjoy. Digital mentor RunMotion Coach creates a customized training plan and motivates to practice every day, whatever:

- Is the level: beginner, intermediate, advanced.
- Are the goals: beat personal records (5K, 10K, half-marathon, marathon), finish a race (road or trail) or wellness.
- Is the schedule: which can change every week.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.runmotion.android&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Online Apps used within the project SPiRC

DistantRace

DistantRace.com is an easy and reliable platform, which helps to participate or create own sports events, challenge friends, family or colleagues. This app allows to create a race, burn some calories, challenge oneself.

On DistantRace.com it is possible to participate in challenges and competitions at any time and any place according to everyone's options.

DistantRace synchronises results with different watches – sunto, garmin, apple. With DistantRace it is possible to gather kilometres as well.

For a detailed information of this App's possibilities visit the homepage: <https://distantrace.com/en/> or see the project SPiRC Research Database in the project Results Platform.

Project partner from Latvia had planned to do one of the two remote sport events with this app. The event was created and released. Yet, the team faced several challenges:

- Participants could not register for the race due to some technical issues that the team did not manage to solve with the app designers. Several participants, including the project team members, reported the problem. Besides, the participants that reported, had both Android and iOs mobile devices.
- The description of the app does not clearly say that the app works only with supportive other apps, for example, Nike Run or Adidas Run. This means that participants actually have to download two different apps in order to be able to participate the DistantRace's event. Several participants reported that they skipped registering for the event as soon as they were asked to download another app.
- During the Covid time, this app was free of charge. Yet, since beginning of the year 2023 it has become a charged app depending on the number of participants. For example, the Latvian partner was planning an event for 150 participants, and it cost 150 euros.

"Yes – we had internal challenge to solve and we did it. Yes – it did not go smooth as foreseen at the beginning, but we quickly reacted and found a solution. Yes – we are excited to have reached unexpectedly high number of participants," revealed the project manager Sandija Zalupe from Latvia.

This experience clearly showed that each app, each option of any app must be examined down to a detail before the event. The project team could not foresee the technical issues until the race was released. The technical issues had to be quickly solved. The project team immediately – in the first competition day, reacted on the problem and made an urgent decision to re-organize the remote sport competition through a different app – Strava. The further experience of Strava is described below within the Strava App description.

#walk15

For the first of the two remote events the Lithuanian partner chose a #walk15 app. The Lithuanian partner was more successful than the Latvians. They managed to hold the event to a full degree.

The #walk15 app allows to:

- See daily steps and weekly progress.
- Grow virtual trees and save CO2 emission.
- Participate in step challenges.
- Follow cognitive trails and walk tracks with audio guides.

- Use steps wallet offers.

The Lithuanian partner created a Step Challenge between March 2 and 29, 2023. The project manager of the Lithuanian partner Darius Kreivenas after the challenge said:

*“Throughout March, the local community including our soccer community participated in the Erasmus+ Sport project “Sport Possibilities in Restriction Periods” SPIRC: FMK LITUANICA step challenge. Together with the ambassador, kayaker, Olympian Ignas Navakauskas, we walked over 14.6 million steps (~ 10,442 km). In our steps, we saved as much as 1,878 kg of carbon dioxide, which would enter the atmosphere when traveling by car or public transport. We were glad that **96 participants** took part in the challenge.”*

Also #walk15 is a charged app for group events. All payment plans are available in the app’s homepage <https://www.teams.walk15.app/en>. #walk15 challenges are quite famous not only in Lithuania but also among work offices in Latvia in order to inspire and challenge office employees, especially with sedentary work, to move and participate in a healthy lifestyle.

Strava

Strava makes fitness tracking social. Strava houses the entire active journey in one spot – and allows to share it with friends. Here is how:

- Record everything – runs, rides, hikes, yoga and over 30 other sport types.
- Discover anywhere – Strava Routes tool uses de-identified Strava data to intelligently recommend popular routes based on one's preferences. It is possible also build own routes.
- Build a support network – Strava’s about celebrating movement. Here it is possible to find own community and cheer each other on.
- Train smarter – get data insights to understand the progress and see the improvement.
- Move safer – share the real-time location with loved ones while outdoors for an extra layer of safety.
- Sync the favourite apps and devices – Strava is compatible with thousands of them (Wear OS, Samsung, Fitbit, Garmin, etc.).
- Join and create challenges – join millions in monthly challenges to chase new goals, collect digital badges and stay accountable.
- Embrace the unfiltered – one's feed on Strava is filled with real efforts from real people. That’s how people are motivated.
- Both world-class athletes and total beginners, belong in Strava.

For a detailed information of this App’s possibilities visit the homepage: <https://www.strava.com/> or see the project SPiRC Research Database in the project Results Platform.

Strava eventually was used by all the project partners as the second remote sport competition with its digital segments. The Romanian partner used Strava also for the first by creating the Strava Club, by the Turkish and Latvian partners by creating Challenges.

Experience of the Romanian partner – Scout Society

Romanian partners started the activity on March 10 with the first 12 participants even though at the end of February several earthquakes hit also Romania. At the beginning, Scout Society was optimistic to be able to finish the activity within March. However, due to a [row of earthquakes](#) that continued to follow in Targu Jiu region in particular, schools and other public institutions were closed due to safety reasons until the

very end of March. Therefore, the Romanian partners fully finished this activity in May along with the second remote sport event.

Because in the first event Scout Society managed to gather only 10 participants, they understood from the first event that they would not be successful if they promote the **Strava Club** only in their local community:

*“So we started the promotion around the country, by continuing first remote sport event’s activity, among other NGOs, sport clubs and the second time was great in terms or number of people that joined our club (185 club members in total). The activities were **implemented by 124 club members**. 3 people that were the most active inside the club were awarded.”*

The SPIRC club was created in Strava here: <https://www.strava.com/clubs/spirc>.

“Yes, we needed two times to learn from our own mistakes and to understand how to act and what to promote,” continued Alexandra Sfirlogea, the manager of the Romanian team, *“We hope that our experience will help other organizations to create successful clubs with the first attempt.”*

As the second remote sport competition, Scout Society proceeded with **segments**. Also created in the **App Strava**. Four segments were created in different places of Bucharest and went on through May 1 – May 28. Through the four segments in Bucharest Scout Society managed to gather **83 participants**. In total, **Scout Society involved 207 participants**.

Experience of the Turkish partner – School Sport Federation of Türkiye (TOSF)

Even though Türkiye experienced a huge earthquake disaster in 6th of February, TOSF planned to implement the first remote sport activity within March as it was stated in the project’s schedule. Yet, the government had cancelled all sport activities in the country until the second announcement by the government. The second announcement allowed the implementation of sport activities after disaster in the following manner: football leagues were opened on the 24th of February, while local activities were opened on the 8th of March and regional activities after 15th of March. Eventually, only after the 15th of March TOSF could begin to organize the first remote sport competition. Yet, similarly to the Latvian partners, *HIS App*, where the first activity was planned to go through, also had some technical problems, due to which TOSF was forced to quickly react and seek for other solutions (yet apart from the Latvian partners, TOSF had not yet begun the event). TOSF decided to implement this activity through STRAVA by starting it on the 28th of March through **Strava Challenges**.

“Yes, it was still possible to implement the activity within March, but in such a case the activity would last only 4 days, and since normally remote event activities are opened for no less than 2 weeks going up to a month, we decided to finish the activity in April 15 and to make the maximum benefit out of it, and involve more participants to make a bigger impact on the local community. Gathering of kilometres was so important for us in the hard times that had faced our country. This kind of an activity was to drag people out from homes – to go out and move, and hopefully start recovering both mentally and also physically. And in order to create a habit, around 3 weeks are necessary to establish it,” told the manager of TOSF team Bilal Caglayan.

TOSF created 4 Challenge groups in Strava through walking and running, the Challenges lasted until 15th of April. TOSF managed to involve in Strava Challenges **100 participants**.

Note! Be careful!!! There is a possibility to create Challenge groups in Strava up to 25 participants each (Strava policy and rules). Therefore, TOSF, hoping to gather around 80 participants, created 4 groups and eventually succeeded so well that fulfilled all 4 groups.

"To say the truth, I did not expect it to be such fun. As project team member I also participated in one of the challenges and every time somebody overtook me, I received a notification from Strava –

Bilal, Mr / Mrs so and so just overtook you.

And, yes, it gave an inspiration to challenge with the others. Yes, I went outside more, ran more, walked more," later reported the project manager of the TOSF Bilal Caglayan.

Since the events were held in Izmir and Ankara on beautiful and sunny days of May (May 1 – 28), in the areas most preferred by those who want to run, there was a large number of participants. And as a result of the events, it has shown once again that remote sports events can be organized in open areas using online applications without being dependent on indoor areas. The TOSF managed to involve **293 participants** in segment of Ankara and **345 participants** in Izmir segment. In total, **TOSF involved 738 participants**.

Experience of the Latvian partner – BK-95

Throughout March people from Latvia participated in a challenge "SPIRC in EU Run&Walk". A total of **120 participants** involved in the activity. Within the 5 created Strava Challenge groups a total of 9588 km was gathered and a total of 1511 hours spent in healthy physical activities either walking / hiking or running. The winner of the challenge in Latvia gathered over 600 kilometres (!!!). Some of the participants kept participating even from abroad, which these kind of events allow.

The second remote sport event in Latvia was held through online segments in Strava. Latvia created 3 segments in 3 different cities – Limbazi, Valmiera and Sigulda.

"Limbazi segment activity differed from Valmiera and Sigulda due to the fact that we made it an organized activity collaborating with the local sport school's basketball team's athletes and their coach. We wanted to see how such activity could serve as a part of control normatives that for sport schools' athletes in Latvia are mandatory," said S.Zalupe.

A plus of such segments is that within the specified date it is possible to do it as many times as wished and the best result would automatically count in the Leaderboard.

The Sport Schools association of Latvia admitted that such activities definitely can help in keeping even team sports alive during different restriction with limited access to group activities. These segments could be proposed as official competitions that could serve as official results for sport school athletes to qualify for the next training group.

Through the 3 segments Latvia managed to involve a total of **115 participants**. In total, **BK-95 involved 235 participants**.

Experience of the Lithuanian partner – VSI Sportuokime Kartu

The second remote sport event in Lithuania was held through online segments in Strava. Lithuania created 4 segments and 2 different cities – Anykščiai and Palanga.

"Segments were very popular. In order to gather big amount of people for a such remote sport event location is most important thing," summarized D.Kreivenas.

The full description of each remote sport activity and web addresses are available in the description of the first and second remote sport competition in the Project Results platform.

Through the 4 segments Lithuania managed to involve a total of **551 participants**. In total, **VSI Sportuokime Kartu involved 647 participants**.

True Story of a Secondary School's PE Teacher

True Story of a high-performance athlete

True Story of remote marathon

True Story of a kayaker, Olympian (also the project's ambassador)

Regulations for remote sport competitions

The project team designed a general template to follow for announcement of different remote sport events through a Challenge example. This template will help other organizations to adapt the template to their specific events in a creative and attractive form. The **texts in BOLD** are to be changed for the exact event needs.

Introduction part
Be active and participate in the challenge “#SPIRC in EU Run&Walk”! From March 7 to 31, run or walk and collect as many positive emotions and kilometres as possible in the challenge of the Erasmus+ Sport project “Sport Possibilities in Restriction Periods” using the STRAVA application – invites the association “ BK-95 ” and the project ambassador.
How will the challenge go?
<ul style="list-style-type: none"> ✓You need to download the Strava application and create a profile ✓You must follow Name Surname (<i>of a specific person’s profile name, otherwise it is not possible to join</i>) ✓An invitation to join a group challenge must be confirmed ✓When performing physical activities, you must turn on the app on your smart device (phone or watch) ✓Results will automatically register in the challenge
When will the challenge take place?
<ul style="list-style-type: none"> ✓The challenge runs from March 7 to 31 (inclusive). ✓During this period, the distance chosen by the participant must be run or walked. Accumulate as many km as possible within 25 days. Participants will be divided among 5 group challenges.
Who can participate in the challenge?
<ul style="list-style-type: none"> ✓Inhabitants of any age and gender can participate, regardless of their physical fitness and location.
How to follow the results of the other participants?
<ul style="list-style-type: none"> ✓In the Strava application, it will be possible to follow the results of other participants, thus promoting healthy competition with each other.
What will I get for it?
<ul style="list-style-type: none"> ✓From all the participants who have completed at least 20km, 6 will be drawn and will win prizes. ✓The most active participant, who will have collected the most kilometres, will receive a special prize. ✓Receipt of prizes (sending out) 03.04.-07.04.2023.
What should the participants observe?
<ul style="list-style-type: none"> ✓Participants participate in activities of their own free will, being aware and understanding the possible risks associated with it. ✓Participants take full responsibility for their health. ✓Organizers have the right to use photos and video materials shared by participants. ✓If the organizers suspect the data submitted by the participant, additional evidence may be requested. ✓In case of any unsportsmanlike or fraudulent activity, violation of gross rules, rude behavior, the participant may be disqualified.
In case of ambiguities, please contact:
<ul style="list-style-type: none"> ✓Name Surname, e-mail, Mob.No. XXXXXXXXX ✓Name Surname, e-mail, Mob.No. XXXXXXXXX
See you on board!

Call for remote sport competitions in webpages and social media

This general Call will help organizations to post with a quality and attractiveness. It is a rather short Call not to tire potential participants and stakeholders, but inspire to finish the reading up to the end. The **texts in BOLD** are to be changed or deleted for the exact event needs.

Discover ground-breaking possibilities to stay physically active in different weather conditions, rules, places and time!

Don't miss this opportunity to participate, challenge yourself and others, also learn, and drive positive emotions.

*Be active and from **March 1 to March 20** with the **BK-95** and our project ambassador **Name Surname**. Take a chance to compete with and maybe defeat a **former sports professional!***

*We invite you to participate in the activity "**SPiRC in EU Run and Walk – Limbazi ir 800**" **HERE (a link to the event hidden under HERE)**. In this period of time you have to **run and walk**, accumulating as many **kilometres** as possible. It will not be a competition in which the fastest and strongest will be determined (**or will be in your case**), but an invitation to the public to engage in physical activities, doing it with pleasure and gaining positive emotions.*

True Story of a football sports club

True Story of a wellness coach (also the project ambassador)

True Story of a high-performance track&field athlete

True Story of a sport school of 600 athletes

Conclusions and suggestions

Having gone through the organization of the remote events from A to Z and having consulted all used apps' Help Services, the project SPiRC team has come to the following conclusions that will also help other organizations in their own events:

1. There are hundreds of different sport and physical activity apps, but actually just a small amount of them will fit to organizational and / or personal needs.
2. Before choosing an app for a remote sport competition, check if it suits on both Android and iOS.
3. Note that potential stakeholders and participants might not like to download, register and use a new app. First of all everyone wants to stay by tested values and not spend time for downloading new and take up phone's memory.
4. It is better to choose an app that will be compatible to as many devices as possible (e.g. different brand smart watches).
5. Carefully choose the sport – running, cycling, walking, etc., you plan to use.

Because the project team mostly used Strava App, below are some suggestions and conclusions experienced by the project team. They will help others to organize remote sport events through Strava. The project team used Strava for three different events:

- ✓ Challenges
- ✓ Club
- ✓ Segments

Challenges

1. It is possible to create Challenges for a limited number of participants – up to 25.
2. One person can participate in not more than 3 Challenges. After the limit is up, the person has to become a subscriber, which is a charged option monthly.
3. In order to involve participants in a Challenge, participants must follow the creator of the Challenge. Otherwise, it is impossible to invite a participant into the Challenge.
4. It is possible to create Challenges only on mobile devices.

Clubs

1. It is possible to create Strava Clubs for an unlimited amount of members. However, be careful! Only the first 100 participants will appear in the Leaderboard. And if an organizer is making an event, for example, with a lottery for those participants that pass a definite threshold margin of activities / time / kilometres, then it is necessary to the result of all participants. So, Clubs better suit for a regular competition with award of the first participants.
2. The list of Club results for the first 100 participants is available only in computers. Mobile devices show only the first 10 participants, plus 2 participants above, and 2 participants below the competing participant, if he or she has not achieved the first ten. And this is also a value added, because, if the participants are above 100, and if the organizer records a very small activity result with a specific purpose to be the last one (seeing only 2 participants above and 1 or 0 below), it is possible to see the total number of participants.
3. It is possible to chat within Clubs with other participants and give common Club messages.

Segments

1. Check the Privacy Controls. Sometimes participants register with a limited access to their activities. However, in a competition organizers will be willing to see proofs of the activities done. Therefore,

it is advisable that the participants choose “Everyone” in their privacy settings at least for the visibility of activities.

2. Check Activity setting, and the Map Visibility in particular:
 - ✓ “Hide Entire Map” must be switched off. Otherwise, the participant will not be visible in the Segment Leaderboard.
 - ✓ “Hide Start Point” line must be all in an orange colour. If a part of it is grey, the participant will not be visible in the Segment Leaderboard.
 - ✓ “Hide End Point” line must be all in an orange colour. If a part of it is grey, the participant will not be visible in the Segment Leaderboard.
3. Make sure the participants choose the correct sport. For example, if the segment is created for Running, but if a participant does it with a Cycling mode, the participant will not be visible in the Segment Leaderboard.
4. If the map has been fully or partly hidden during the activity, it can be edited after the activity and then the participant will appear in the Leaderboard.
5. If a wrong sport has been chosen for the activity, it can be edited after the activity and then the participant will appear in the Leaderboard.
6. Mark longer and more complicated segments in the nature in order to help the participants do it right.

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