

SCOTTISHATHLETICS VIRTUAL CHALLENGES

Results Submission Process

Once a run is completed athletes must submit their performance via a google form linked on the fixture page. However before submitting please access the embed code from either Garmin or Strava.

How to access the Embed Code – STRAVA

1. Embed codes are only available from www.strava.com – not Mobile Apps
2. Sync your run onto your profile
3. Go to that run
4. Click on the 'Embed on Blog' Button

The screenshot shows a Strava activity page for 'Alasdhair Love - Run'. The activity is titled '3min Run, 2min Walk' and was recorded on Saturday, March 14, 2020, at 10:08 AM. The location is 'Bangour Village exploring'. The activity statistics are: Distance 11.01 km, Moving Time 1:06:50, Pace 6:04/km, Elevation 134m, Elapsed Time 1:06:51, and Calories 676. The user is wearing a 'Garmin Forerunner 225' and 'Shoes: Brooks Ghost 12 (613.6 km)'. A blue arrow points to the 'Embed on Blog' button in the top right corner of the activity page.

5. Copy the long link

The screenshot shows the 'Embed on Blog' dialog box. It contains the text: 'Copy the code below and paste it into your blog.' Below this text is a text area containing the following HTML code:

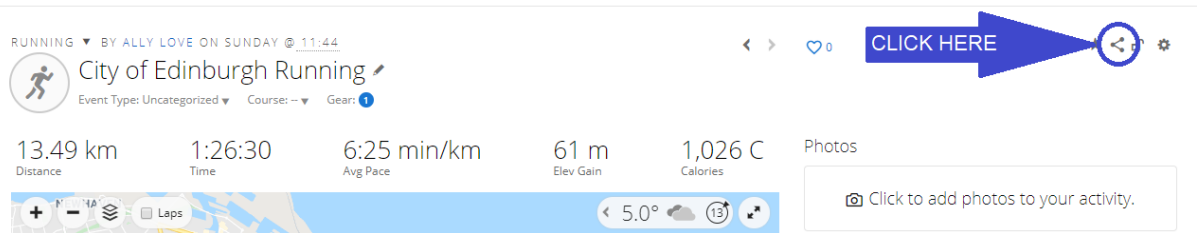
```
<iframe height='405' width='590' frameborder='0' allowtransparency='true' scrolling='no' src='https://www.strava.com/activities/3182029197/embed/2301e24ee998de272d2fa543e8c9475dee90ecfd'>
```

6. Paste the link into the Results form.

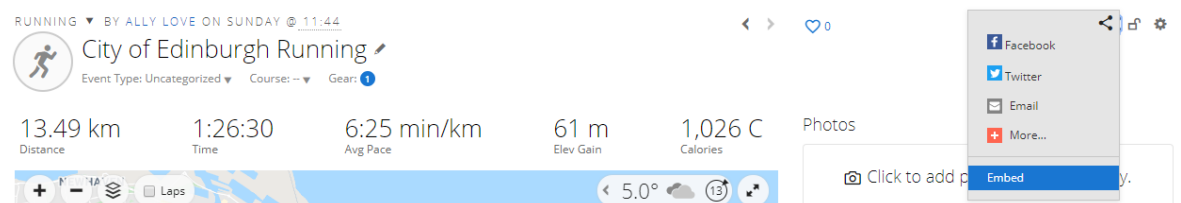


How to access the Embed Code – Garmin

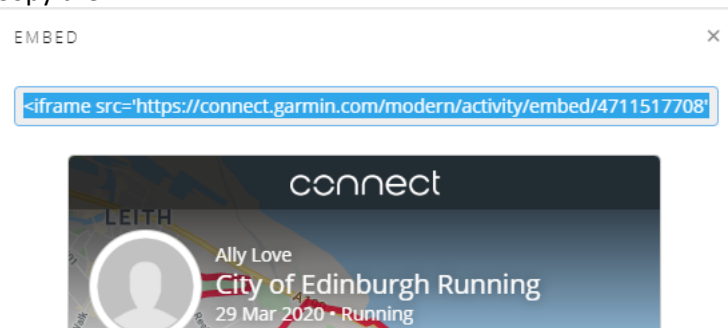
1. Embed Codes are only available from www.garminconnect.com – Not Mobile Apps.
2. Sync your run onto your profile
3. Go to that run
4. Click on the 'Share' button



5. Then choose 'Embed'



6. Copy the link



7. Paste the link into the Results form

