

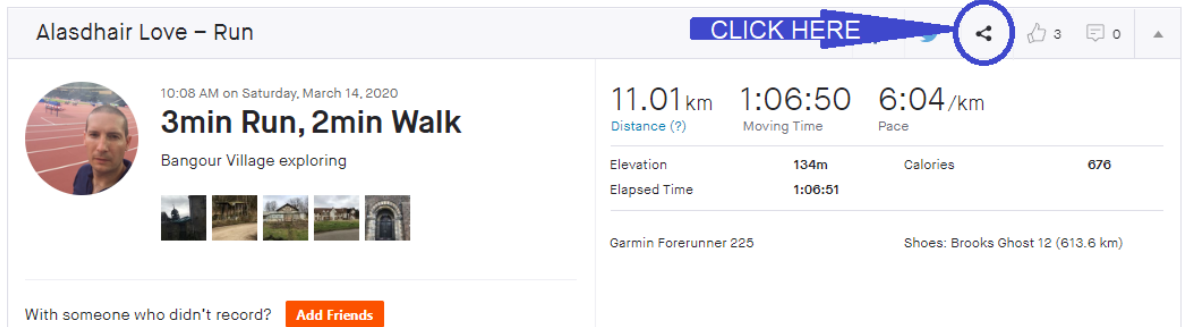
TRU WEALTH SCOTTISHATHLETICS VIRTUAL ROAD RELAY CHALLENGE

Results Submission Process

Once a run is completed athletes must submit their performance via the [GOOGLE FORM here](#), 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

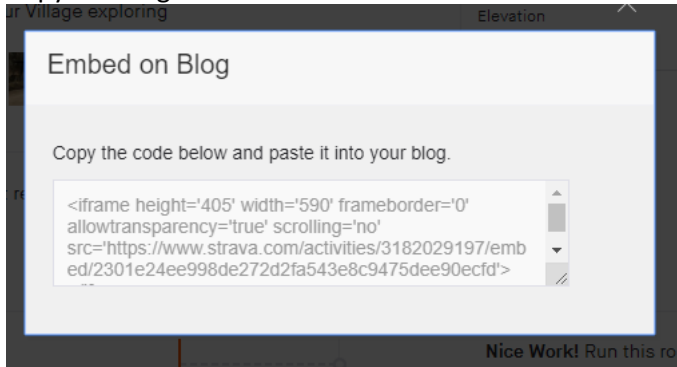


The screenshot shows a Strava activity page for 'Alasdhair Love - Run'. The activity is titled '3min Run, 2min Walk' and was recorded on Saturday, March 14, 2020, at 10:08 AM. The location is 'Bangour Village exploring'. The activity details are as follows:

Distance (?)	11.01 km	Moving Time	1:06:50	Pace	6:04 /km
Elevation	134m	Calories	676		
Elapsed Time	1:06:51				

Additional details include 'Garmin Forerunner 225' and 'Shoes: Brooks Ghost 12 (613.6 km)'. A blue callout box with an 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 in Strava. It contains the following text:

Copy the code below and paste it into your blog.

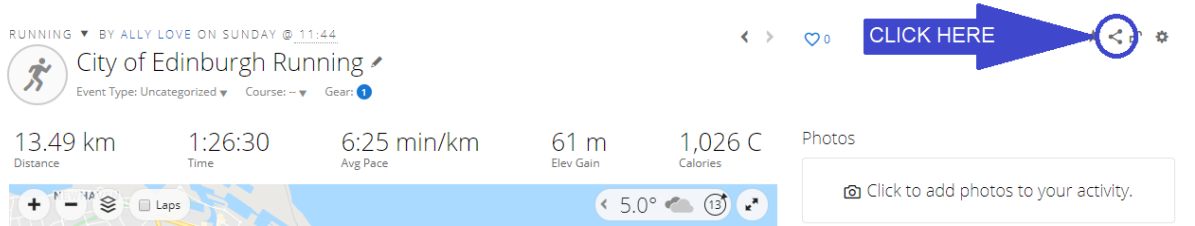
```
<iframe height='405' width='590' frameborder='0'  
allowtransparency='true' scrolling='no'  
src='https://www.strava.com/activities/3182029197/embed/  
ed/2301e24ee998de272d2fa543e8c9475dee90ecfd'>
```

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



RUNNING ▾ BY ALLY LOVE ON SUNDAY @ 11:44


City of Edinburgh Running 

Event Type: Uncategorized ▾ Course: ▾ Gear: 1

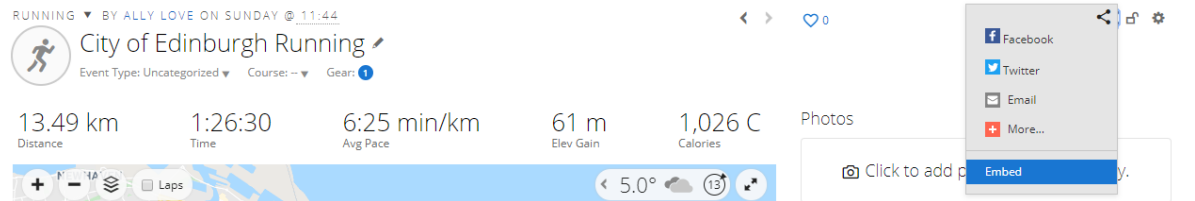
13.49 km Distance 1:26:30 Time 6:25 min/km Avg Pace 61 m Elev Gain 1,026 C Calories

Photos


Click to add photos to your activity.

CLICK HERE 

5. Then choose 'Embed'



RUNNING ▾ BY ALLY LOVE ON SUNDAY @ 11:44

City of Edinburgh Running 

Event Type: Uncategorized ▾ Course: ▾ Gear: 1

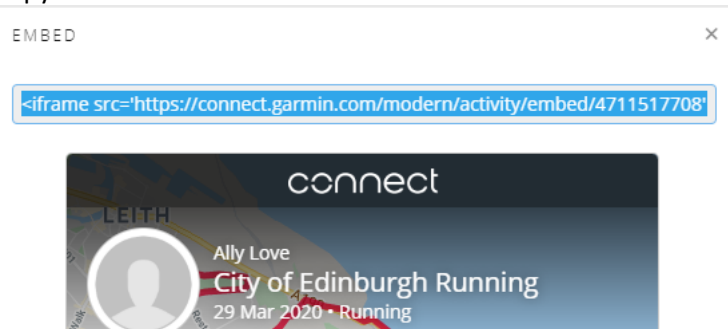
13.49 km Distance 1:26:30 Time 6:25 min/km Avg Pace 61 m Elev Gain 1,026 C Calories

Photos

Click to add photos to your activity.

Facebook
Twitter
Email
More...
Embed

6. Copy the link



EMBED

```
<iframe src="https://connect.garmin.com/modern/activity/embed/4711517708"
```

connect

LEITH

Ally Love

City of Edinburgh Running

29 Mar 2020 • Running

7. Paste the link into the Results form

