

# Programa de carreras virtuales de New York Road Runners

## ¿Qué necesitas?

- Cuenta en Strava -<https://www.strava.com/>
- Cuenta en NYRR-<https://www.nyrr.org/>
- Conecta Strava a NYRR

## ¿Cómo encuentro carreras virtuales de NYRR?

- <https://www.nyrr.org/run/race-calendar>
- <https://www.nyrr.org/run/virtual-racing>

## ¿Para cuáles carreras puedo garantizar entrada? (sujeto a la carrera de elección de NYRR)

- Popular Brooklyn Half
- [United Airlines NYC Half](#)
- TCS NYC Marathon

## ¿Qué es el Virtual 6 Program?

- Un programa en el cual completas 6 de 12 carreras que tienes para elegir y obtienes entrada garantizada (no de cortesía) para el medio maratón de Brooklyn o NYC
- -<https://www.nyrr.org/run/virtual-racing>

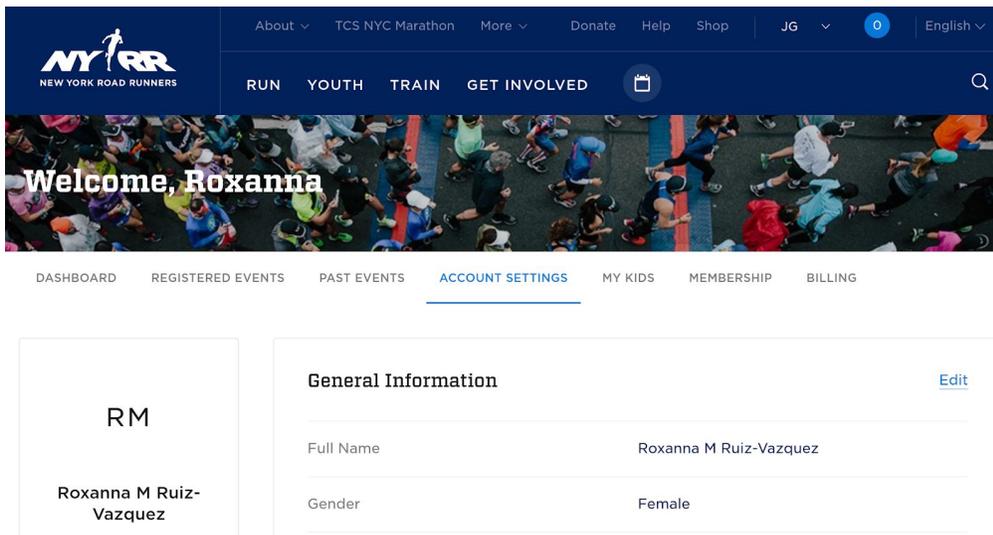
## ¿Cuál es el costo?

- Cuenta en Strava- \$0
- Cuenta en NYRR- \$0
- Carreras virtuales- costo varía entre \$20 - \$125 por carrera para participar en programas para garantizar entrada; \$0 para entrada general de carreras virtuales

## ¿Cómo conectar mi cuenta de Strava a NYRR?

Dashboard > Account Settings > Apps & Services > Connect to Strava

Luego de conectar tus cuentas, verifica en tu "Dashboard" de NYRR que diga "Strava Connected"



The screenshot shows the NYRR website's account settings page. The top navigation bar includes links for About, TCS NYC Marathon, More, Donate, Help, Shop, JG, and English. Below the navigation bar is a search bar and a main menu with options: RUN, YOUTH, TRAIN, GET INVOLVED, and a calendar icon. A large banner image shows a group of runners with the text "Welcome, Roxanna". Below the banner is a horizontal menu with options: DASHBOARD, REGISTERED EVENTS, PAST EVENTS, ACCOUNT SETTINGS (highlighted), MY KIDS, MEMBERSHIP, and BILLING. The main content area shows a profile card on the left with the initials "RM" and the name "Roxanna M Ruiz-Vazquez". To the right is the "General Information" section, which includes fields for Full Name (Roxanna M Ruiz-Vazquez) and Gender (Female). An "Edit" link is visible next to the section title.

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**Apps & Services**

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**Connect with STRAVA**

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United Airlines MileagePlus® ⓘ [Add my MileagePlus® Number](#)



## Authorize NYRR to connect to Strava

New York Road Runners serves nearly 600,000 runners of all ages and abilities annually through hundreds of races, community open runs, walks, training sessions, and other running-related programming, with 267,000 youth participating in free fitness programs and events nationally, including 134,000 in New York City's five boroughs.

<https://www.mynyrr.org/>

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**NYRR will be able to:**

- View data about your public profile (required)
- Edit certain data on your profile
- Upload your activities from NYRR to Strava

**Authorize**

**Cancel**

To revoke access to an application, please visit your [settings](#) at any time.

By authorizing an application you continue to operate under our [Terms of Service](#).

Luego de conectar tus cuentas, verifica en tu "Dashboard" de NYRR que diga "Strava Connected"

**Apps & Services**

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**STRAVA** Connected @16797860 [Disconnect](#)

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United Airlines MileagePlus® ⓘ [Add my MileagePlus® Number](#)