How To Participate in the 2020 Scute Shuffle

Step 1:
Download the Strava App

This can be done through the Google Play Store or Apple App Store on your phone

Step 2:
Create an account
You can link your account to Facebook, Google, or your Email.
Do this on the App or online at strava.com

The #1 app for runners and cyclists

Step 3:
Join the club “NASPS Scute Shuffle”

On the App, select Explore on the bottom
Then select Clubs and hit the magnifying glass on the top right to search for the club
Select Join Club

Or visit the club online at:
https://www.strava.com/clubs/nasps
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Step 4:
Run, bike, hike, or swim your own race!
Just hit RECORD on your app
Choose your activity type
And Hit START!
Keep your phone on you while racing!
It is also compatible with fitness devices like Fitbit and Apple Watch if you prefer to use one of those instead

Step 5:
When you finish, open your app and hit
Title your activity “NASPS 2020 Scute Shuffle”
Include pictures of your activity to share with other participants across North America!

Step 6:
Submit you run anytime before 12PM PST Thursday October 29th
Have fun!!!
Scute Shuffle Awards

Spawning Run
Awarded to participant who covered the most distance

Headwater Shuffler
Awarded to participant who gained the most elevation

Speediest Scuter
Awarded to participant who ran the fastest 5K

Passionate Paddlefish
Awarded to participant who runs a route most shaped like a paddlefish

Early Spawn
Awarded to the first participant to complete the race