

# SOLEUS SYNC

The Soleus Sync application allows you to sync the activity on your Soleus GPS device to your STRAVA account. If you have any issues downloading or using Soleus Sync, please visit our FAQ page for troubleshooting help.



## DOWNLOAD The MAC driver (<http://soleusrunning.com/pages/software-downloads>)

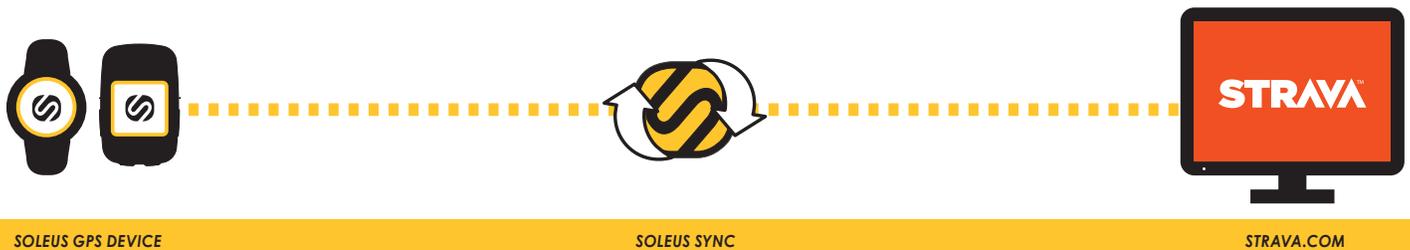
1. Click on the "Software Downloads"
2. Click on "Download MAC Driver"
3. After download has completed, go to download folder and double-click on the file: "SiLabsUSBDriverDisk.dmg"
4. On your desktop, double-click the Silicon Labs VCP Driver Install Disk
5. Double-click Silicon Labs VCP Driver Installer box icon
  - a. click "Continue"
  - b. click "Continue"
  - c. click "Agree"
  - d. Click "Install"
  - e. Enter password if prompted
  - f. Click "Continue Installation"
  - g. Click "Restart"

! If you get a dialog box about only installing apps from the app store, follow these steps to proceed:

- go to "System Preferences"
- select "Security and Privacy"
- click "Lock" icon
- Authorize if prompted
- click "Anywhere"
- click "Allow from anywhere"
- click "Close"

## DOWNLOAD Soleus Sync App for MAC (<http://soleusrunning.com/pages/software-downloads>)

1. Click on the "Software Downloads"
2. Click on "Download Soleus Sync App"
3. If the folder does not automatically open, go to download folder and double-click on the file: "SoleusSyncInstallation.dmg"
4. A Soleus Sync Installation dialog box will open:
  - within the dialog box, drag the Soleus Sync icon  into the Applications folder
  - close the installation dialog box
5. The Soleus Sync App will now be in your Applications folder



## SYNC YOUR ACTIVITY TO **STRAVA**

To sync your data, you will need to have an open connection to the internet and an active STRAVA account ([www.STRAVA.com](http://www.STRAVA.com))

1. Plug in your Soleus GPS device
2. Go to your Applications folder and double-click the Soleus Sync App icon   
(If prompted, click "Open")
3. Click "Search for Device" (This could take up to 5 minutes)
4. The data on your device will appear in the "Activities" box  
Select the file(s) you would like to sync to Strava (note: non-GPS activity will not be synced)
5. Click "Upload Activity"
  - you will be prompted to sign into or to sign up for Strava for account authorization
  - click the "Authorize" button
  - (note: Authorization is only required the first time you use Soleus Sync, or after a software update)
6. You might be prompted to sign in to your Strava account again
7. Your selected files will sync to your Strava account and you will be directed to your "My New Activity" page on Strava