

FIT 2025 Online Event Manual (For Participants)

Overview.....	1
Notes for Those Who Already Use Strava.....	2
Preparing to Join the Online Event.....	2
Installing and Registering the App.....	2
Privacy Controls.....	3
Activity Visibility.....	6
Entering Your FIT 2025 Participant ID in Your Profile.....	7
Club Join Requests.....	8
URLs and QR Codes for Each Club.....	9
Searching for a Club.....	10
Sending a Join Request.....	10
Club Membership Approval.....	11
How to Find Your Strava Profile URL.....	11
Leaving a Club.....	13
Participation in the Online Event.....	14
Basics.....	14
Recording Activities in the Strava App.....	14
Importing from Other Apps or Devices.....	15
Adding Photos.....	15
Weekly Distance Rankings.....	17
Test Period and Official Event.....	17
Notice: Prize Draw During the FIT Online Period.....	18
How to Find Your ID for Participants Registered via Peatix.....	18
When Multiple Registrations Are Made Under One Peatix Account.....	19
How to Find Your ID for Participants Registered via Benefit Station.....	19

Overview

For the FIT 2025 Online Event (November 10–30), we will use the “Club” feature of the free app Strava, just like in FIT 2024. Strava is an app for sharing activities such as running, walking, and cycling. By joining a club, your activities will be shared within the club, visible to other club members, and a **weekly total distance ranking** will be generated within the club.

Strava offers features such as **Group Challenges** and **Club Events**, but we will **not use** those for FIT 2025. Instead, we will use only the **basic club functions** of Strava — sharing activity records among participants and displaying cumulative distance rankings.

Strava can be used **for free**. Although it also has **paid features**, FIT will not use them. Strava may try to encourage you to subscribe to its paid plan, or offer you a free trial for a limited time. You can safely **ignore all such invitations**.

For FIT 2025, we have created the following **three clubs** on Strava. Please join the club for the activity you wish to participate in. To join, you must enter your **FIT 2025 Participant ID** (explained later) in the “Bio” section of your Strava profile. You may join **multiple clubs** if you like.

- FIT For Charity Run 2025 Running

- FIT For Charity Run 2025 Walking
- FIT For Charity Run 2025 Cycling

You can record your running, walking, or cycling activities **directly in the Strava app**, or **import data** recorded by other apps or devices into Strava.

Notes for Those Who Already Use Strava

When participating in the FIT Online Event, you can either use your **existing Strava account** or create a **separate account**. To join the FIT Online Event, your **profile and activities must be set to public**, and you must also enter your FIT 2025 Participant ID in your Strava profile. Additionally, it is recommended that the name on your Strava account be **easily recognizable to other FIT participants**. Please consider these points when deciding whether to use your existing account or create a new one. When you post an activity, only the date is visible publicly—the **exact time is not shown**. Therefore, the risk of making your activities public is relatively low.

Even if you don't make your activities public, you might not notice any issue yourself — your own activities will still appear in the club's activity feed and weekly rankings on your screen. However, if your activities are not set to public, they will not be visible to other FIT participants or to the FIT officials (the club organizer).

As a result:

You will **not be eligible for the event raffle** (explained later).

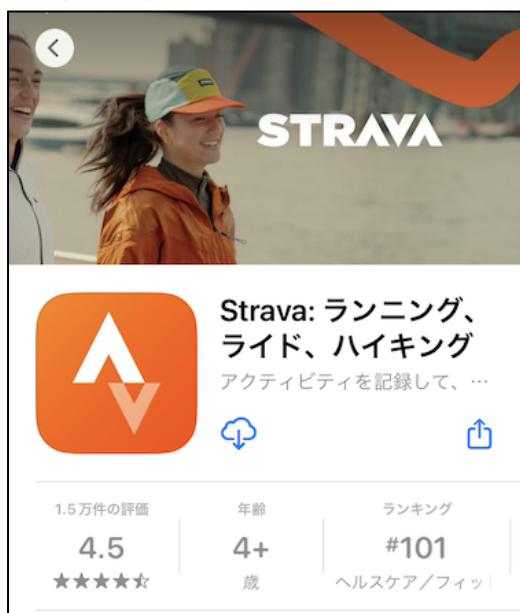
You will **not be included in the overall ranking** for the entire 3-week online event, as it is based only on activities visible to the FIT officials.

Preparing to Join the Online Event

Here are the steps to prepare for participating in the online event.

Installing and Registering the App

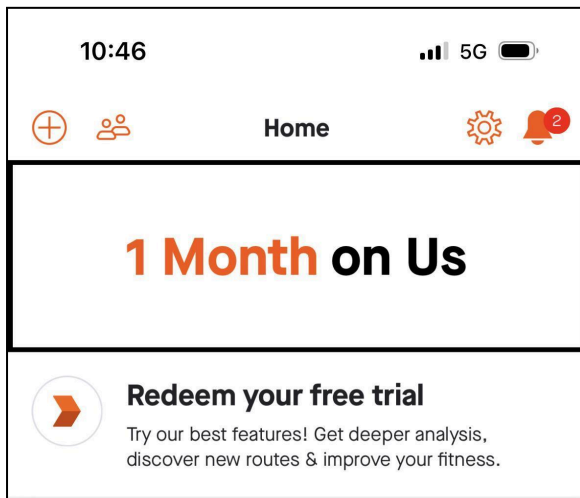
The Strava app is available **for free on both iPhone and Android**. Please install it from the App Store or Google Play Store.



To use the Strava app, you need to **register an account**. You can complete the registration either in the app or on the website at <https://strava.com>. When registering, please use **the same name as you used for**

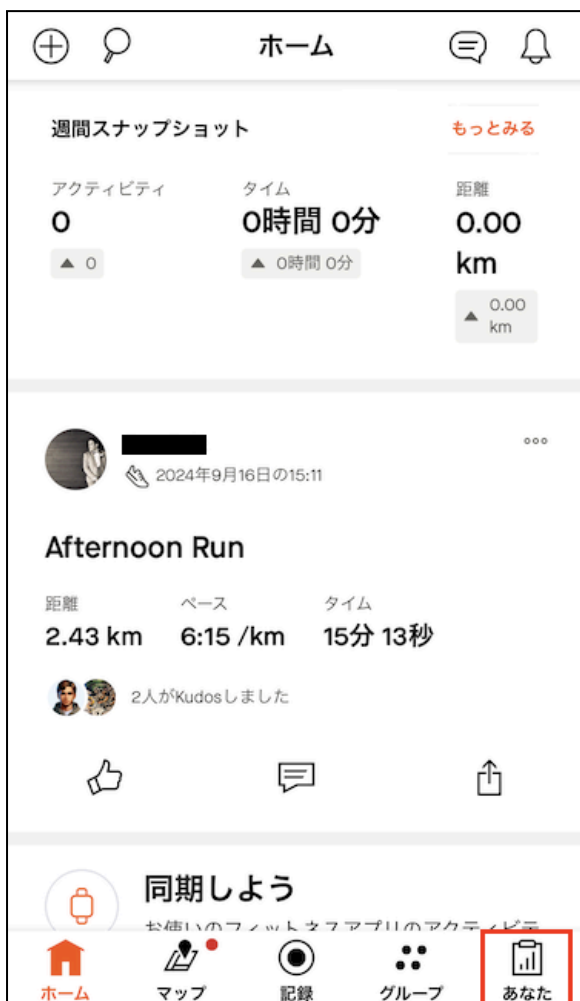
your FIT 2025 registration whenever possible. On Strava, email addresses are not visible to other users — only your name and bio are displayed.

Both the app and website may encourage you to upgrade to a paid membership, but you can **safely ignore** these prompts without any problem.



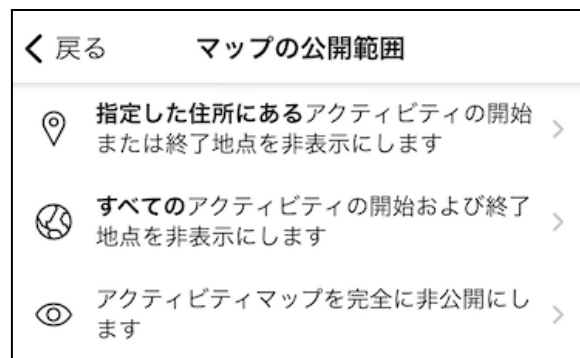
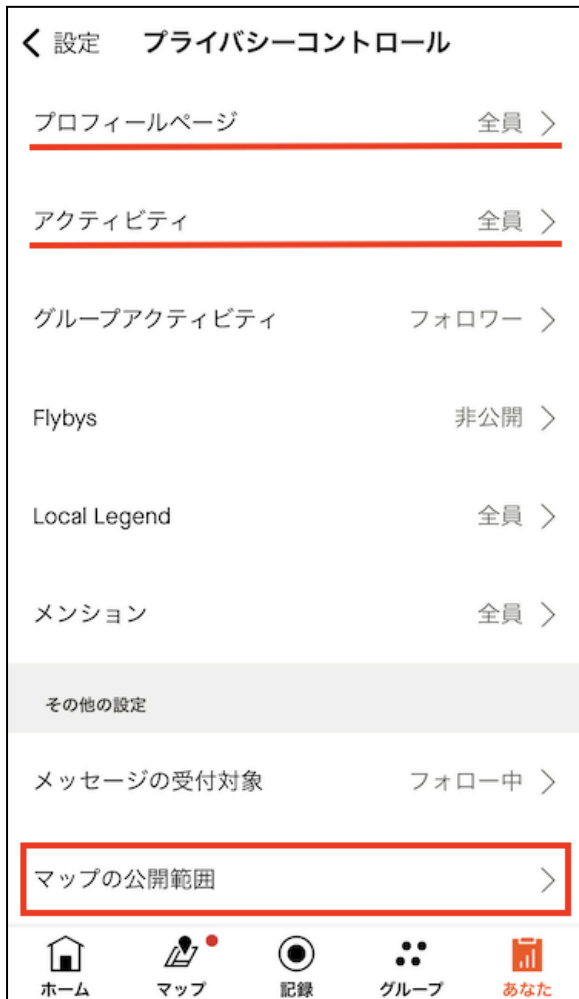
Privacy Controls

After you have completed your Strava registration and signed in, please check your privacy control settings. You can access the Privacy Controls screen from the home screen by following the steps below.

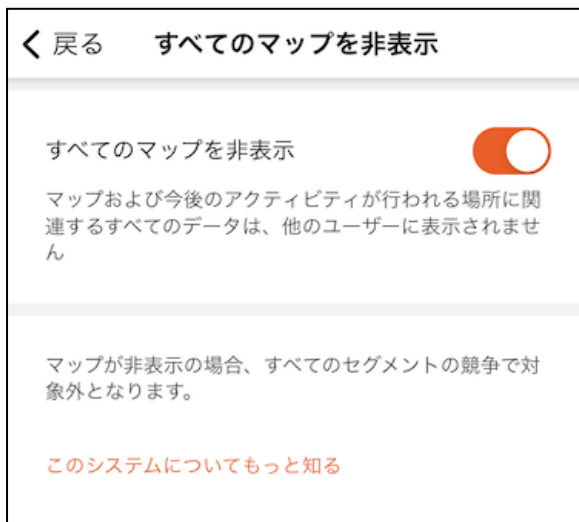




First, set your **profile page and activities to be visible to everyone**. This is the default setting when you create an account. Next, configure the **visibility settings for your maps**.



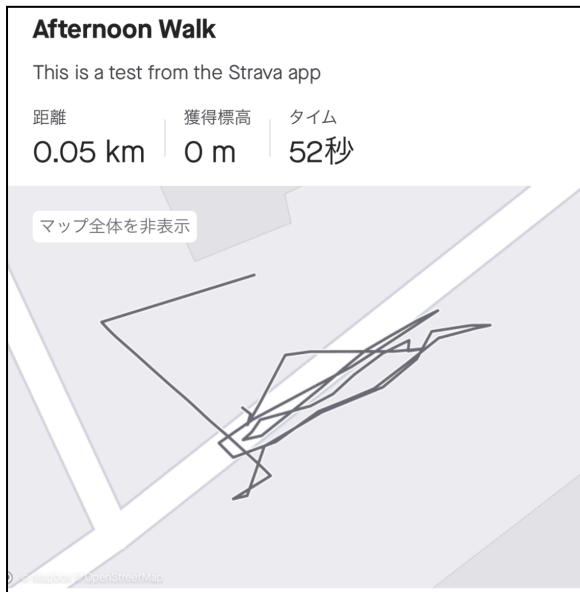
If you are concerned about privacy, it is perfectly fine to make your **maps completely private**. The only feature affected is Segment Competition, which is **not used in FIT clubs**.



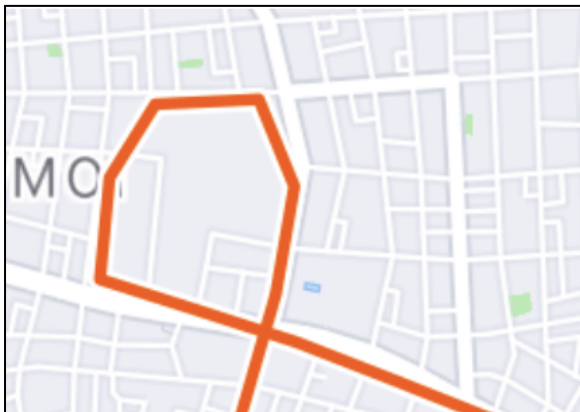
Activities of users who have made their maps completely private are still visible in the club's activity feed as shown below. Although we are not including screenshots, these activities also appear in the rankings.



When you view a private activity map yourself, the route will be displayed in **black**.



On the other hand, when you view a public activity map yourself, the route will be displayed in **orange**.



Changing the map visibility in Privacy Controls does **not affect** the visibility of maps in activities that have already been recorded. You can change the map visibility as part of **editing an activity** in the Strava app.

Activity Visibility

Set your activity visibility to **“Everyone”**. This is the default setting, so if you have just created a new Strava account, no change is necessary.

Previously, the **start time** of an activity was visible, but now only the date is shown. Therefore, the risk of making your activities public has decreased.

Entering Your FIT 2025 Participant ID in Your Profile

To link your Strava account with your FIT 2025 registration, enter your FIT 2025 Participant ID, which starts with "FIT2025-", in the bio section of your Strava account. If you do not enter this ID, you cannot participate in the FIT 2025 online event.

- If you registered via <https://peatix.com>, please find your FIT 2025 Participant ID by following "How to Find Your ID for Participants Registered via Peatix" at the end of this document, unless otherwise instructed by your company's FIT representative.
- If you registered via Benefit Station, please find your FIT 2025 Participant ID by following "How to Find Your ID for Participants Registered via Benefit Station" at the end of this document, unless otherwise instructed by your company's FIT representative.
- Participants who registered through channels other than <https://peatix.com> or Benefit Station will need to be provided with their Participant ID by their company's FIT representative.

Please enter your participant ID by following these steps in the Strava app:

1. Tap "You" at the bottom right.
2. Tap the top-left corner.
3. Tap "Edit".
4. Enter your FIT 2025 Participant ID in the bio section.
5. Tap "Save" at the top right.



キャンセル
プロフィール

保存



Hideyo

Imazu

5

FIT2025-2 2

4

市区町村

Kanagawa

メインスポーツ

ランニング

アスリート情報

生年月日を選択

1964/02/01

性別

男性

Club Join Requests

To join a club prepared for FIT 2025, participants must request to join, and the FIT officials will approve the request.

To request membership, first choose a club in one of the following ways:

1. Open the **club's URL**.
2. **Scan the QR code** with your smartphone.
3. Search for the club.

URLs and QR Codes for Each Club

FIT For Charity Run 2025 Running:

<https://strava.com/clubs/fit2025r>



FIT For Charity Run 2025 Walking:

<https://strava.com/clubs/fit2025w>



FIT For Charity Run 2025 Cycling:

<https://strava.com/clubs/fit2025c>

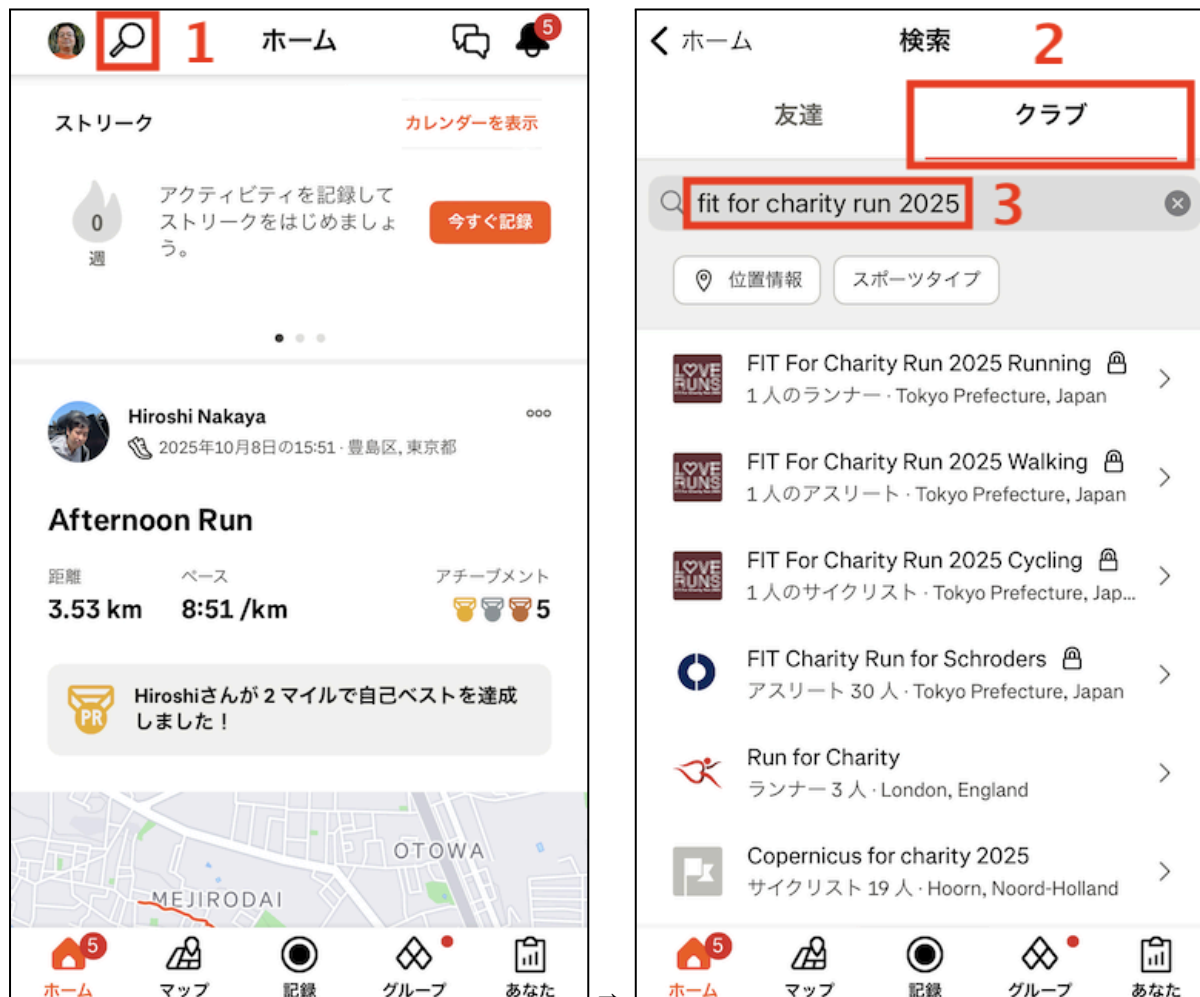


Searching for a Club

From the **home screen** of the Strava app, follow these steps:

1. Tap the **top-left corner**.
2. Tap **"Clubs"**.
3. Search for **"fit for charity run 2025"**.

Then, select the club for the activity you wish to join.



Sending a Join Request

After selecting the club you want to join using one of the methods above, tap **"Send Join Request"**.



Club Membership Approval

Your preparation for online participation is complete once the FIT officials **approves your club join request**. The FIT officials will approve requests only if your FIT 2025 Participant ID is entered in the bio section of your profile. Requests without the Participant ID will not be approved. Once approved, you will receive an email from Strava. If your request is not approved promptly, please check that your Participant ID is entered in your bio. If it is entered but the request is still not approved, contact it@fitforcharity.org to report the issue. When doing so, provide your Strava Profile URL, which you can find using the steps below.

How to Find Your Strava Profile URL

Open <https://strava.com> in a web browser and sign in.

On a smartphone, tap the three lines at the top left, then tap Log In.



After logging in, tap the three lines (menu icon) in the upper right corner, scroll down, and tap “My Profile.”



Copy the URL of the page that appears, and paste it into your inquiry about joining the Strava club.

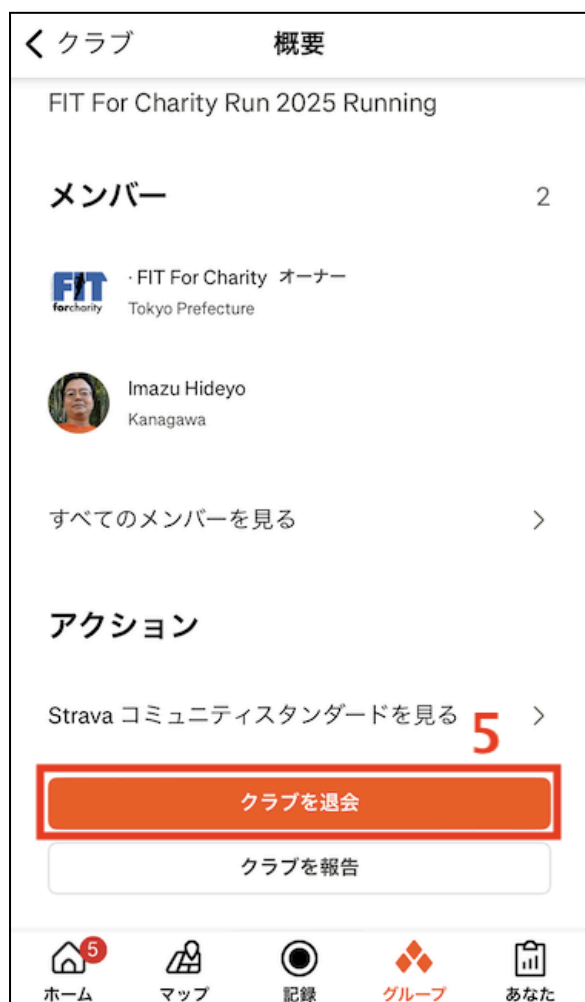


Leaving a Club

If you joined a club by mistake or wish to leave the club after the online event, please follow these steps in the app:

1. From the home screen, tap "Groups" at the bottom.
2. Tap "Joined" at the top of the screen.
3. From the Clubs section, tap the club you want to leave.
4. On the club page, tap "Overview."
5. Scroll down and tap "Leave Club."





Participation in the Online Event

Basics

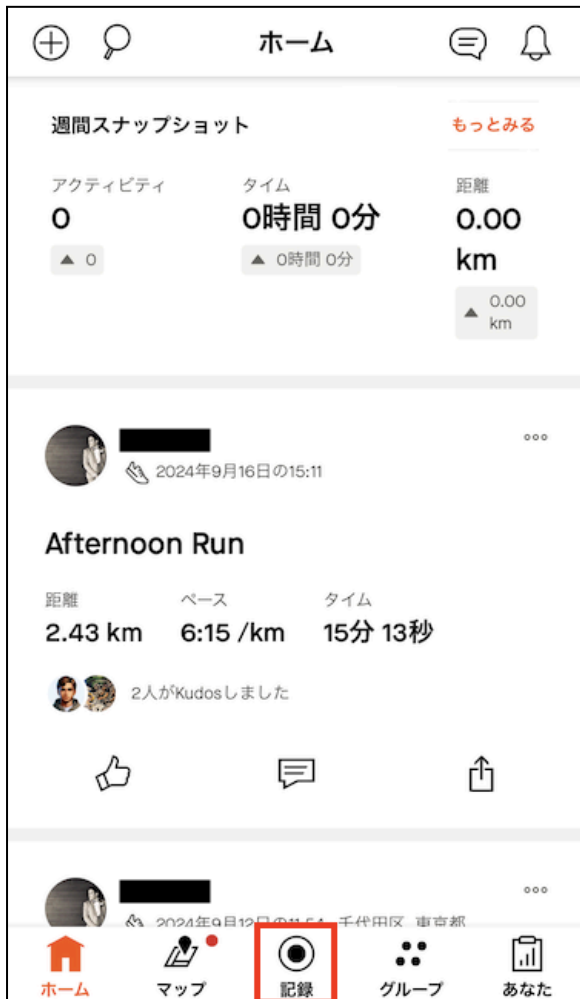
The FIT 2025 online event takes place on Strava, where participants share their activities within a club.

When you record an activity in Strava—or import an activity from another app or device—there is no need to specify a destination or sharing option. Your activity will simply be added to Strava and automatically shared, as appropriate, with other users and any clubs you belong to. If you are a member of a club, your activity will be shared with that club. For clubs limited to specific activity types, only matching activities will be shared.

All three FIT 2025 clubs are restricted to specific activity types. For example, if you belong to both the FIT 2025 Running Club and the FIT 2025 Cycling Club, your running activities will be shared with the Running Club, and your cycling activities will be shared with the Cycling Club.

Recording Activities in the Strava App

To record an activity in the Strava app, tap the “Record” button at the bottom of the screen.



Importing from Other Apps or Devices

You can find information on how to import activity records from other apps or devices into Strava by searching on support.strava.com or through Google.

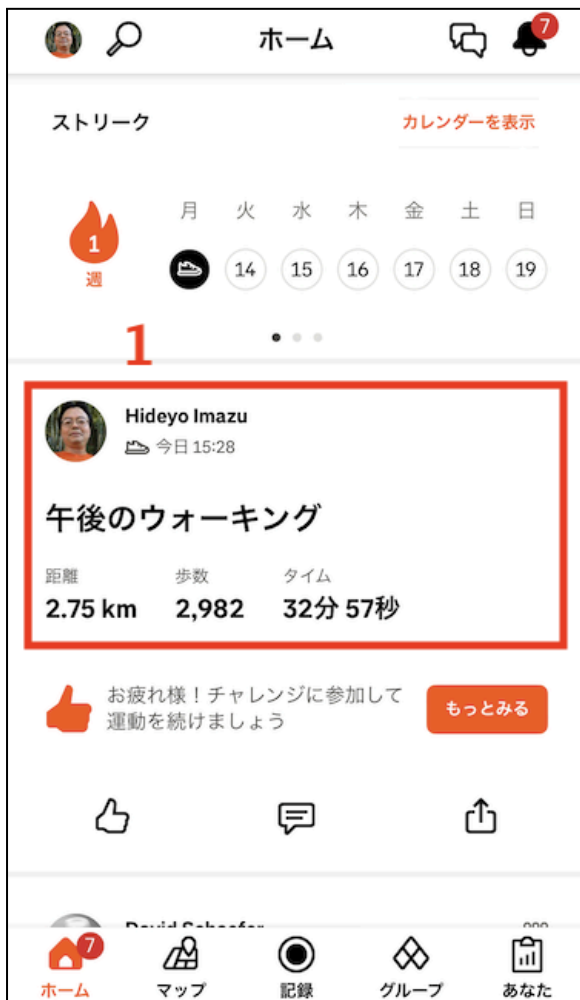
For example, instructions on how to import activities recorded with apps connected to the iPhone Fitness app, such as the Apple Watch Workout app, can be found on the following page:

<https://support.strava.com/hc/ja/articles/216917527-Health-App-and-Strava>

Adding Photos

You can add photos to activities recorded directly in the Strava app. If you import an activity from another app or device, photos are not automatically included, but you can add them afterward. Participants who post photos wearing the FIT T-shirt may have a chance to win special prizes, so be sure to share your FIT T-shirt photos! To add a photo:

1. Tap the activity you want to add photos to.
2. Tap the “...” icon in the upper right corner.
3. Tap “Add Media.”
4. Select the photos you want to add.

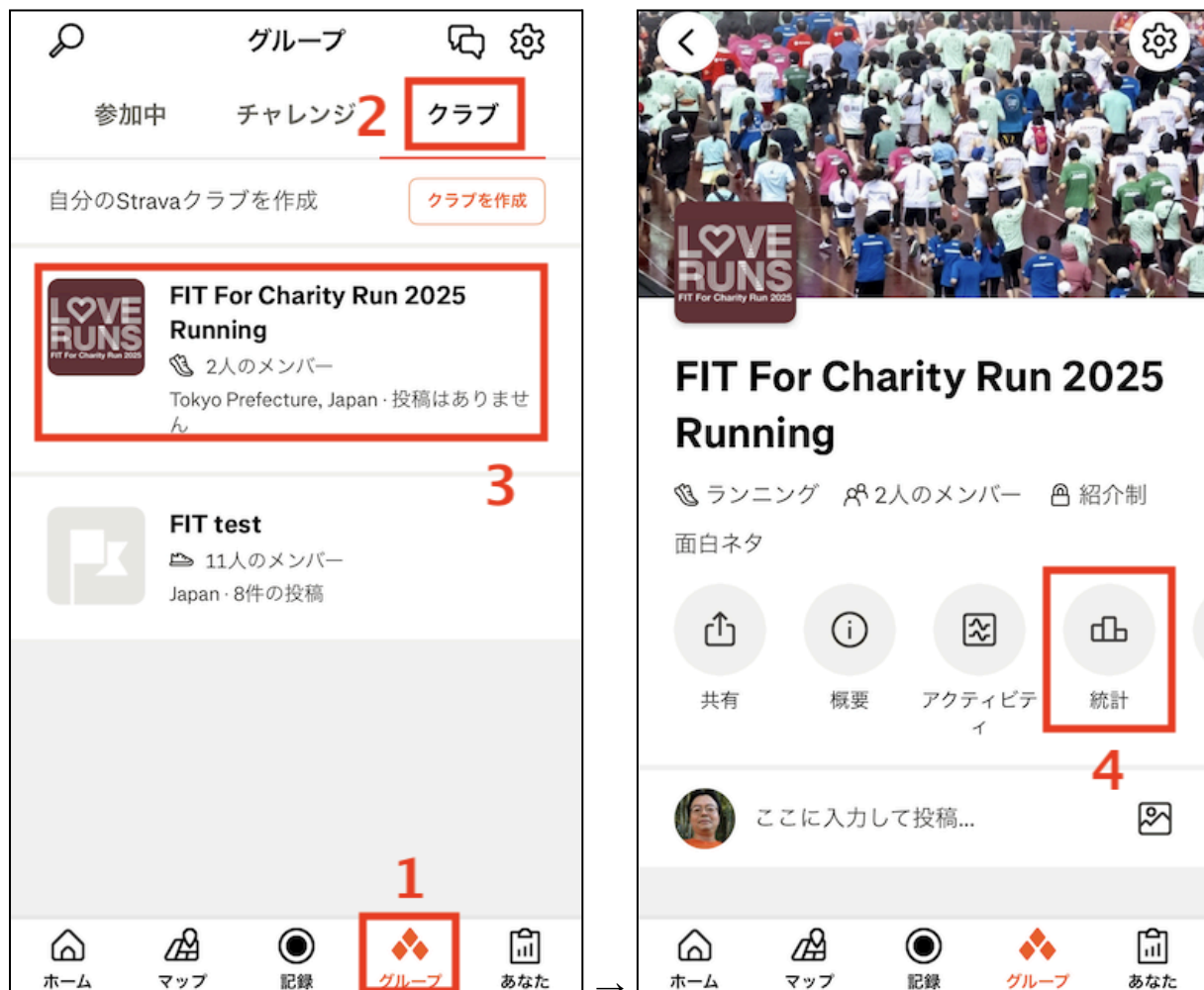


Weekly Distance Rankings

In each of the Running, Walking, and Cycling clubs, a weekly total distance ranking is created. Each ranking week begins at 12:00 a.m. (midnight) Monday, Japan Standard Time (JST).

How to View the Rankings in the App:

1. From the Home screen, tap “Groups.”
2. Tap “Clubs.”
3. Select the club you want to view.
4. Tap “Stats.”



You can also view the rankings on a computer by opening the club's URL in a web browser.

Test Period and Official Event

The FIT For Charity Run 2025 online event will take place over three weeks, from Monday, November 10 to Sunday, November 30. To ensure participation from the start on November 10, please complete your club membership before that date. Once you join a club, your activities can be shared with the FIT For Charity Run 2025 club. As a result, you may be able to record activities before the official start date, but the period before November 10 is considered a test period, so feel free to use Strava during that time.

Notice: Prize Draw During the FIT Online Period

Participants who post photos during the FIT online period will have a chance to win prizes. For details, please visit the FIT website: <http://www.fitforcharity.org>

How to Find Your ID for Participants Registered via Peatix

If you registered for the event through Peatix, you can find your participant ID by following the steps below. Your participant ID consists of "FIT2025-" followed by your Peatix order number. The order number is **an 8-digit number starting with 3**. The screenshots shown below are from a smartphone, but the same steps can be performed on a PC or tablet.

Please note that the Peatix app does not display the order number. Follow the steps below using a web browser (such as Chrome, Safari, or Edge). First, open <https://peatix.com>, log in, and then do the following. If you are prompted to use the Peatix app on your smartphone, ignore the prompt and continue in your browser.

1. Tap "View Receipt Data."
2. Tap "Receipt Data" for the relevant ticket.
3. Your order number will be displayed.



領収データ - FIT For Charity Run 2025 |
M007 Morgan Stanley

発行日	2025年10月13日
宛名	イマヅ ヒデヨ
合計	¥6,000
但し	チケット代金
注文日	2025年10月13日
注文番号	3[REDACTED]2
主催者	FIT For Charity (FIT For Charity Run M007 Morgan Stanley)

ああ peatix.com

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When Multiple Registrations Are Made Under One Peatix Account

If you registered multiple participants using a single Peatix account, each registration will appear as a separate item in your purchase history. Here are some ways to match each **receipt record** with the corresponding **participant**:

1. The purchase history is listed in order from newest to oldest.
If you remember the order in which the registrations were made, you can identify which receipt data belongs to which participant.
2. You can also ask your company's FIT representative.
FIT representatives can download a list of all participants from their company, which includes both the registration details entered at sign-up and the order numbers.

How to Find Your ID for Participants Registered via Benefit Station

On the Benefit Station website, go to My Page → Application History, and select "FIT For Charity Run" to see your 12-digit application number. Your FIT 2025 Participant ID is "FIT2025-" followed by this application number.

申込内容

マイページトップ >

会員設定

会員情報設定 >

クレジットカード >

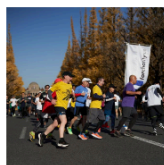
会員証

Web会員証 >

ファミリーマート
(ワンタイムパス) >

マイクーポン

マイクーポン >



オリジナル企画・その他オリ… [メニューNo.24000136]

手配状況：手配完了

FIT For Charity Run

合計 : 0円

付与ベネポ：0ベネポ

受付番号：2 [REDACTED] 8

申込日 : 2025/08/30

領収書を発行する >

同じメニューを再度利用する