⚡ BIT RUN

BETA · v1

Welcome to the Beta.

You're one of the first people on earth to earn **real Bitcoin** for the runs you already do.

Bit Run is brand-new — a beta, rough edges and all — and you're here because I personally trust you to run it, push it, and help shape what it becomes. That means a lot. Thank you for being early.

Let's get you set up and earning. It takes about **5 minutes**, once.

— **Timoté,** **founder of Bit Run**

WHAT IS BIT RUN

Run. Prove. Earn Bitcoin.

Bit Run pays you **real Bitcoin** for every qualifying run — measured in **Satoshis (SATS)**, the smallest unit of Bitcoin. There are **100,000,000 SATS** in 1 Bitcoin, so you stack SATS run by run.

Your SATS land straight in your Bitcoin **Lightning** wallet. Lightning is the network built on top of Bitcoin that makes **tiny, instant** payments possible — perfect for paying out a few hundred SATS the moment you finish a run.

Not points. Not a token. Real Bitcoin — yours to keep, hodl, or spend.

HOW YOU EARN

Proof of Human

Bit Run only rewards **real, human runs**. Proof of Human reads your run's **GPS, heart-rate, and cadence** to confirm a real person actually ran it — so the SATS stay fair, and no one can fake their way to a payout.

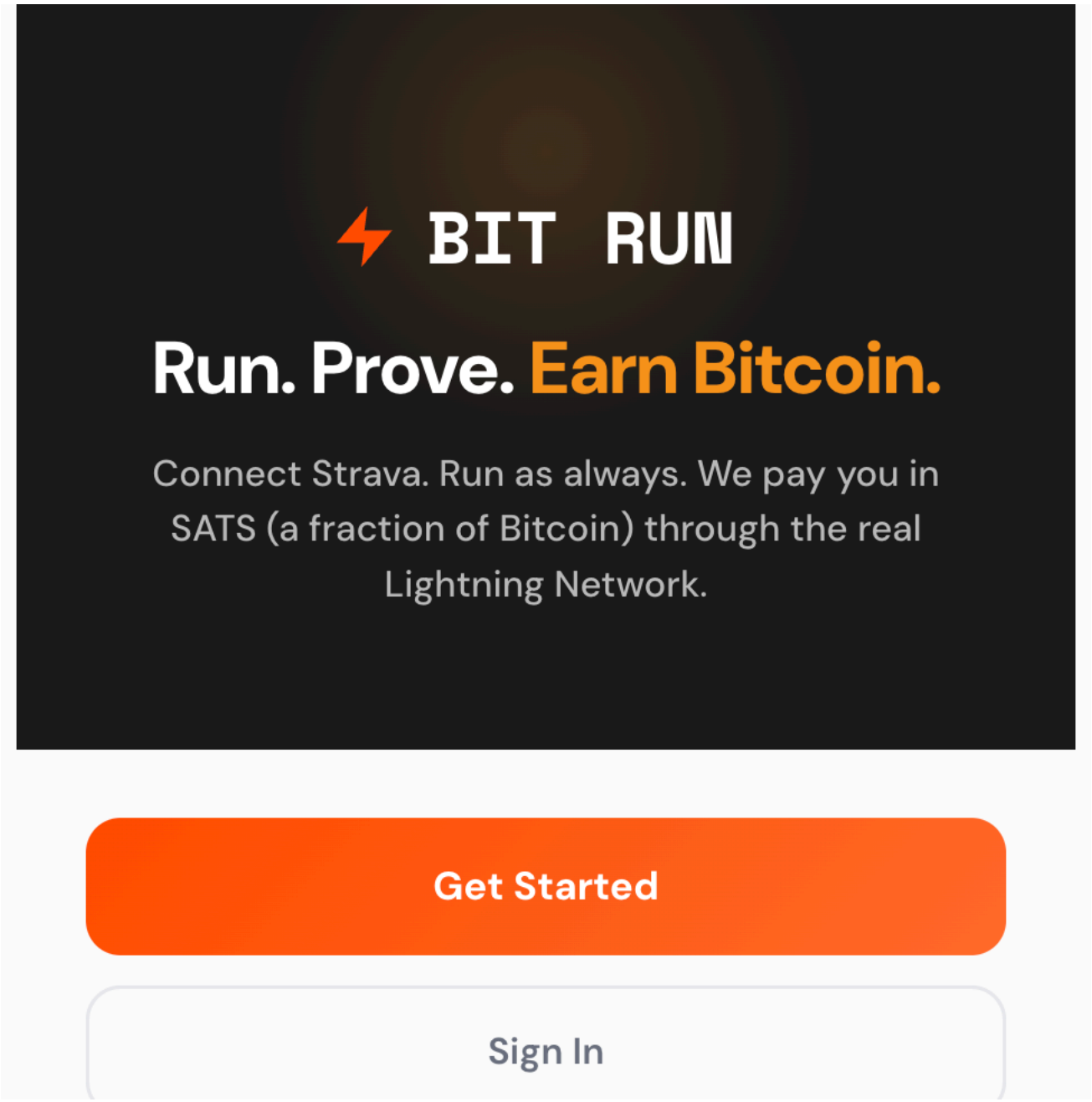
TO EARN SATS, A RUN JUST NEEDS TO...

- ✓ Be an actual **Run** — not a walk or a bike ride
- ✓ Cover at least **1 km**
- ✓ Hold a genuine running pace (roughly **under 10 min / km**)
- ✓ Be recorded with **GPS on** and your **heart-rate shared** — you turn HR sharing on once, in the Strava app (Step 10)

Hit those, and your SATS are calculated and paid out automatically — no button to press, no claiming. Longer runs, climbs, and streaks earn more.

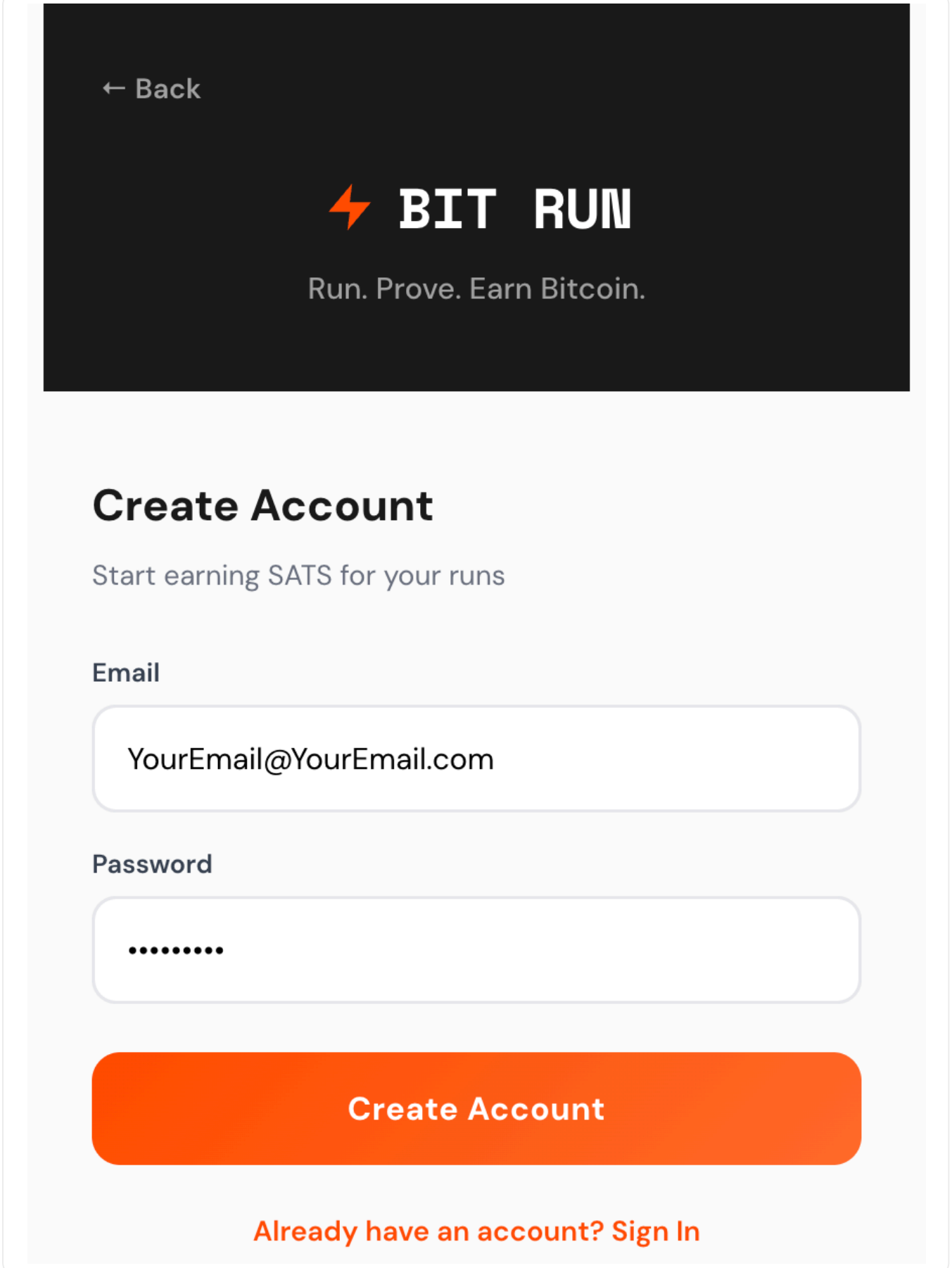
1 Open Bit Run

On your computer, go to **`bitrun.vercel.app`** and tap **Get Started**.



2 Create your account

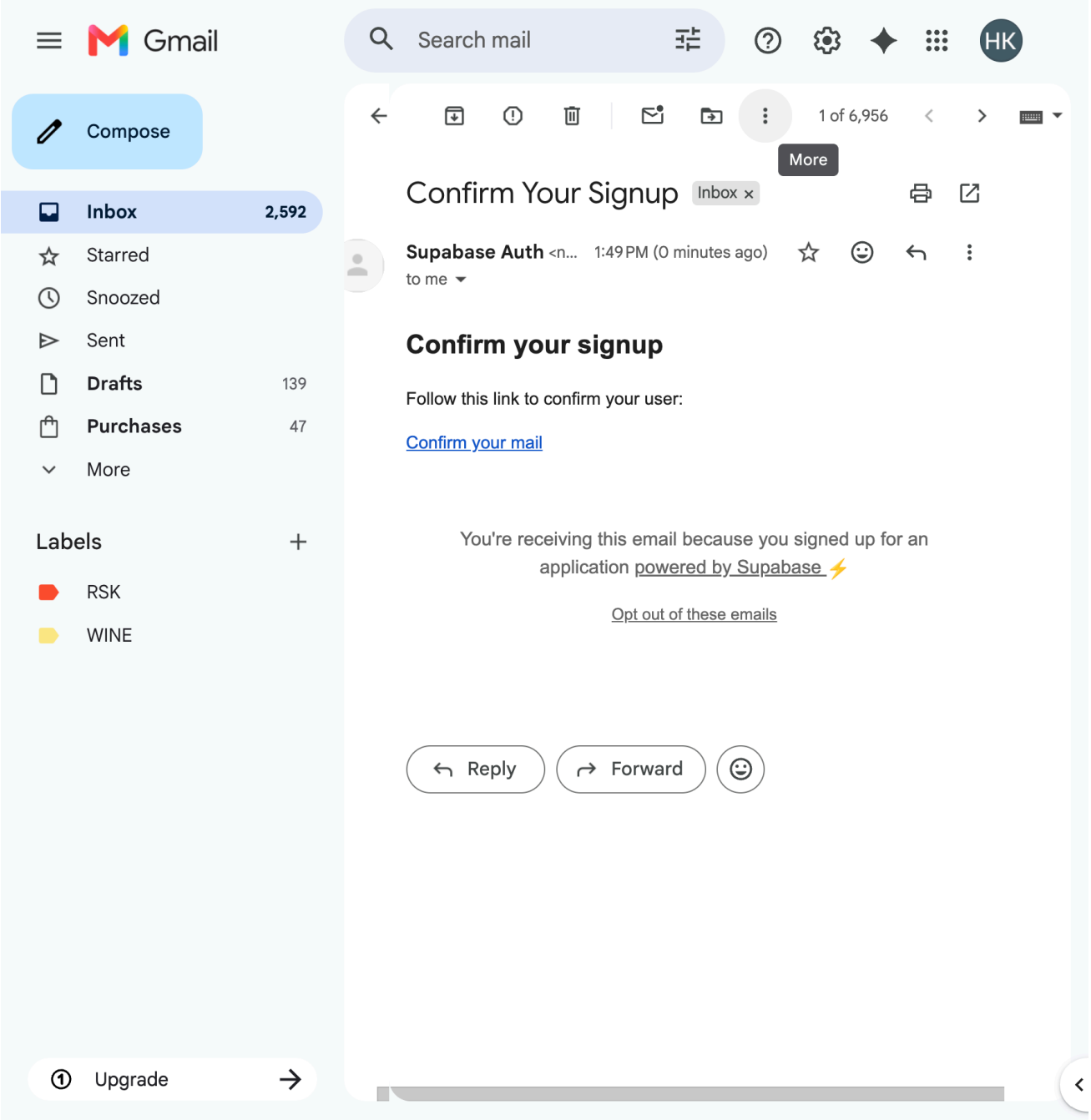
Sign up with your email and a password.



3 Confirm your email

Check your inbox for a confirmation email **from Supabase** and click the link to verify.

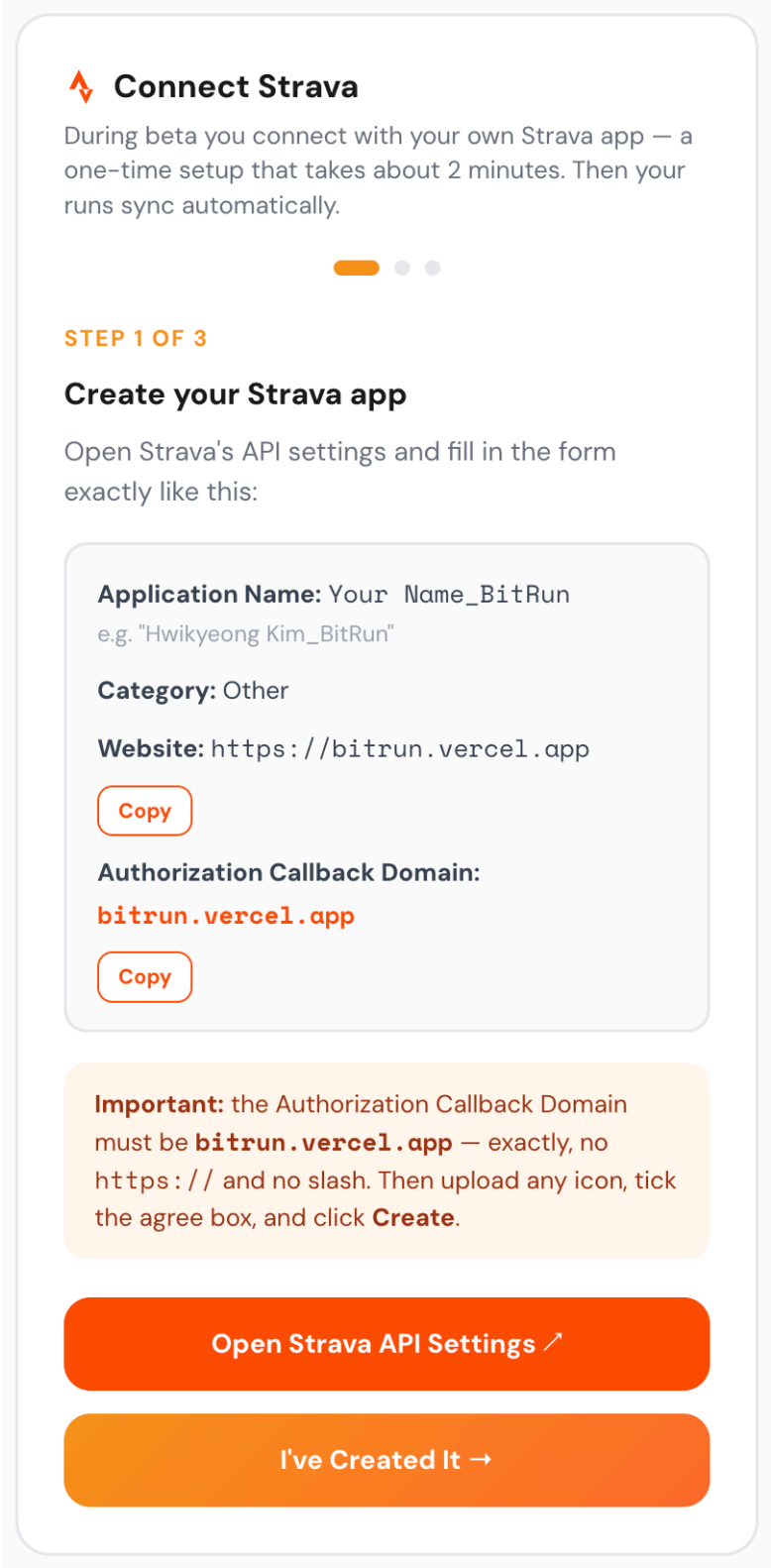
Don't see it? Check spam/promotions, or use the resend option on the screen.



4 Open Strava API settings

On Bit Run's "Connect Strava" guide, tap **"Open Strava API Settings."** During beta each runner uses their own Strava app — ~2 minutes, once.

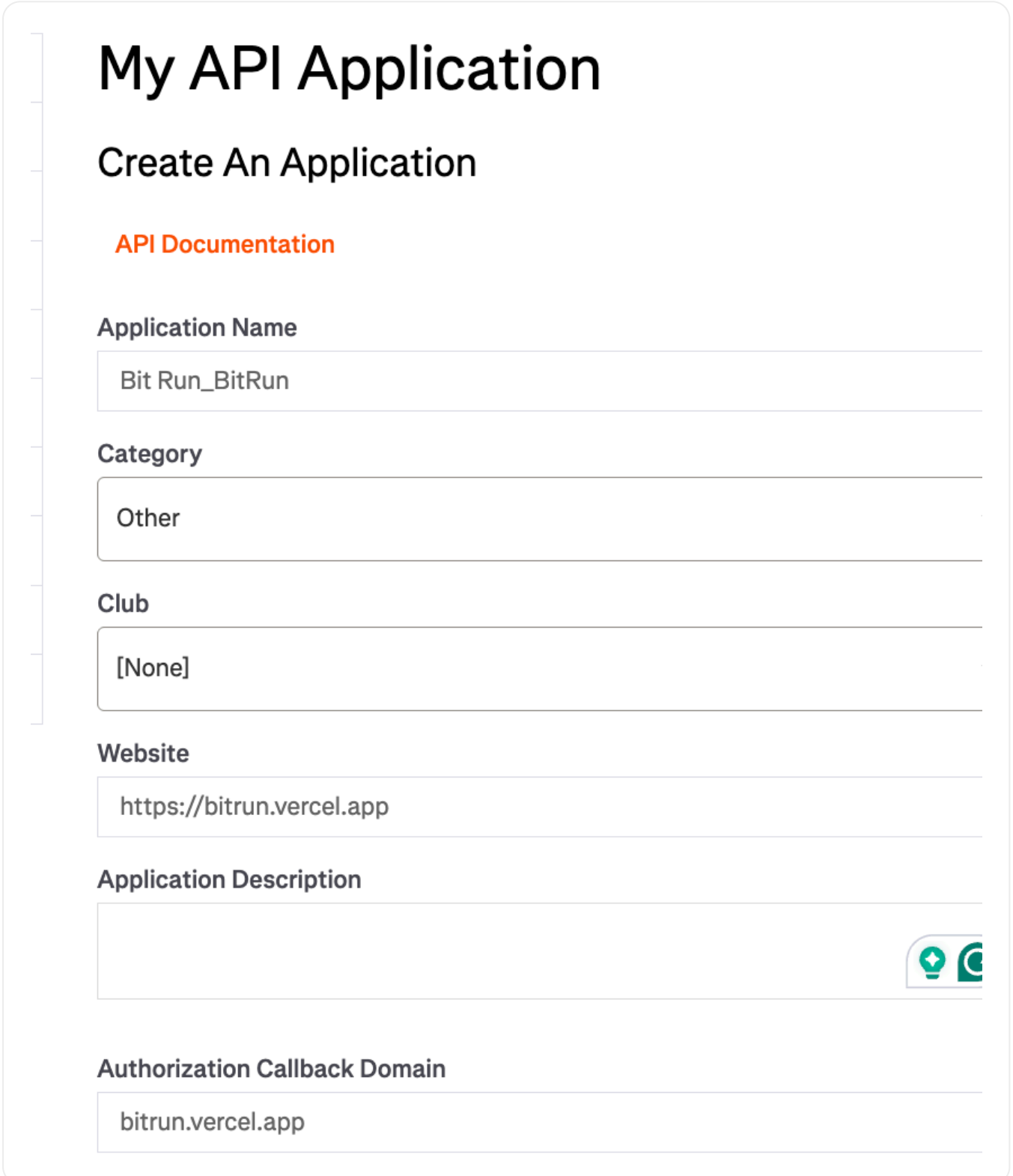
No Strava account yet? Create a free one at `strava.com` first — Strava is the app you'll record your runs with. Then come back and tap "Open Strava API Settings."



5 Create your Strava app

Fill Strava's "Create an Application" form — **Application Name**: `Your Name_BitRun`, **Category**: Other.

⚡ **For Website & Authorization Callback Domain:** tap the **Copy** buttons in the Bit Run guide and paste each into Strava — no typing, no typos. The Callback Domain (`bitrun.vercel.app`) must be **exact**, so copying guarantees it. Tick the agree box, then click **Create**.

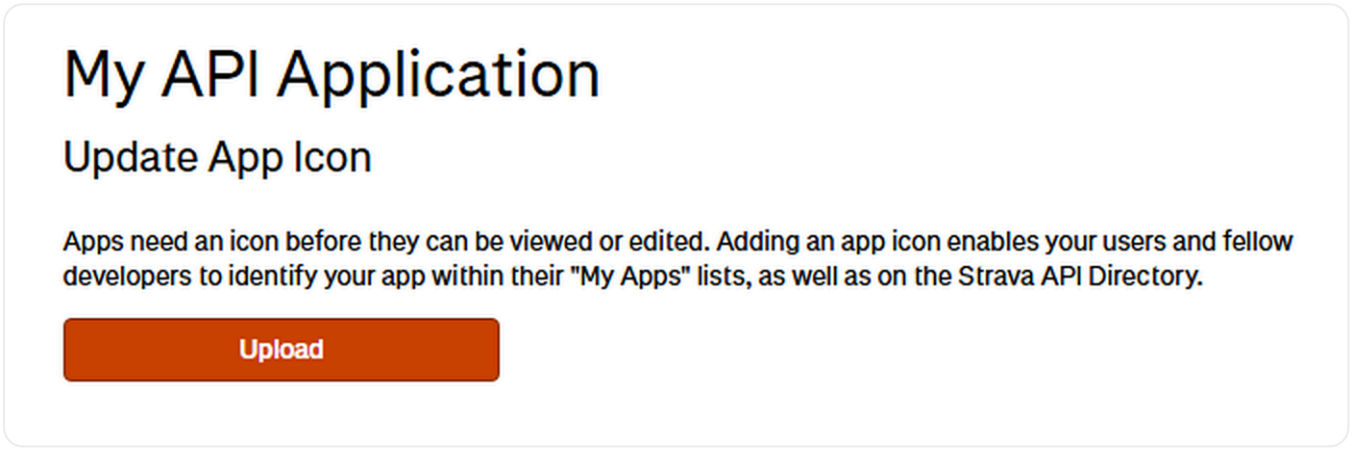


6 Upload your app icon

Right after you create the app, Strava asks for an **app icon** — and your app won't open until you add one. No need to make anything: tap **Upload** and choose the **`BitRun-App-Icon.png`** file I attached with this guide. Done.

⚠ **This is where a couple of people got stuck.** Strava says "*Apps need an icon before they can be viewed or edited.*" That's normal — just upload the Bit Run icon I sent you and you're straight through.

① ON STRAVA — TAP THE ORANGE "UPLOAD"

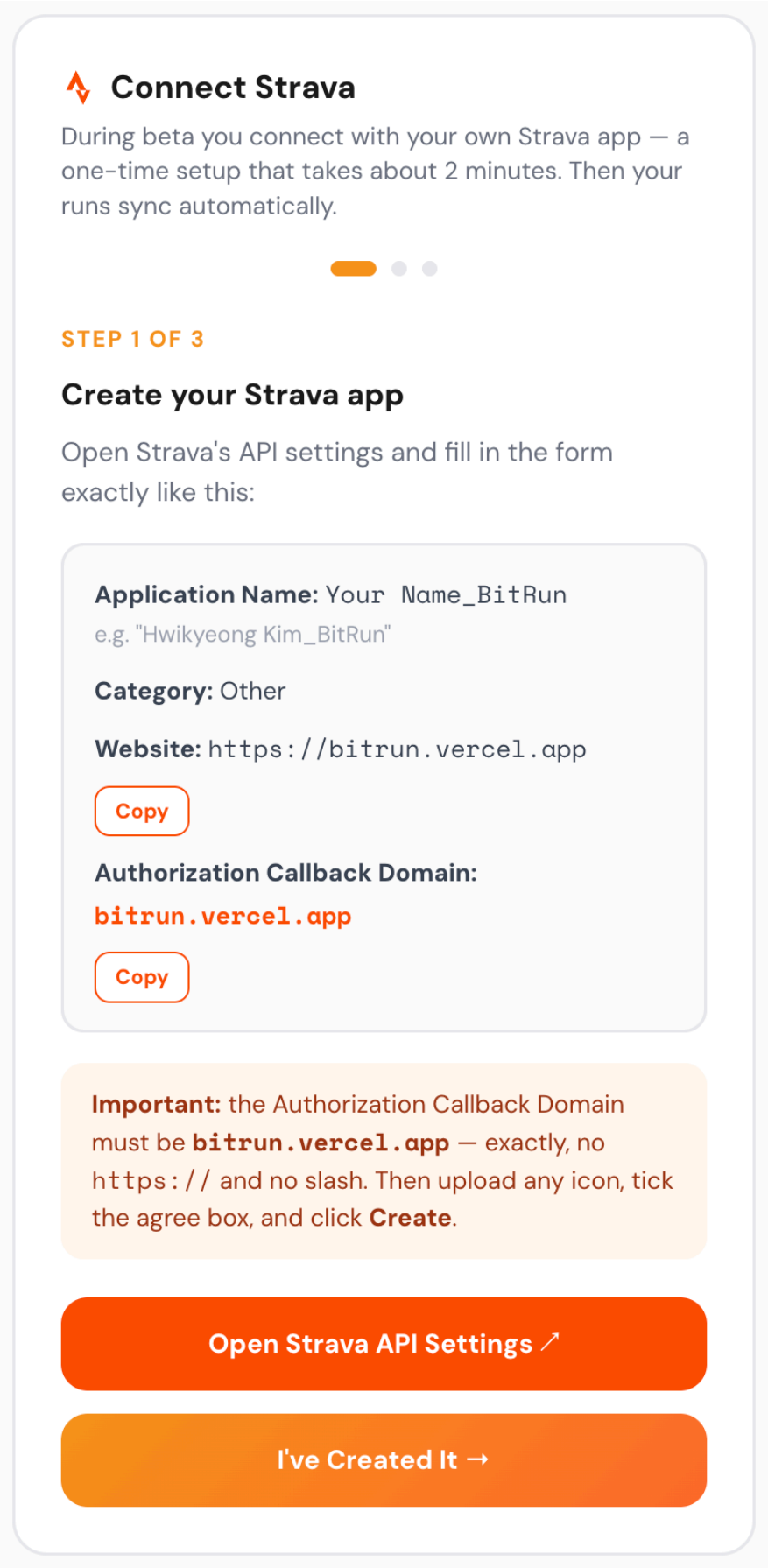


② UPLOAD THIS — THE BIT RUN ICON I ATTACHED WITH THIS GUIDE



7 Back to Bit Run → "I've created it"

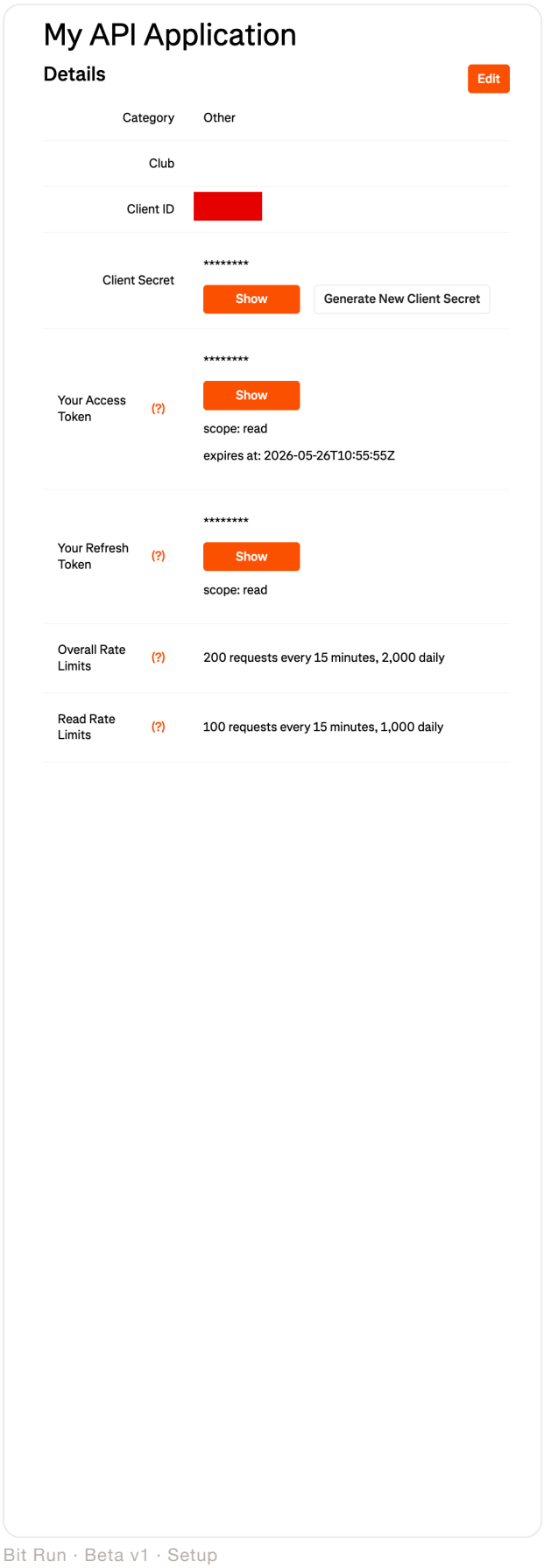
Return to the Bit Run tab and tap **"I've Created It →"** to continue.



8 Copy your keys into Bit Run

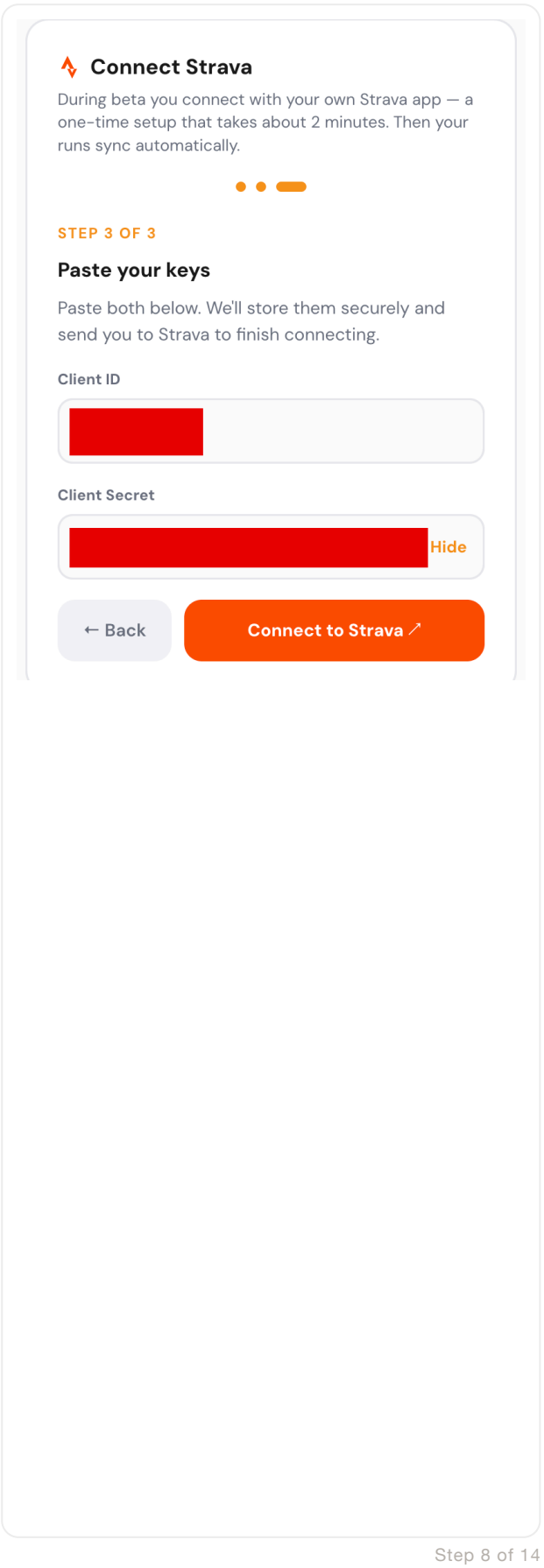
On Strava's **"My API Application"** page, copy your **Client ID** and **Client Secret** (tap "Show" to reveal the secret), then paste both into Bit Run and tap **Connect**.

① ON STRAVA — "MY API APPLICATION"



Client ID + Secret

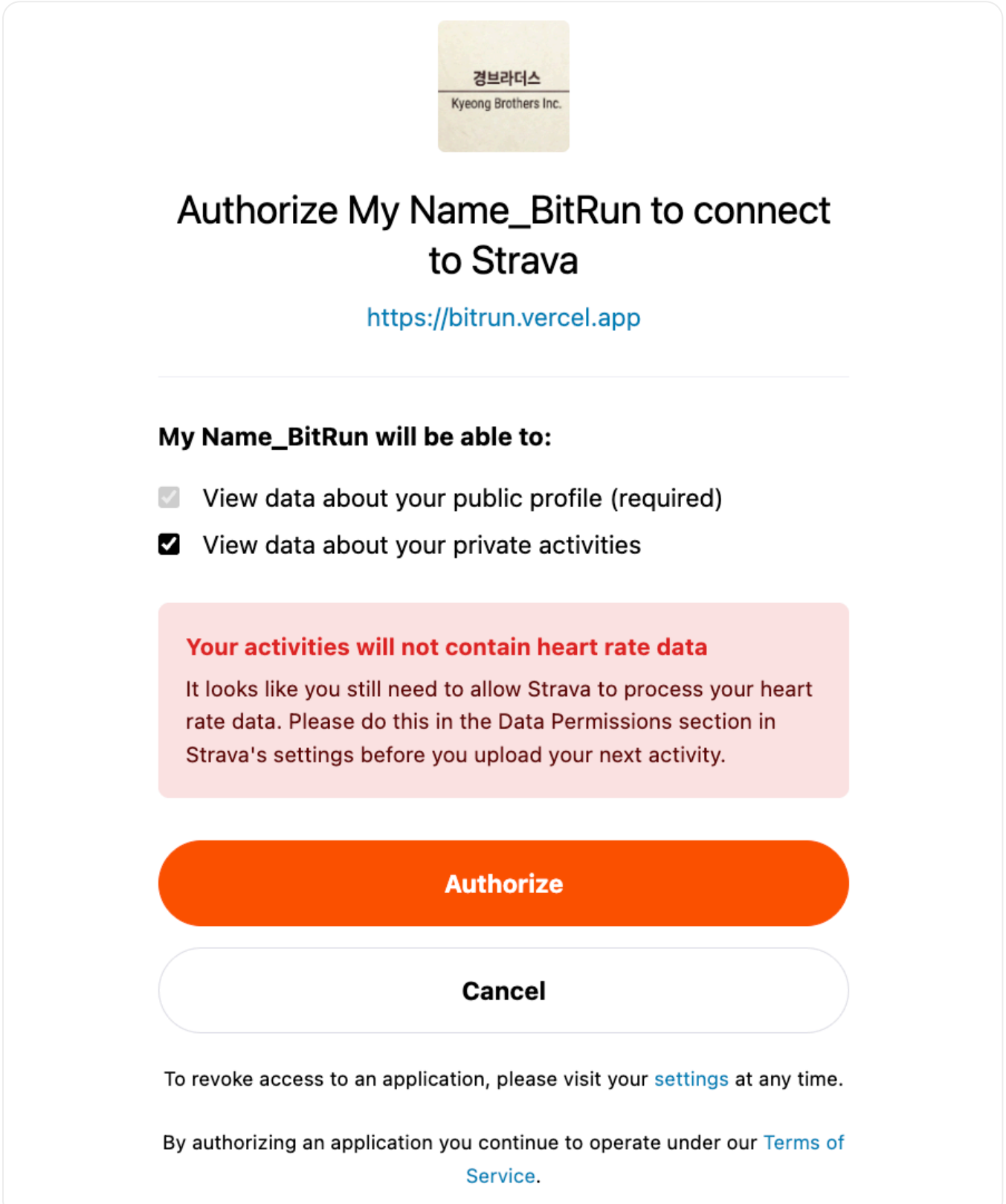
② PASTE INTO BIT RUN



9 Authorize & turn on heart-rate

Make sure **"View data about your private activities"** is checked, then tap **Authorize**.

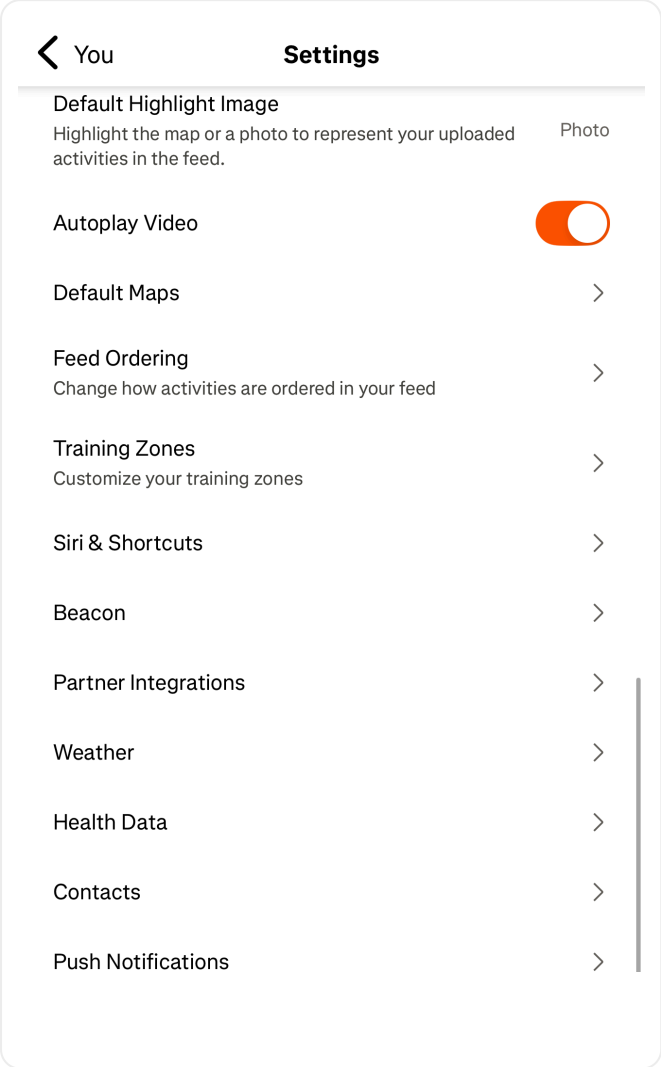
⚠ **Heads up — heart-rate must be on:** Strava may warn "*Your activities will not contain heart-rate data.*" That's expected — **Step 10** turns it on in the Strava app. Proof of Human needs heart-rate to verify (and reward) your runs.



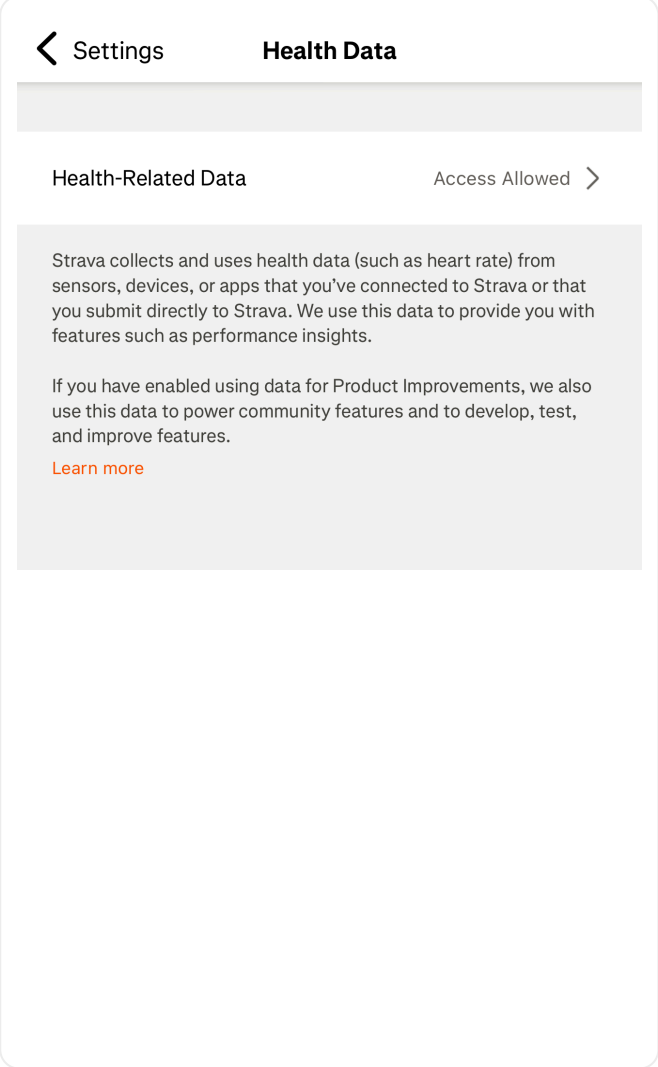
10 Turn on heart-rate sharing

One-time, in the **Strava phone app**: open **You** → **Settings** → **Health Data** → **Health-Related Data** and tap **Allow**. This lets Proof of Human read your heart-rate so your runs qualify and pay out.

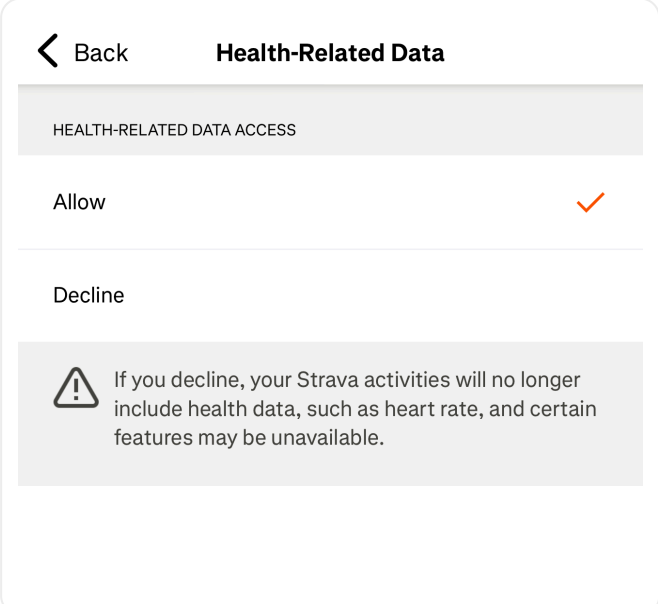
① Settings → Health Data



② Health-Related Data

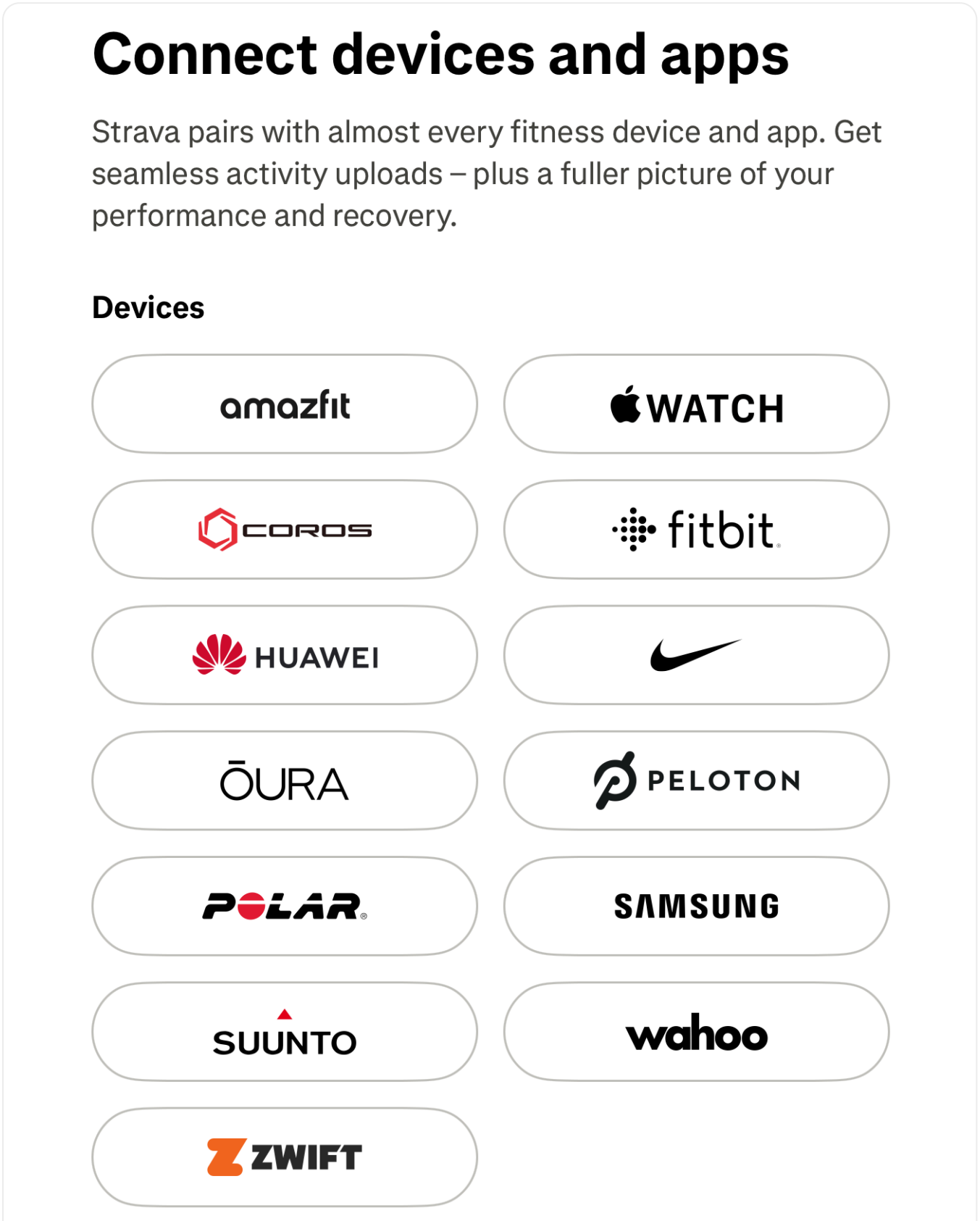


③ Tap "Allow" ✓



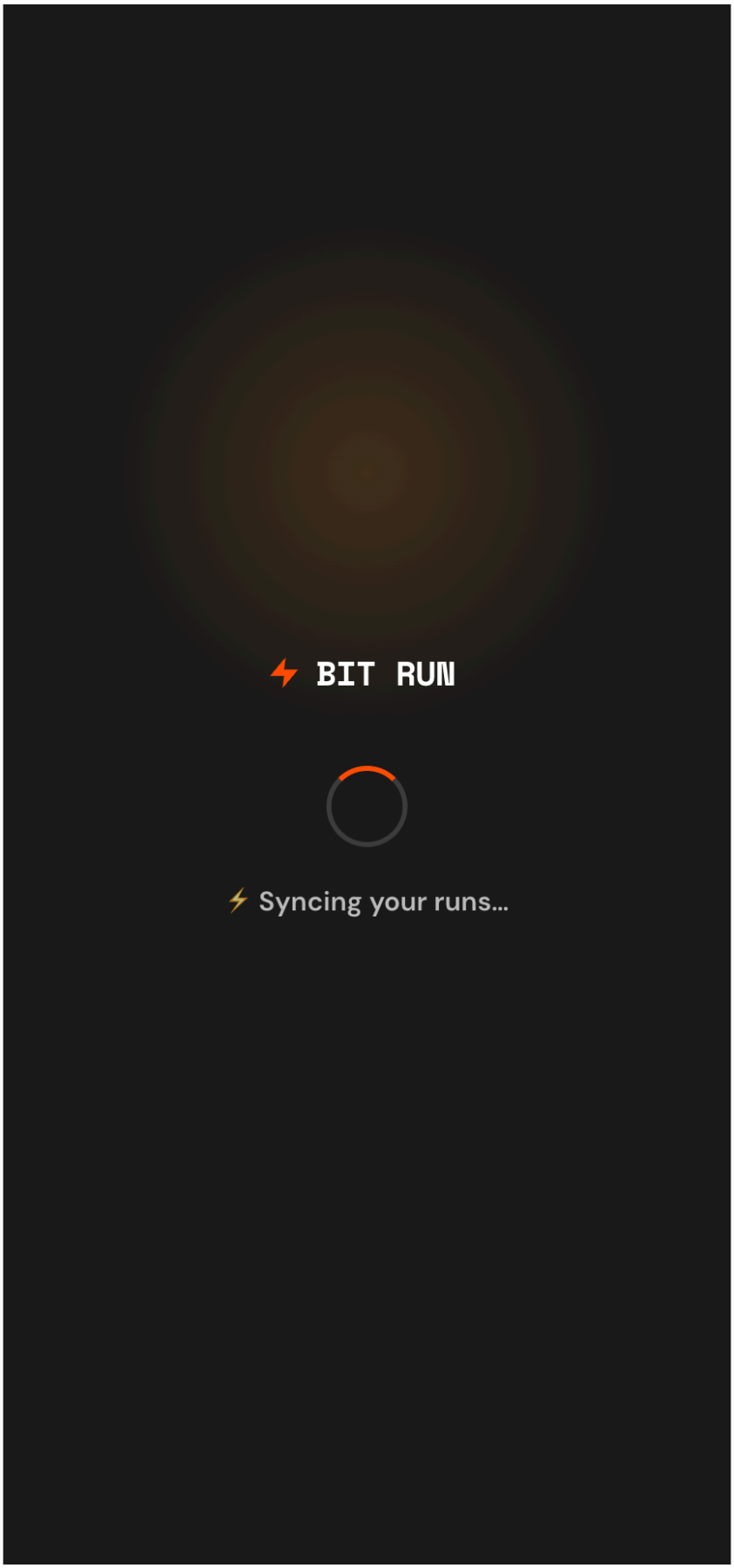
11 Connect your watch or wearable

Still in the Strava app: **Settings** → **Connect an app or device**, then pick the watch or wearable you run with — the one that measures your **heart-rate** (Apple Watch, Suunto, Fitbit, Wahoo, etc.) — and sync it. This is what feeds heart-rate into every run.



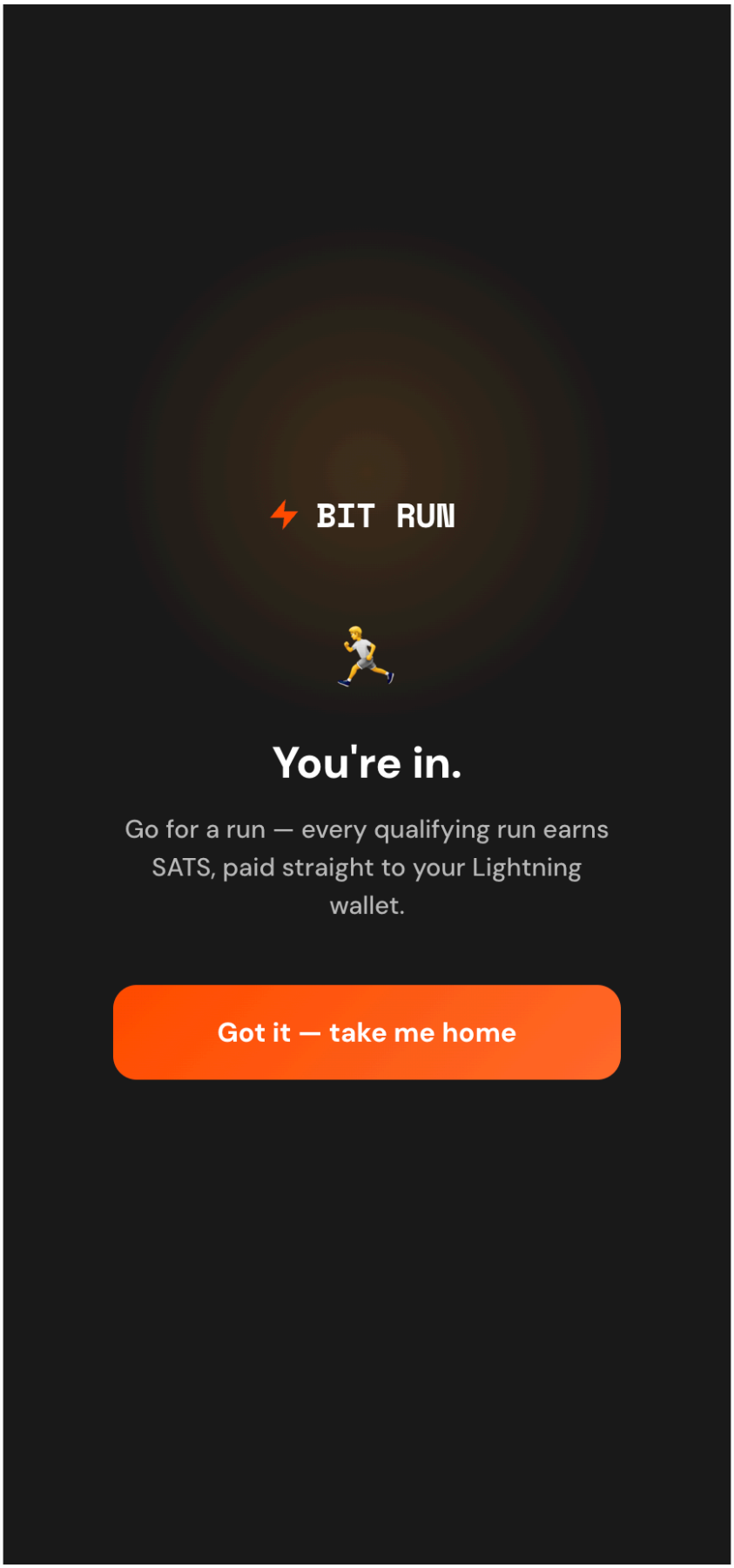
12 Connecting…

Bit Run links your Strava account. Give it a few seconds.



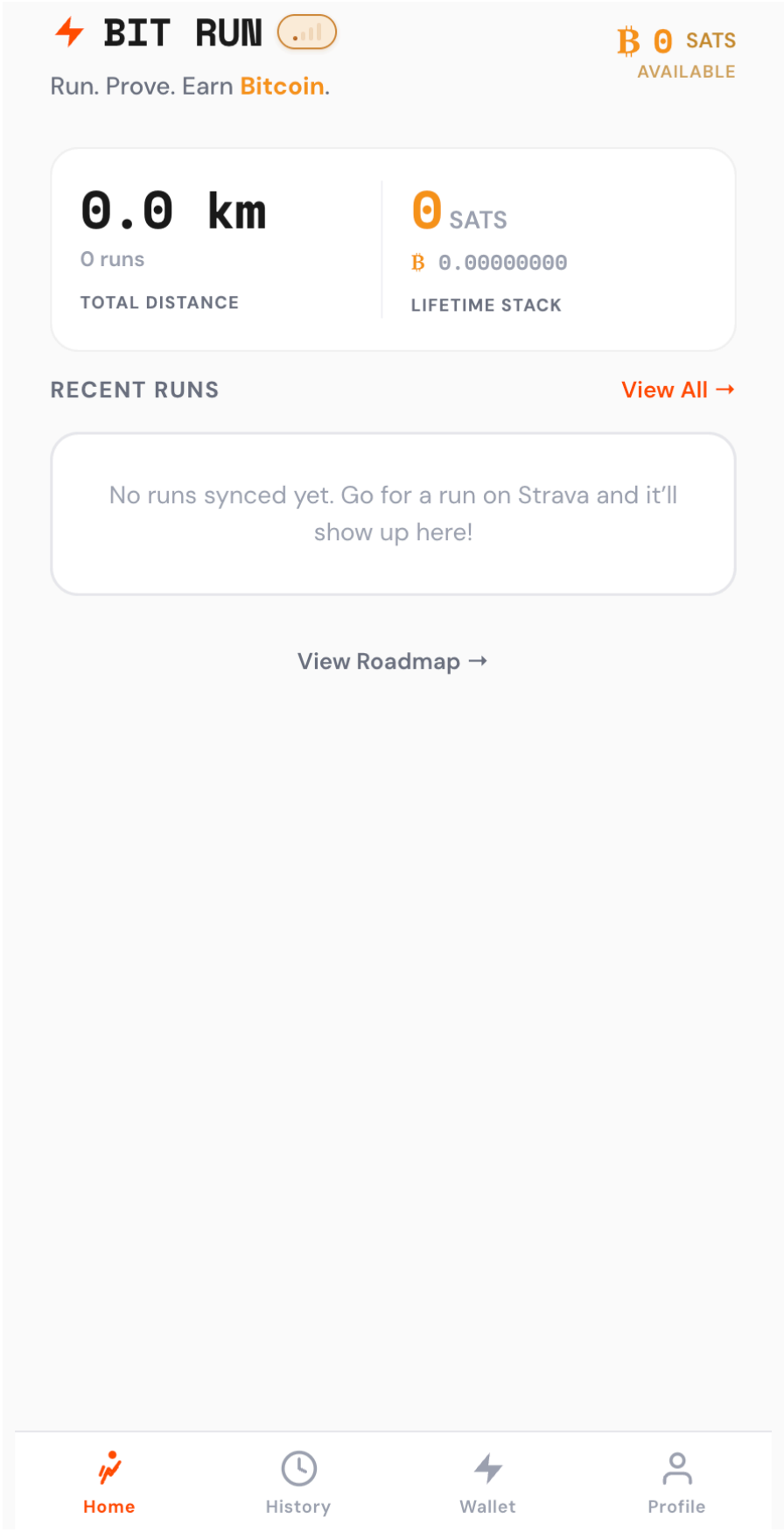
13 You're in 🎉

Connected. Welcome to Bit Run.



14 Record your first run

You're home. Now go for a run — record it in Strava as usual. Bit Run syncs it **automatically** (within a minute or two) and pays your SATS. No button to press.



THAT'S IT

Run, and earn your first Bitcoin!

Warm up, then take an easy run of at least 1 km. Watch your Satoshis (SATS) land in your lightning-fast Lightning wallet. From here, every run stacks real Bitcoin.

You're the people I trust most, and your feedback decides where Bit Run goes next. If anything feels off — or you have an idea — reply to your invite email or message me, and I'll respond to every one.

— Timoté, founder of Bit Run