

LOGGING YOUR MILEAGE THROUGH STRAVA

Here are specific instructions to log mileage. Once you are registered for the 'Don't Get Left Behind' challenge, follow the instructions below to link your Strava account to the campaign.

- 1. If you don't already have a strava account, please <u>register here.</u> Close out the pop-up window asking if you want a 30-day free trial. Strava has a free version of the app. Once you close out the pop-up window, you can then register for the free version.
- 2. If you have a strava account, you can link your account to the 'Don't Get Left Behind' challenge by following the instructions below.
- 3. Use the username and password that you used to register in the <u>'Don't Get Left</u> <u>Behind'</u> challenge. Log in to your account.
- 4. Once you are logged in, click on the picture in the upper right hand corner, and choose 'manage my page'.
- 5. Then click on 'Don't Get Left Behind Challenge' on the left hand menu.
- 6. On this page, you will set your goal for mileage and click on the 'Link my Strava Account'.

Chrome File Edit View History Boo	kmarks People Tab Window Help 💿 💓 🖉 🖵 🎓 ୶) 100% 🖼 Fri 10:00 AM Colleen O'Farrell 🔍	🔕 😑
Platform x R Relocity	x 🕐 THE "DON'T GET LE x 🗧 CCF Month 2 and 3 x New Tab x C Strava has a free and x New Tab x	+
← → C (a p2p.onecause.com/dont-get-left-behind/shannon-briscoe/edit		
	Search	
≡	DON'T GET LEFT BEHIND CHALLENGE	
🖵 View my page		
ull Dashboard	O Connect your THE "DON'T GET LEFT BEHIND" CHALLENGE fundraising page to	
✓ Manage your team	 Strava. Fitness activities will automatically be synced from Strava and matched by type. Keep track of your fitness progress. The activities from Strava will count toward your fitness goal for this activity. 	
Set up your page		
□ Add photos or videos		
Invite friends to join you	Link my Strava Account	
□ Raise at least \$100	Fitness goal *	
Don't Get Left Behind Challenge	Your goal for this activity: 0 n	niles
Did you know that The Don't Get Left Behind Challenge works great on your phone? You can do everything you can from a	Add a New Activity Activity title * Photo or Video	

THE COLON CANCER FOUNDATION

