



**HIGH FIVE**  
FOR THE 5TH ANNIVERSARY

# RadCHALLENGE 2025

// 05.05.-25.05.

Teams of 5

3 Weeks

1000 Km

*TEAMWORK ON WHEELS!*

## Instructions for signing up on Strava

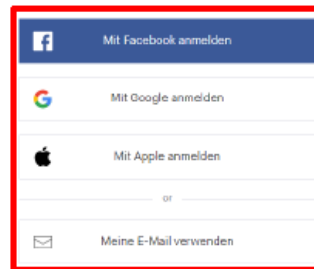
Student Health Management  
SGM BeTaBalance

With freindly  
support:





**Step 1: Install the Strava app** on your smartphones and create a Strava account for each team member (if you don't already have one).



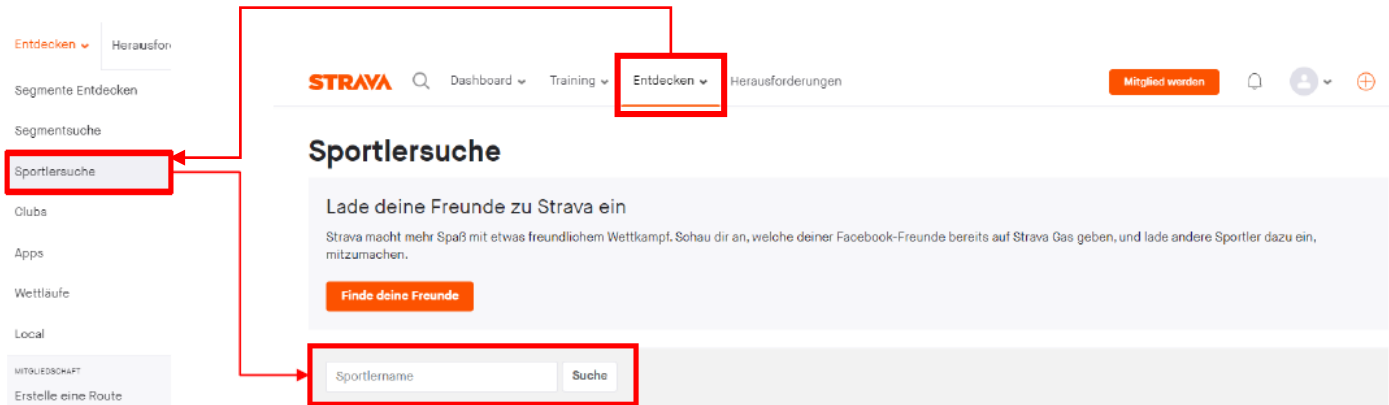
With this app, you record the miles you drive.


For the next steps the team captain needs a computer.



## Step 2a): Follow your team members!

Here`s how: Discover→ Search for athletes→ Enter athlete name



The following images show  
the desktop version  
Following in the app is  
possible under the icon .



## Step 2b): Follow the Orga-Accounts of the RadCHALLENGE (supervised by the Corporate and Student Health Management)!

(a) If you belong to a student team, then follow: SGM Uni Tübingen

(<https://www.strava.com/athletes/62277467>)



**SGM Uni Tübingen**

📍 Tübingen, Baden-Württemberg, Germany

(b) If you belong to a staff team, then follow: BGM Uni Tübingen  
(<https://www.strava.com/athletes/113320200>)



**BGM Uni Tübingen**

📍 Tübingen, Baden-Württemberg, Germany



It is necessary to follow SGM Uni Tübingen or BGM Uni Tübingen, so that we can take your progress into account.



**Step 3: The team captain creates a club for your team.** (This is only possible in the desktop version).

Here` `s how: Discover → Clubs → Create a club

The screenshot shows the STRAVA desktop interface. The navigation menu on the left includes 'Entdecken', 'Herausfor', 'Segmente Entdecken', 'Segmentssuche', 'Sportlersuche', 'Clubs', 'Apps', and 'MITGLIEDSCHAFT'. The 'Clubs' menu item is highlighted with a red box. The main content area shows the 'Clubs' page with a search bar and filters. The 'Entdecken' menu item in the top navigation bar is also highlighted with a red box. The 'Einen Club erstellen' button is highlighted with a red box. A red box also highlights the search filters: 'Name des Clubs', 'Ort', 'Sportart' (set to 'Laufen'), and 'Art des Clubs' (set to 'Alle').





Give the club the same name as you did when you registered!



Only one club per team is required.



### Step 3: The team captain creates a club for your team.

 Beitritt zu deinem Club nur mit Einladung ermöglichen 

Club gründen

Abbrechen



Do not check this box when starting the club so that SGM Uni Tübingen or BGM Uni Tübingen can be a member of your club.

Lade Sportler in diesen Club ein

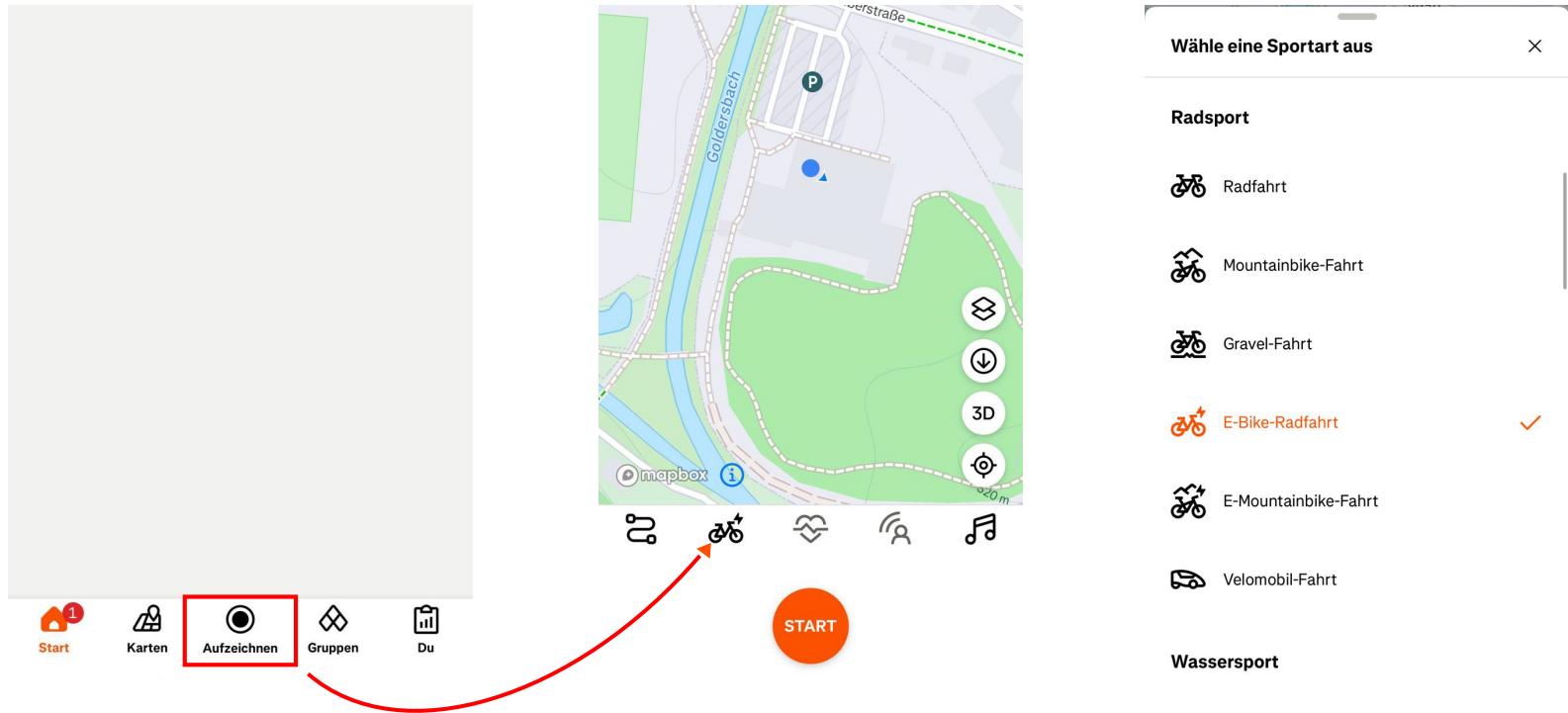
Sportler einladen



As soon as all team members follow each other, the club creator invites them to SGM Uni Tübingen or BGM Uni Tübingen. This way your progress can be checked and a ranking can be created.



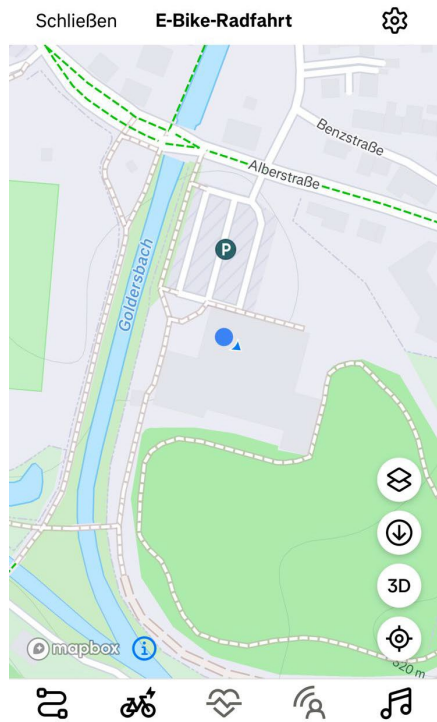
## Schritt 4: Choose the right bicycle



Of course you can also take part on an e-bike! Then please select 'e-bike ride' in Strava as shown above so that we can include this in the evaluation.



## Step 5: Cycle, cycle, cycle and record via the app! Have fun!



ZEIT  
**00:00:01**

SCHNITT  
**0,00**

KM/H

DISTANZ

**0,00**  
KILOMETER







---

# Have Fun!

Question?  
Please contact our team!

Email: [betabalance@ifs.uni-tuebingen.de](mailto:betabalance@ifs.uni-tuebingen.de) / Phone: 07071-2976066  
(Mon-Fri only)