

How to use the Nike Run app

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Contents

1	Register with Nike Run Club app	2
1.1	Using an Android phone	3
1.2	Using an iPad or iPhone	21
2	How to record a walk	32
3	How to adjust your settings in Nike Run	34

1 Register with Nike Run Club app

You can register with Nike Run on the following devices:

- [An Android phone](#), or
- [An Apple iPhone or iPad](#).

1.1 Using an Android phone

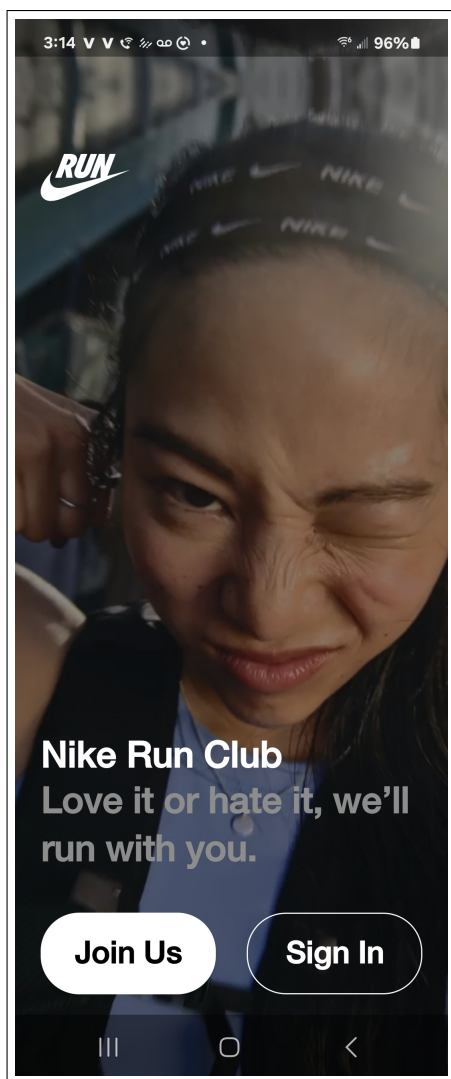
Download and login to the Nike Run app using the following pictures as a guide.

1. In your phone's web browser, Go to <https://www.OwegoRotary.org> . On homepage, scroll down to the challenge. Click on the link to join.

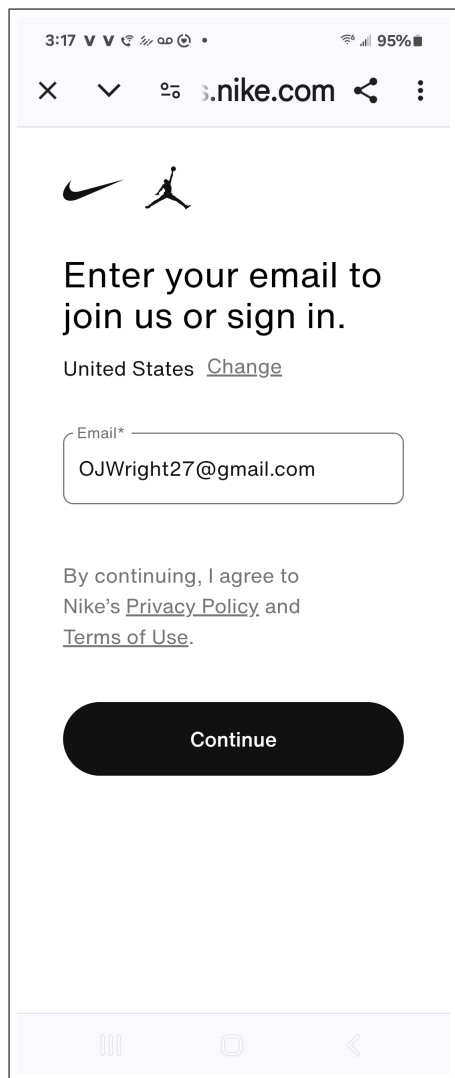


2. To create an account, click on “Join us”.

If you already have a Nike Run account, proceed to Step [12](#).



3. Enter the email address you want to use for your Nike Run account. Nike will send a verification code to this address. Wait for the code to arrive. Then make a note of the verification code.



The screenshot shows the Nike mobile app's sign-up screen. At the top, the status bar displays the time 3:17, signal strength, Wi-Fi, and 95% battery. The browser address bar shows the URL 'nike.com'. The main content area features the Nike and Jordan logos, followed by the text 'Enter your email to join us or sign in.' Below this, the location is set to 'United States' with a 'Change' link. An email input field is labeled 'Email*' and contains the text 'OJWright27@gmail.com'. Below the input field, there is a line of text: 'By continuing, I agree to Nike's [Privacy Policy](#) and [Terms of Use](#).' At the bottom of the form is a large black button with the word 'Continue' in white. The bottom of the screen shows the standard Android navigation bar with three icons: a square, a circle, and a triangle.

4. Go back to the Nike Run app. Enter the verification code and your personal info. Then scroll down and agree to the privacy policy, and the newsletter if you want to receive one. Click on “Create Account”.

The screenshot shows the account creation interface of the Nike Run app. At the top, the status bar displays the time 3:26, signal strength, and 94% battery. The browser address bar shows the URL 'nike.com'. The main form includes a password field with a strength indicator showing 'Minimum of 8 characters' and 'Uppercase, lowercase letters, and one number'. Below this is a 'Date of Birth' section with three input fields for 'Month*' (1), 'Day*' (17), and 'Year*' (1934), accompanied by a note: 'Get a Nike Member Reward on your birthday.' There are two checkboxes: one for 'Sign up for emails to get updates from Nike on products, offers and your Member benefits.' (unchecked) and another for 'I agree to Nike's Privacy Policy and Terms of Use.' (checked). At the bottom is a large black button labeled 'Create Account'. The bottom of the screen shows the iOS home indicator bar.

3:26 94%

× ▾ 🔍 .nike.com 🔗 ⋮

password

.....

✓ Minimum of 8 characters

✓ Uppercase, lowercase letters, and one number

Date of Birth

Month* Day* Year*

1 17 1934

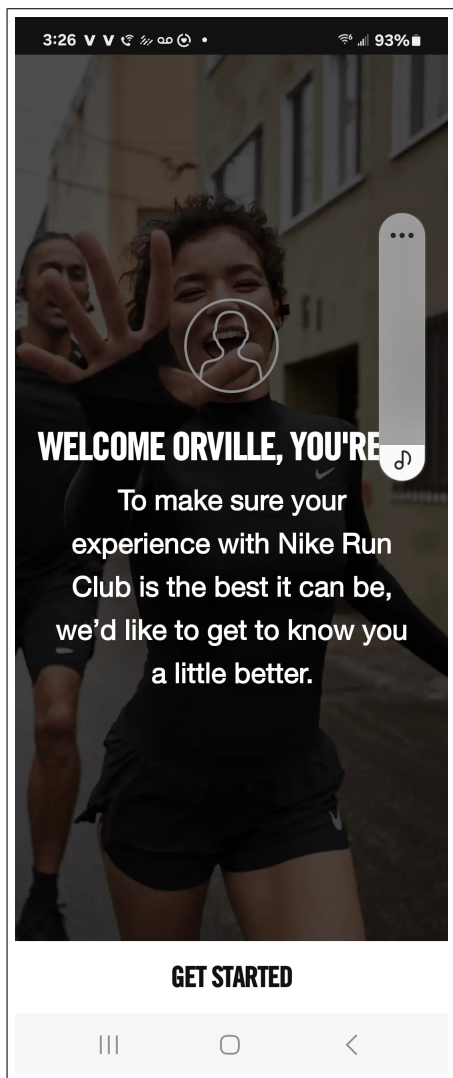
Get a Nike Member Reward on your birthday.

☐ Sign up for emails to get updates from Nike on products, offers and your Member benefits.

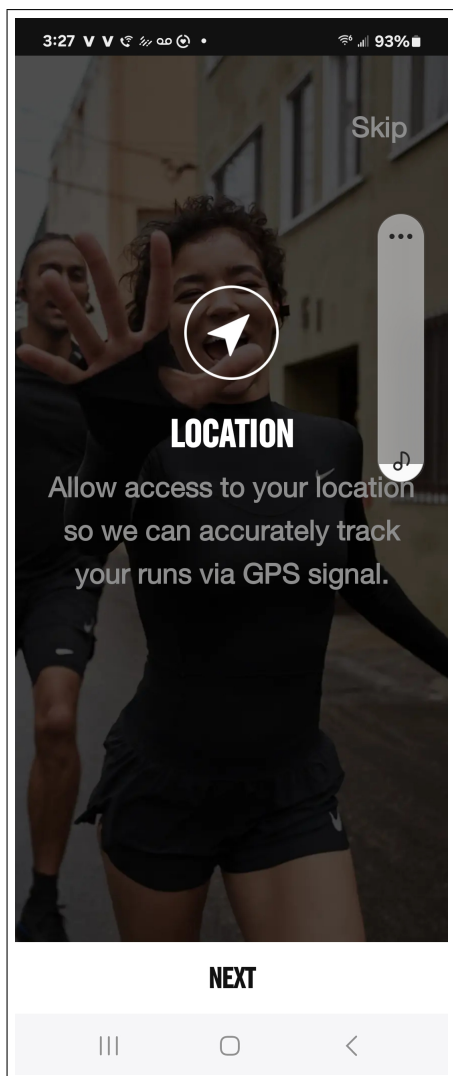
☒ I agree to Nike's [Privacy Policy](#) and [Terms of Use](#).

Create Account

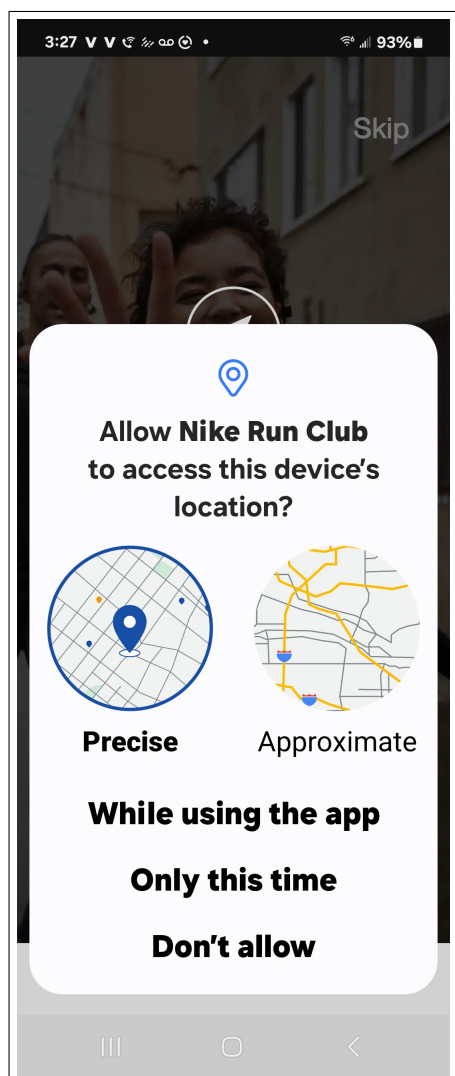
5. You are now registered in the Nike Run app. They're going to ask permission to track your location. Say yes so that your miles are recorded for in the Owego Rotary Challenge.



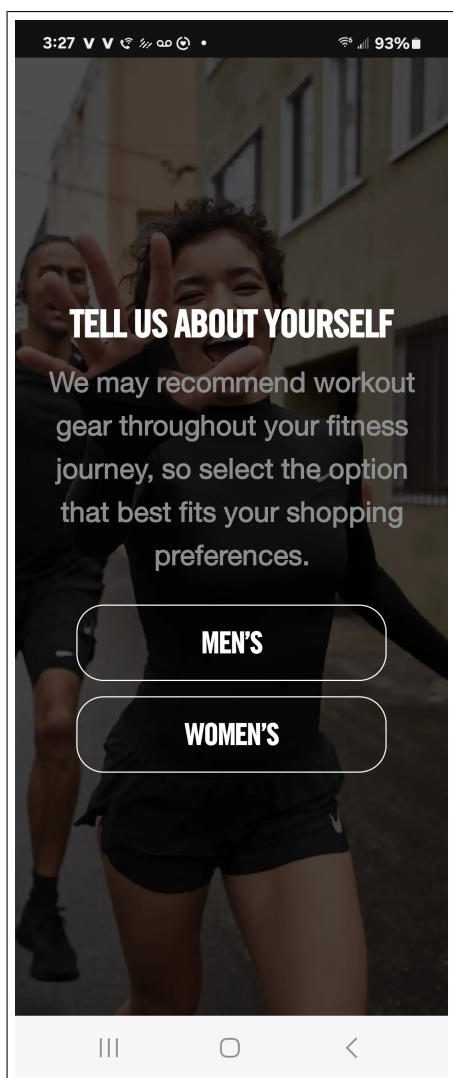
6. “Precise” location gives a better mileage reading than “Approximate”. It should suffice to allow location tracking only while you’re using the app.



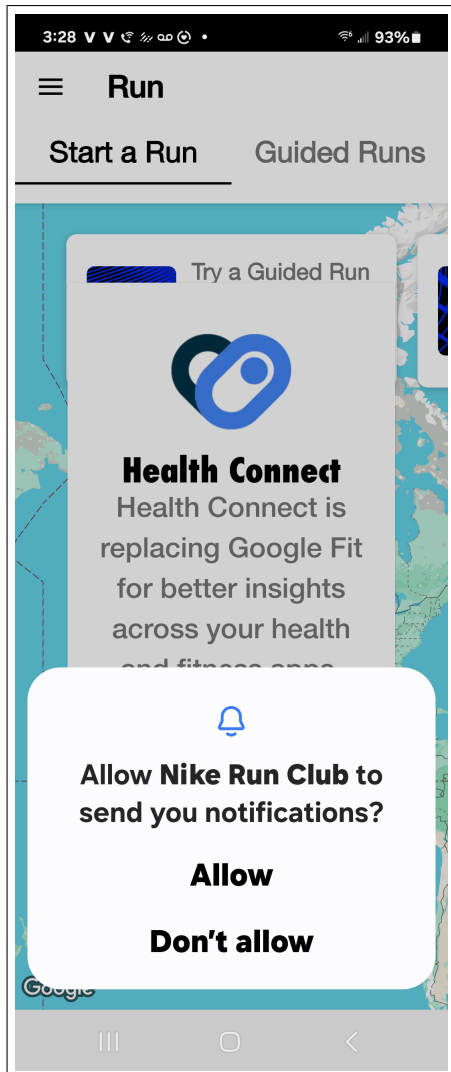
7. Say whether you want Nike Run to track you as a male or female..



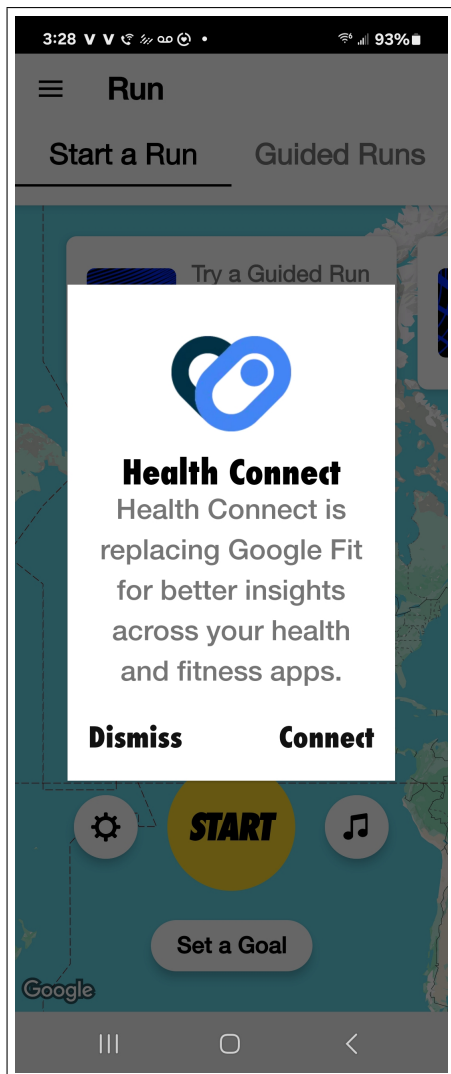
8. Enter your height and weight. If you prefer not to share this, then select the “Use Default” box below the questions.



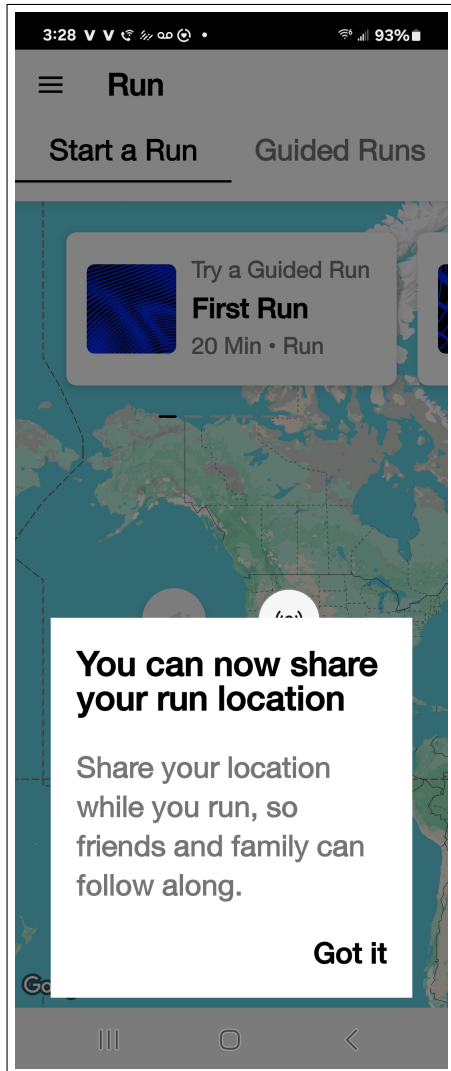
9. Say whether you want to receive notifications from the Nike Run app. These are optional.



10. Nike Run knows how to connect to certain fitness trackers. If you want this feature, here's where you would say "Yes".



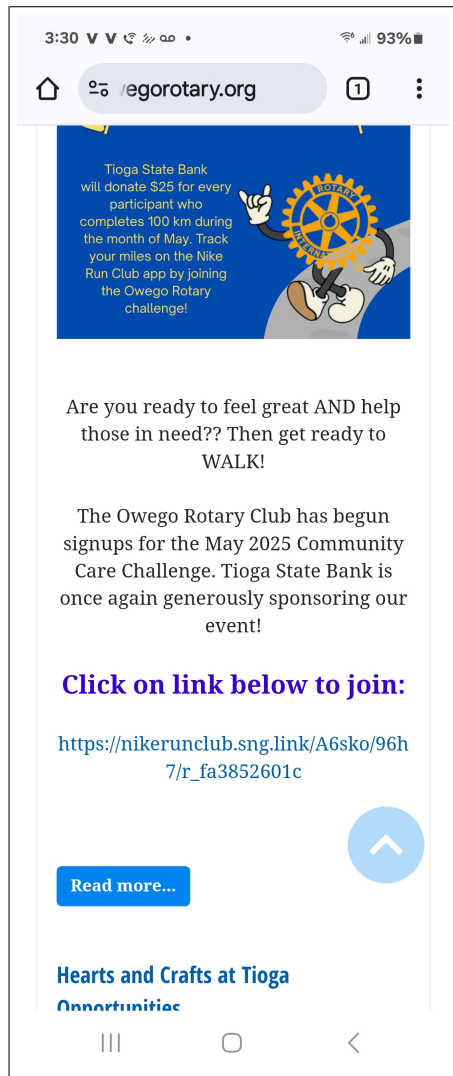
11. Now you're ready to go. Click on "Got it" to see the main screen.



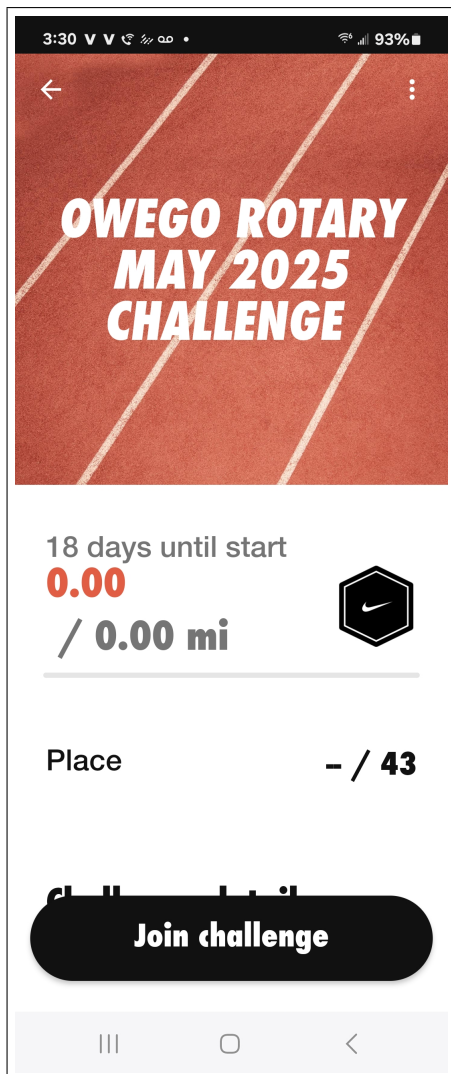
12. This is the main “Run” screen. To start a run, you’ll click on the yellow button. To stop a run, press on the “Pause” button, then press the “Stop” button, then press and hold the “Stop’ button..



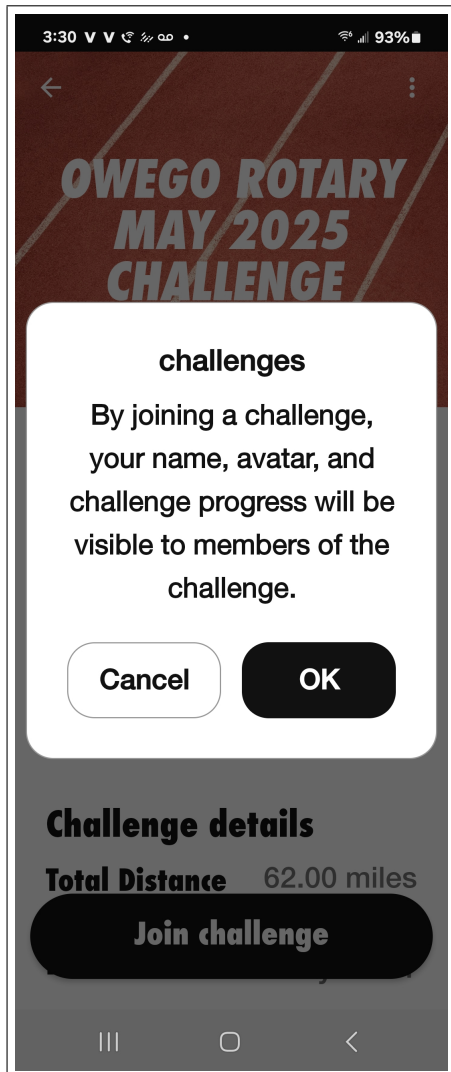
13. Now that you're all set with Nike Run, use your phone's web browser to visit the web site <https://www.owegorotary.org> and scroll down to the Owego Rotary Challenge. Click on the link to join the challenge.



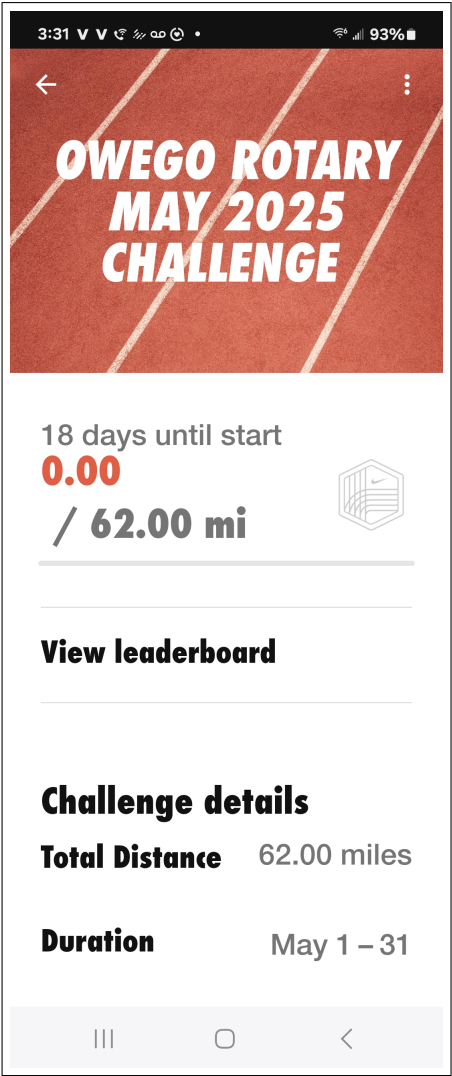
14. You should then see the challenge appear in the Nike Run app. Click on “Join challenge”.



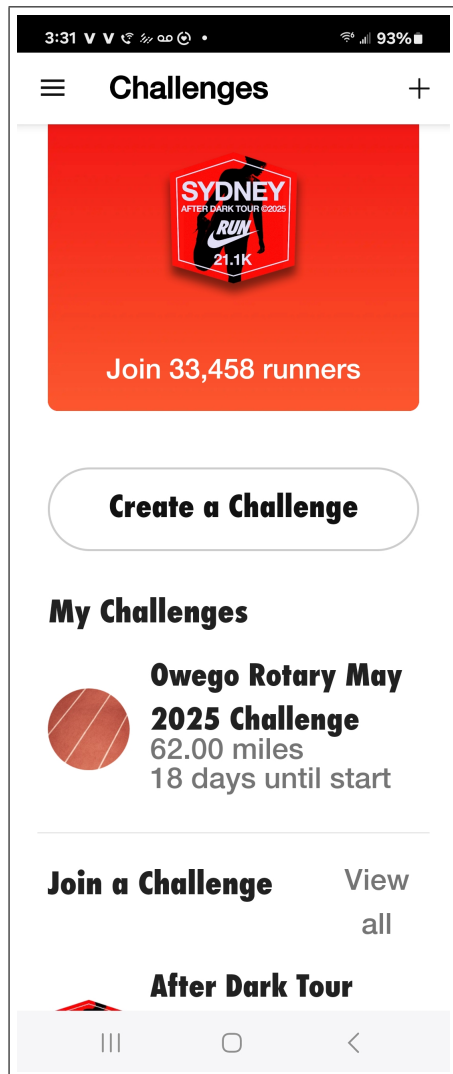
15. Click on “OK”.



16. Now you have joined the challenge. When you start a run or walk during the challenge, your miles will automatically count toward your challenge goal.



17. You can return to the challenge by clicking on the three horizontal lines (called the “hamburger icon”) near the upper left corner of the screen. This will bring up a menu of various screens that you can view. One of these is the “Challenge” screen, where you will find the Owego Rotary Challenge that you joined.



18. You can return to the “Run” screen by clicking the “hamburger” icon in the upper left, then choosing “Run” from the menu that appears.



1.2 Using an iPad or iPhone

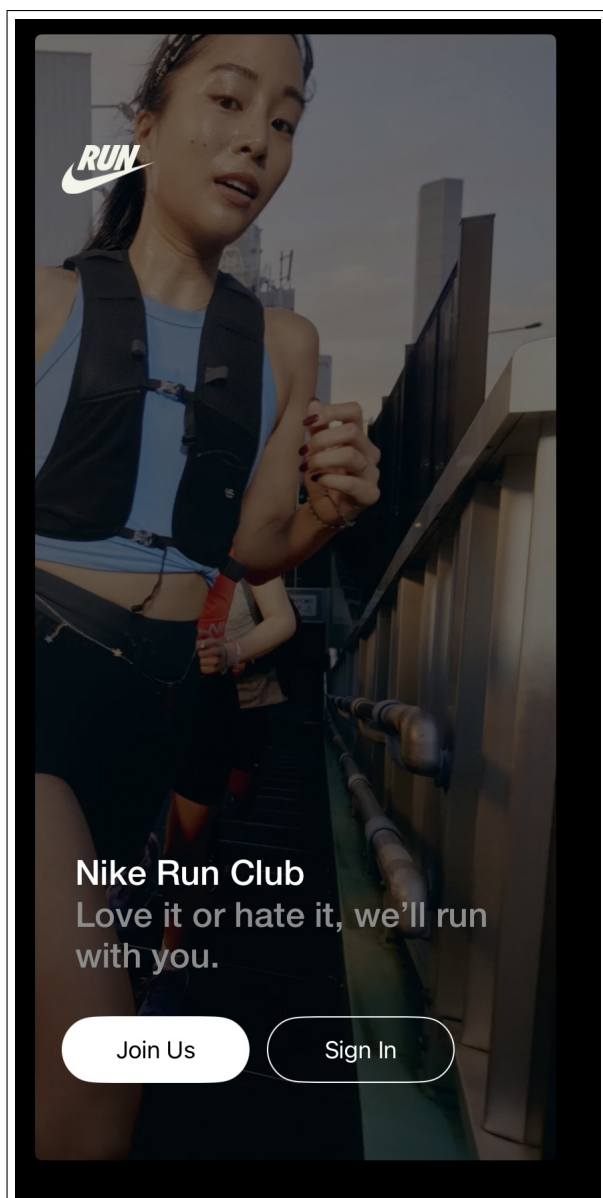
Download and login to the Nike Run app using the following pictures as a guide.

1. In your phone's web browser, Go to <https://www.OwegoRotary.org> . On homepage, scroll down to the challenge. Click on the link to sign-up.



2. To create an account, click on “Join us”.

If you already have a Nike Run account, proceed to Step [10](#).



3. Enter your personal email address. Nike will send a numeric code to your email address. Wait for this code to arrive before proceeding to the next step.

Cancel accounts.nike.com Lockdown Enabled

☐ 

Enter your email to join us or sign in.

United States [Change](#)

Email*

By continuing, I agree to Nike's [Privacy Policy](#) and [Terms of Use](#).

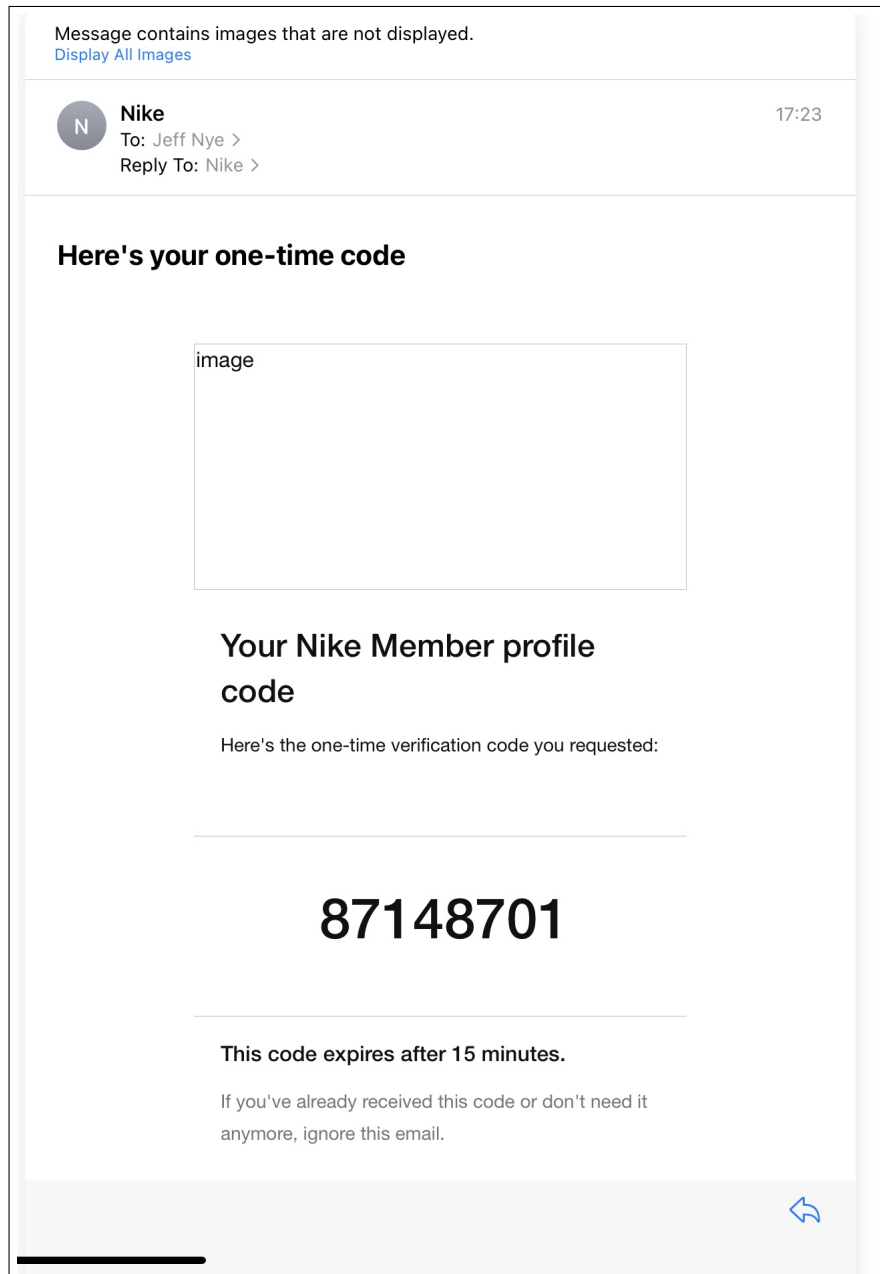


Sign in to nike.com with your password for "jpn213@gmail.com"?

[Fill User Name](#)



4. Open your email and make a note of the numeric code.



5. Enter the numeric code and your personal information into the Nike Run app. Check the box that says you agree to their Terms of Use. Click on “Create Account”.

The screenshot shows the Nike Run app's account creation interface. At the top, there's a navigation bar with a "Cancel" button, the URL "accounts.nike.com", and a "Lockdown Enabled" status. Below this is a Jordan brand logo. The main heading reads "Now let's make you a Nike Member." followed by a message: "We've sent a code to jpn213@gmail.com" with an "Edit" link. The form includes a "Code*" input field with a refresh icon and a "Resend code in 25s" timer. Below are "First Name*" and "Last Name*" input fields. A "Password*" field is followed by two requirements: "Minimum of 8 characters" and "Uppercase, lowercase letters, and one number". The "Date of Birth" section has three input fields for "Month*", "Day*", and "Year*". At the bottom, there are navigation arrows and a share icon.

Cancel accounts.nike.com Lockdown Enabled

☐ 

Now let's make you a Nike Member.

We've sent a code to jpn213@gmail.com [Edit](#)

Code* 

Resend code in 25s

First Name* Last Name*

Password* 

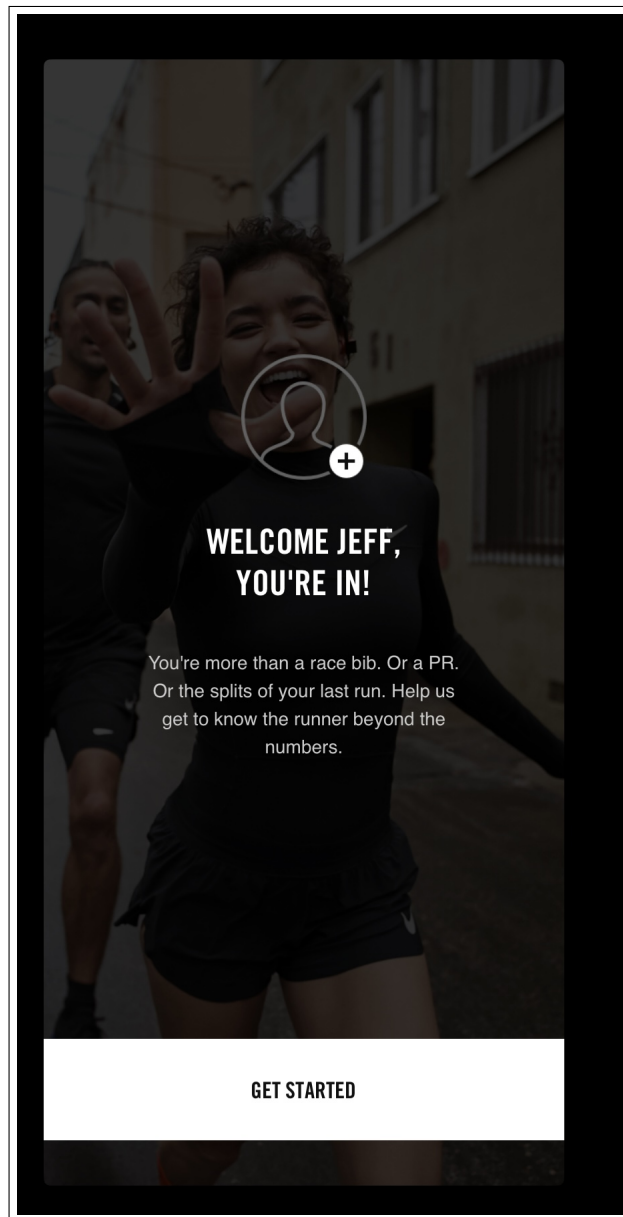
× Minimum of 8 characters
× Uppercase, lowercase letters, and one number

Date of Birth

Month* Day* Year*

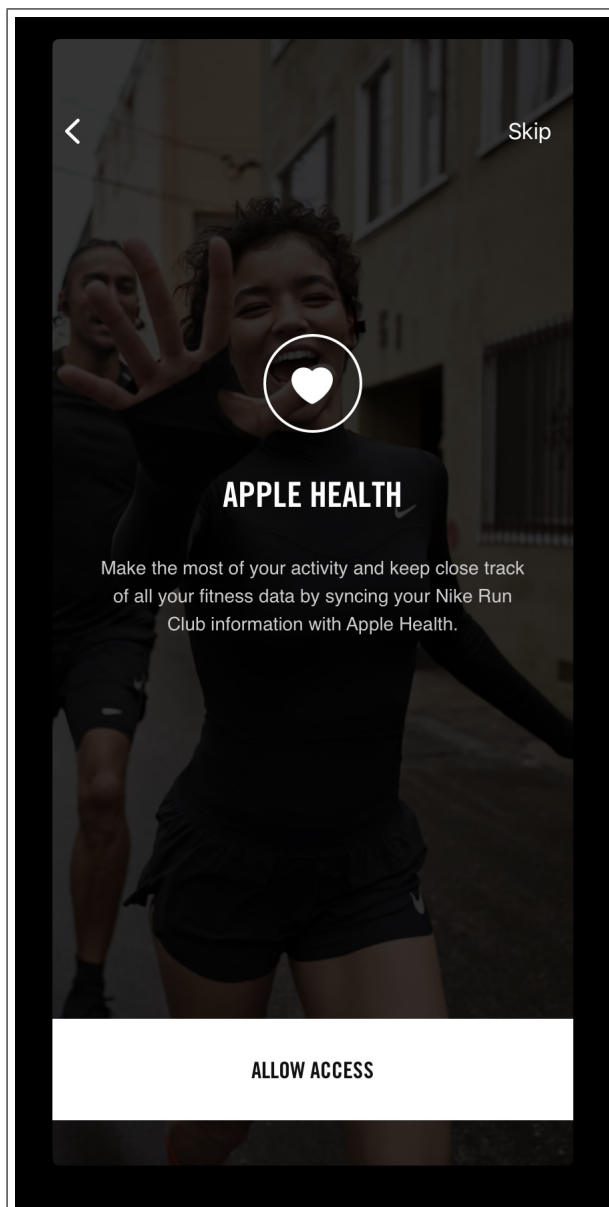
< > 

6. If you see this screen, you're registered. Now Nike will ask you some questions.

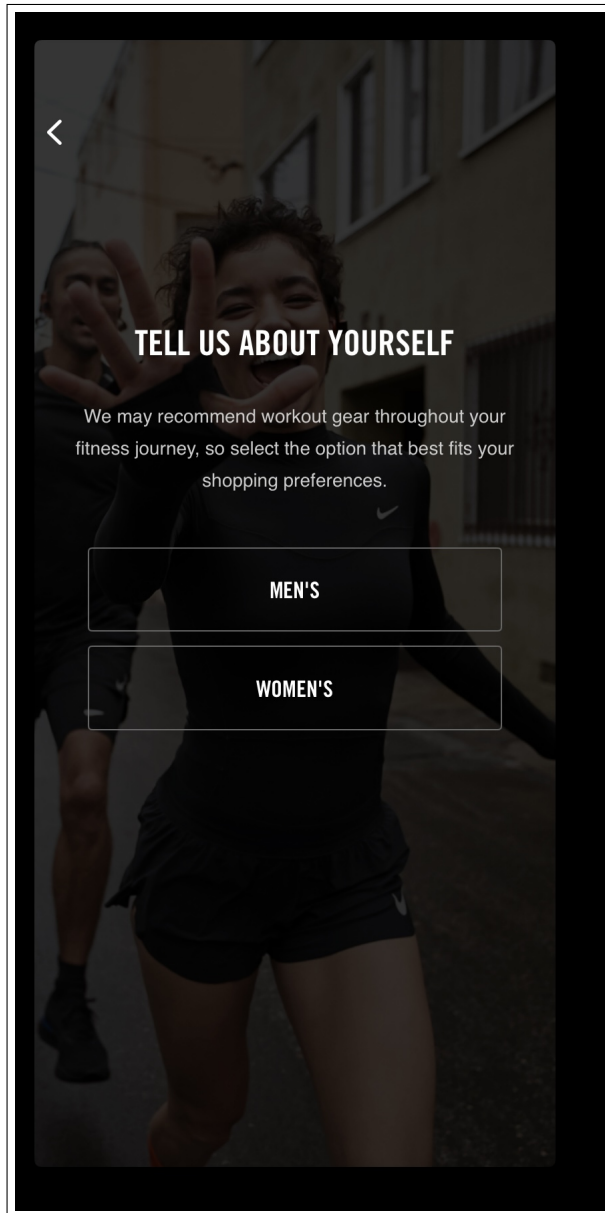


7. If you have an Apple wearable device, you might want to connect it to the Nike Run app. You can do that here by allowing access. Otherwise, press “Skip” in the upper right corner of the screen.

Note: Nike Run does not integrate with FitBit devices. For more info, see [this help page](#).



8. Say whether you want to register as a male or female.



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TELL US ABOUT YOURSELF

We may recommend workout gear throughout your fitness journey, so select the option that best fits your shopping preferences.

MEN'S

WOMEN'S

9. Optionally, you can tell the app your height and weight. If you prefer not to do this, click on the “Use default” box near the bottom of the screen.

<

TELL US ABOUT YOURSELF

We'd like the following information to provide more accurate results, such as run distance and pace, calories and NikeFuel.

[Learn More.](#)

6'0"

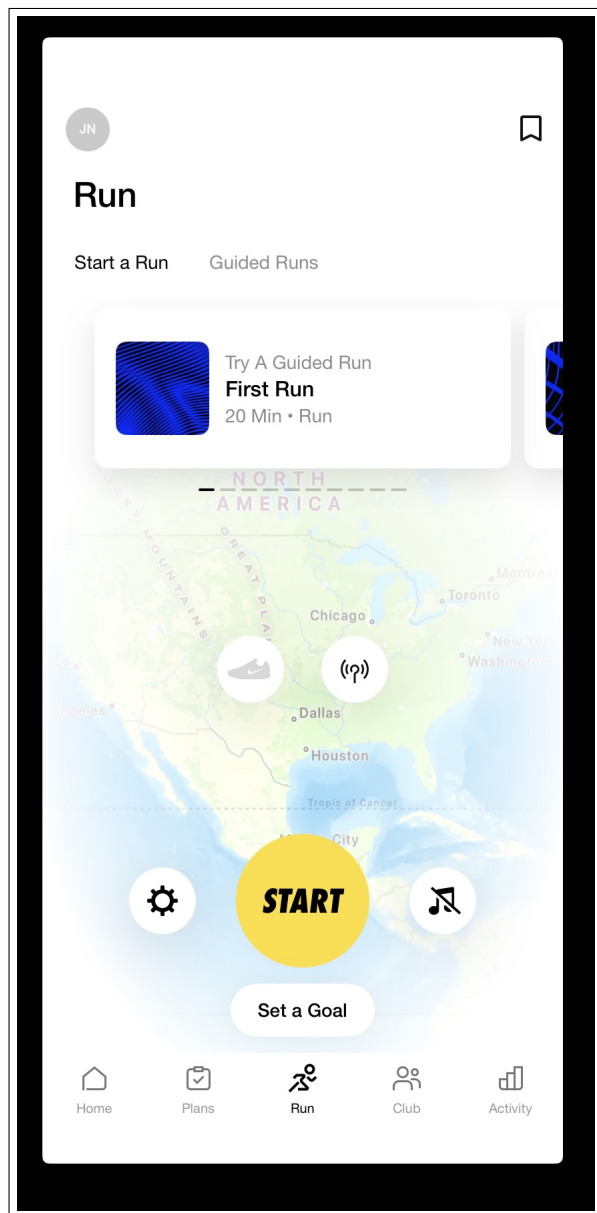
160lbs

☒ Use default

If you don't wish to enter your height and weight, select the default option and we will use a default value to perform these calculations.

NEXT

10. Now you're registered and you should be in the app's "Run" screen.

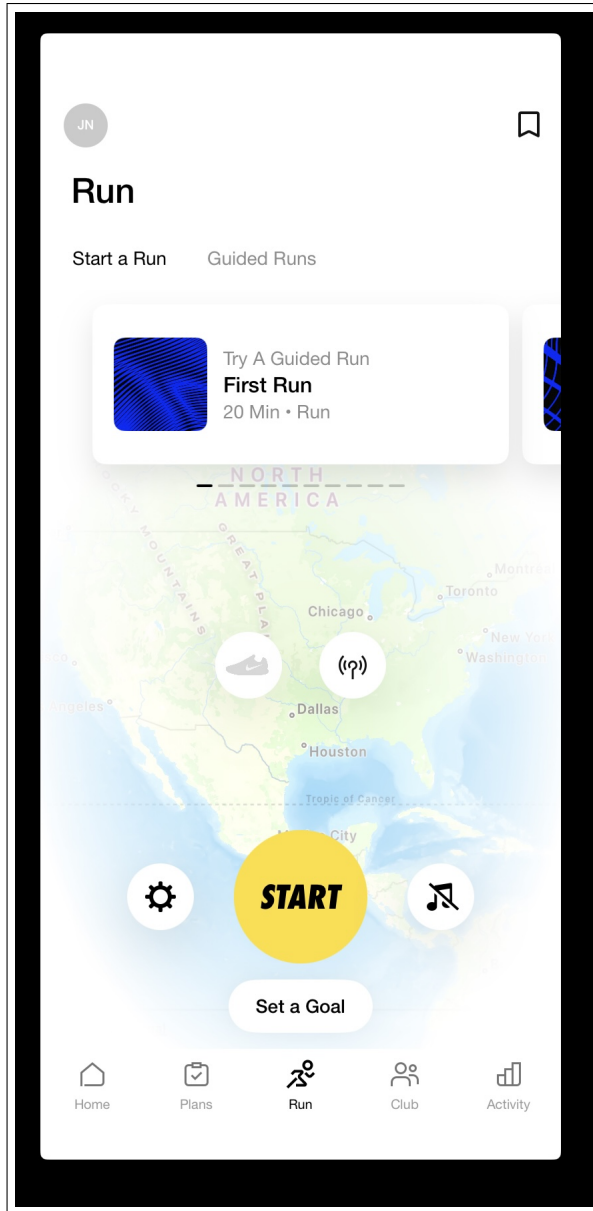


11. To join the Owego Rotary Challenge, use your phone's web browser again to visit <https://www.OwegoRotary.org> . Scroll down to the challenge. Click on the link to join. This will now take you to the challenge. Click on the button that that says "Join challenge".

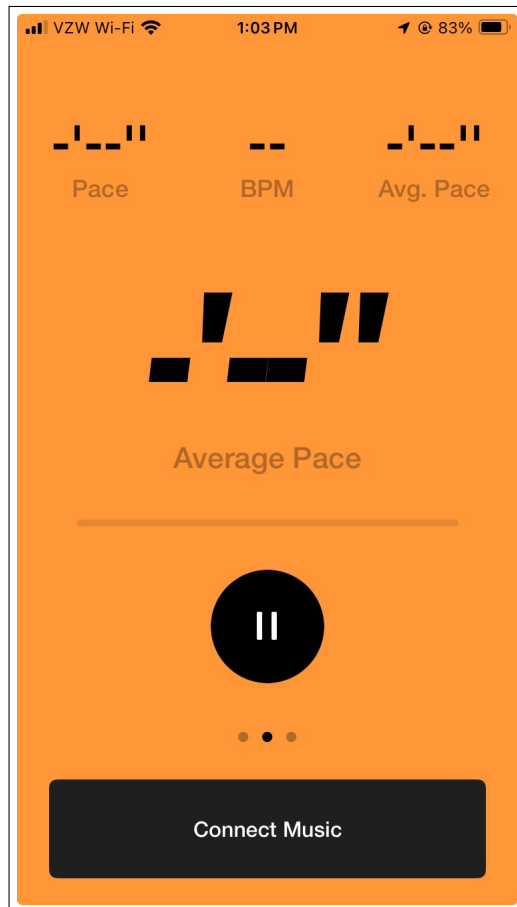


2 How to record a walk

1. To record a challenge walk, open the Nike Run app, then click on “Run” at the bottom of the screen. To start the walk, press the “start” button.



2. Start walking!

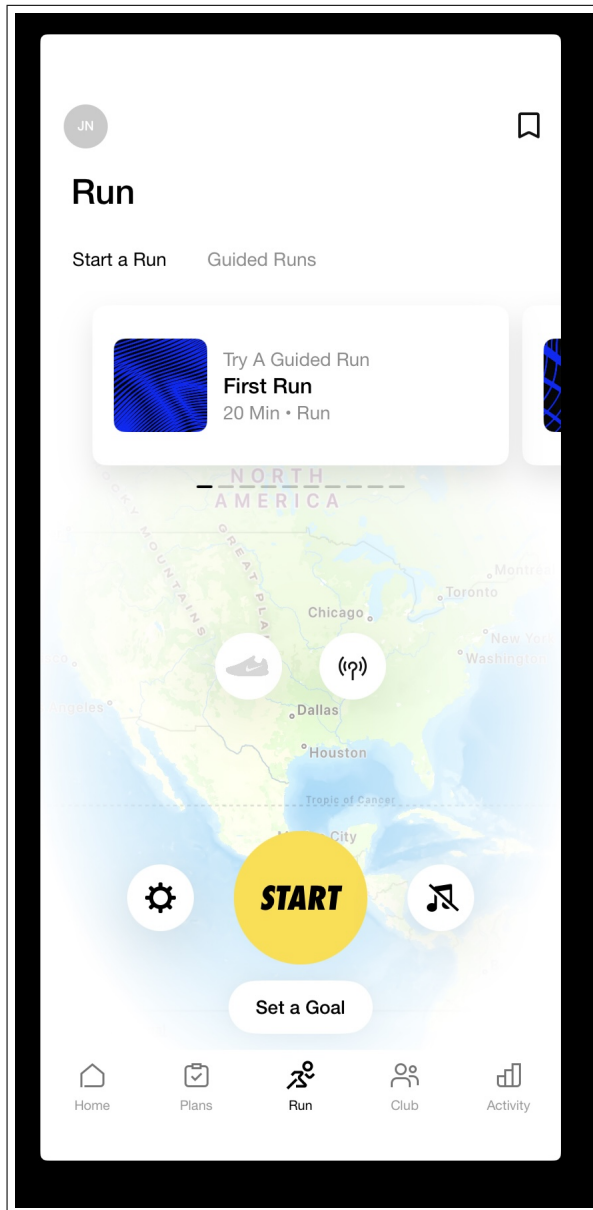


- If you want to pause or end your walk, press the “pause” button.
- Then, if you want to end your walk press **and hold** the stop button.

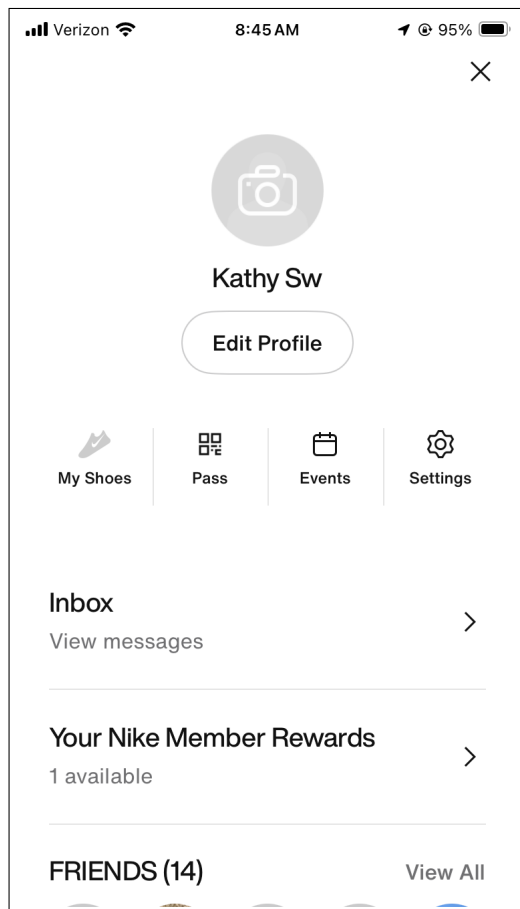
3 How to adjust your settings in Nike Run

The following screenshots were taken on an iPhone. Android screens may look slightly different.

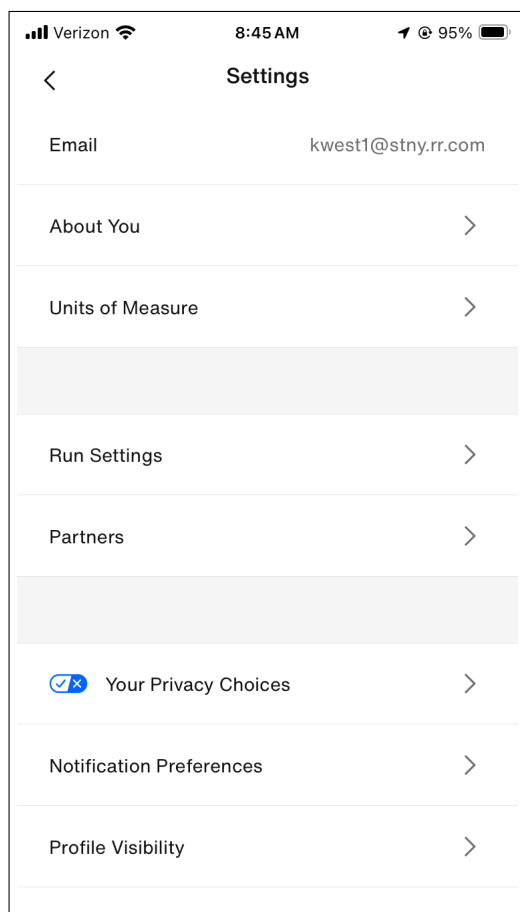
1. Open the Nike Run app and select the “Run” view at the bottom of the screen. Click on the profile icon in the upper left of the screen. This icon may show up as your initials.



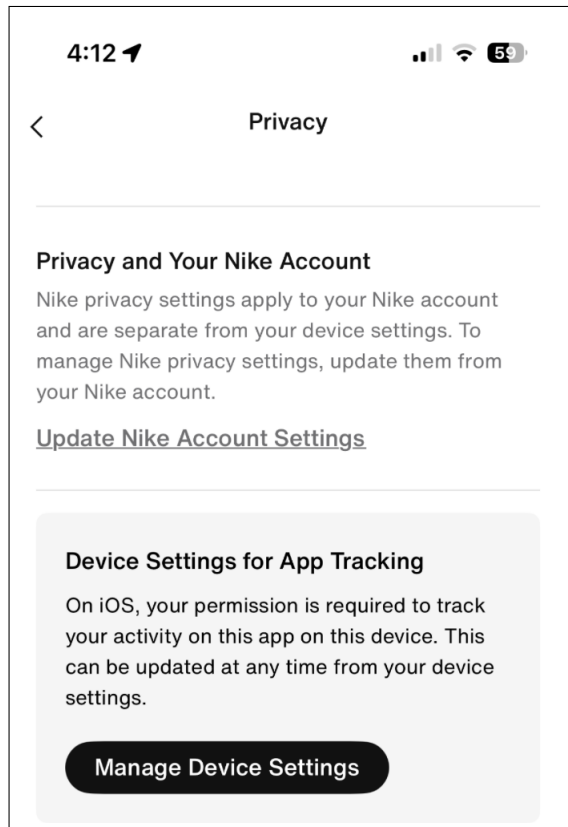
2. Click settings.



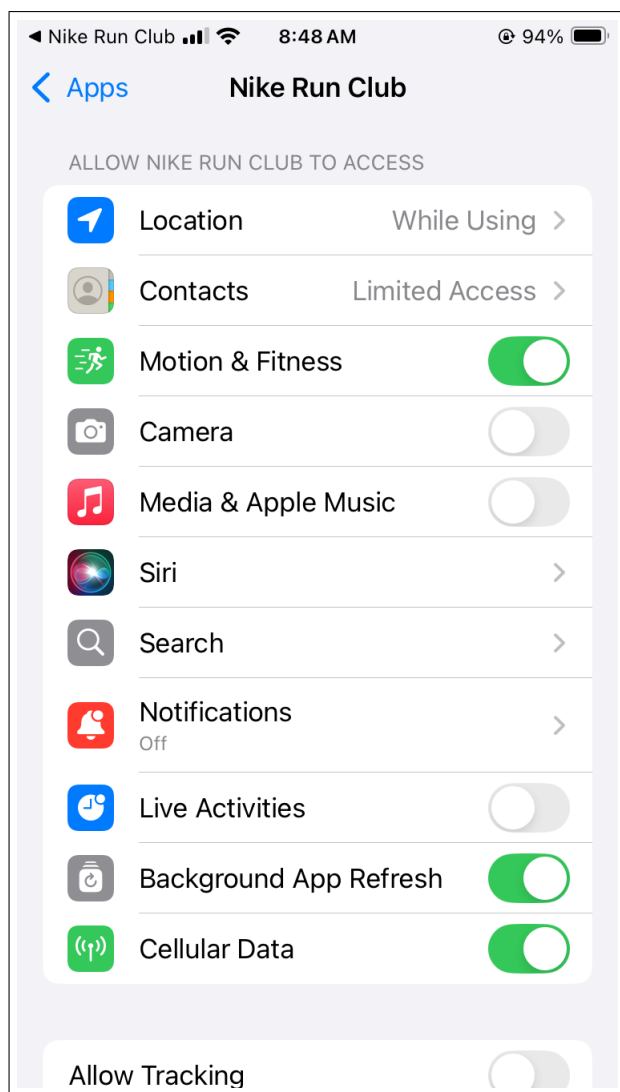
1. Click on “Your Privacy Choices” .



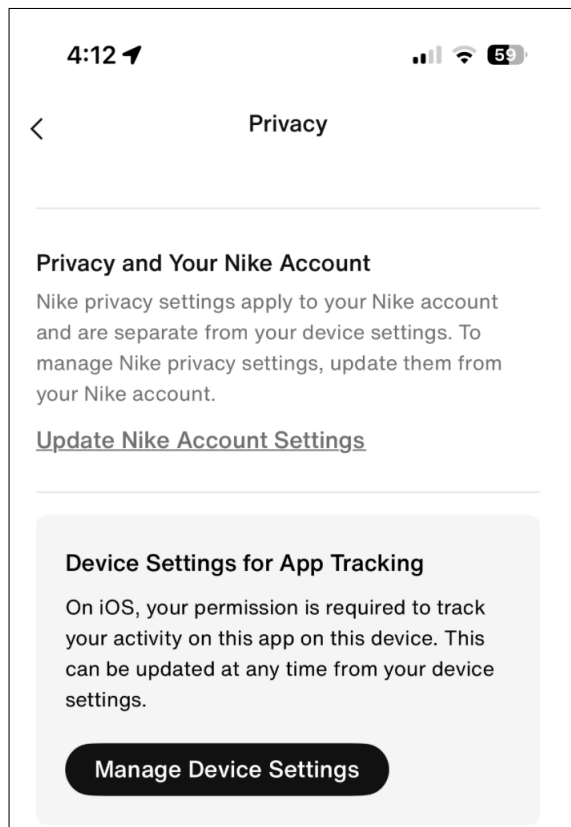
2. Click on “Manage Device Settings”.



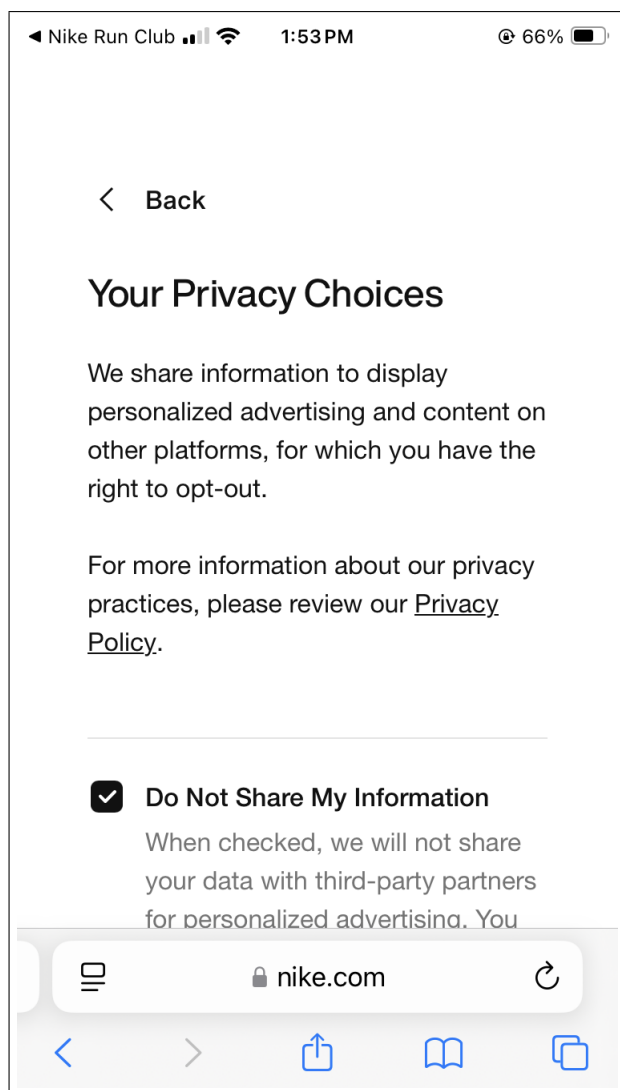
3. Adjust your device settings as desired. Touch the small text “Nike Run Club” in the very upper left corner of your screen. Do **not** touch the text “< Apps”.



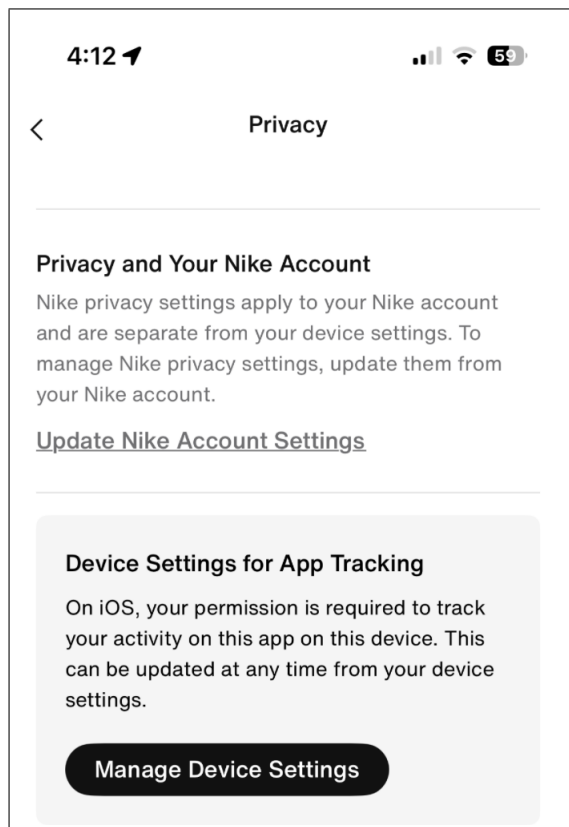
4. Click on “Update Nike Account Settings”.



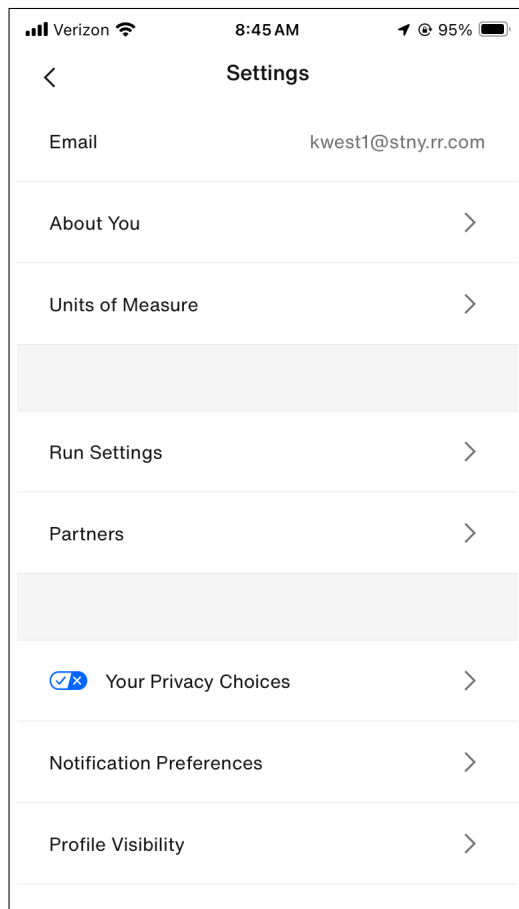
5. Indicate your preferences. When done, touch the small text “Nike Run Club” back button in the very upper left corner of your screen. Do **not** touch the text “< Back”.



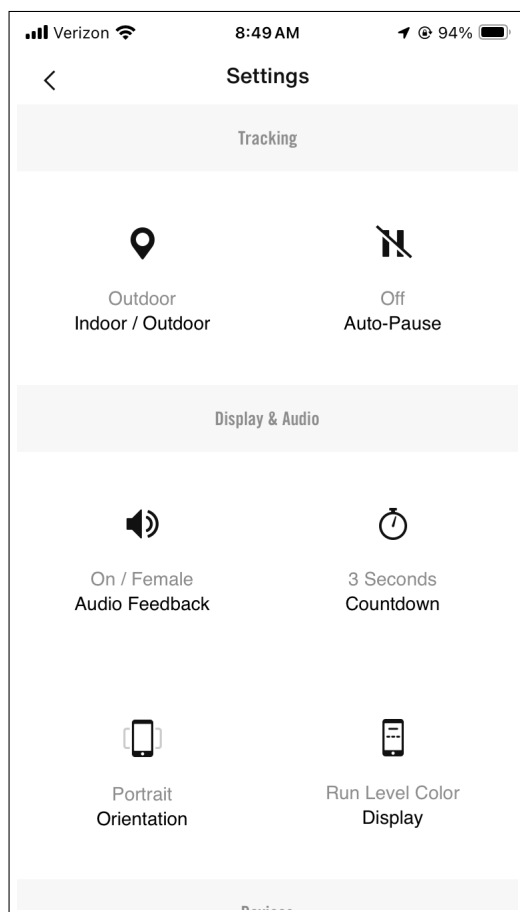
6. Click on “<”.



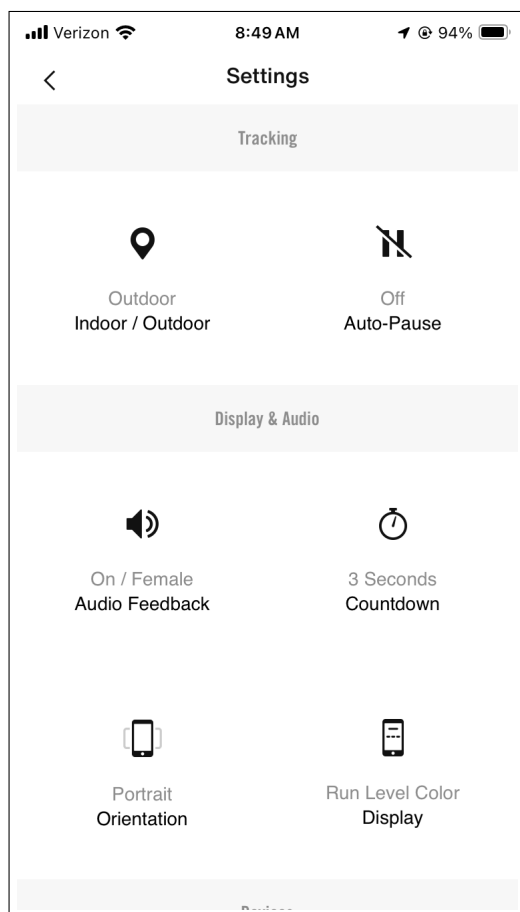
1. Click on “Run Settings”



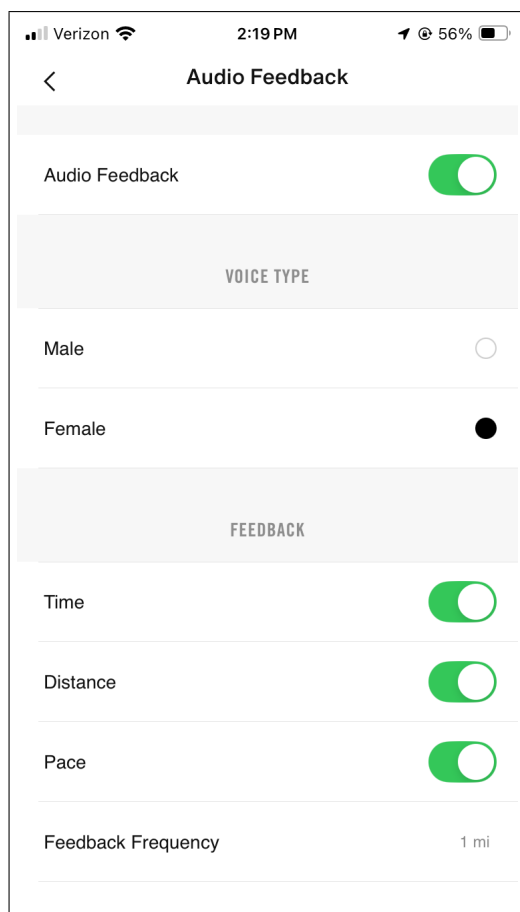
2. If you plan to record all your walking throughout the day, turn off “Auto-Pause”.



3. Touch “Audio Feedback” to adjust the audio settings.



4. Adjust the settings to your liking. Then click on “<” multiple times until you see your profile again.



5. Click the “X” in the upper right of your screen.

