

# Setting Up Strava

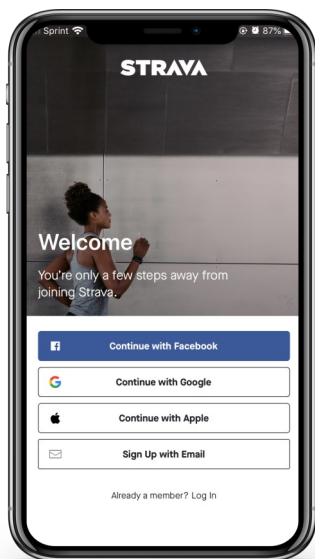


Are you ready to start tracking your miles and help us reach our goal of walking 1.6 million miles for the 1.6 million Americans living with T1D? If you would like to use **Strava**, a free social-fitness network that tracks walking and running activities, to automatically upload your miles to the Participant Center here is a quick guide on using this great app.

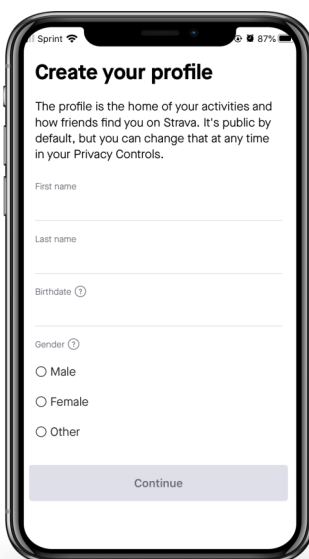
## 1. Download the free Strava App from your Apple or Android



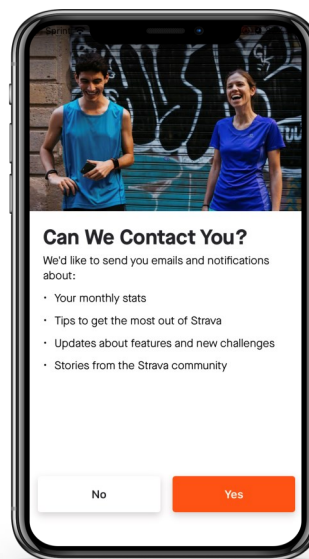
## 2. Open the app and set up your account



Choose how to connect



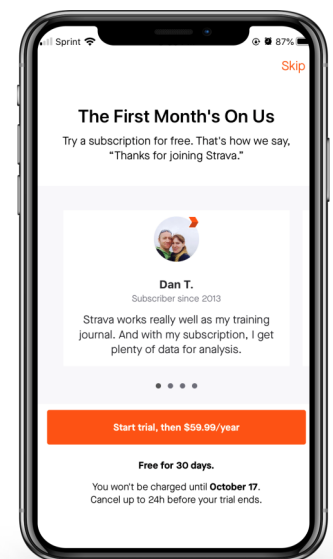
Add a little info  
*(you can change this in settings later)*



The next couple of screens are for optional information. **You do not need to subscribe or pay any fees** to use Strava to track your miles for One Walk.

You can continue pressing the orange “skip” button in the top right-hand corner until you reach the home screen.

You now have a Strava account and can link to your One Walk Participant Center.



### 3. Connect your account to the One Walk Participant Center

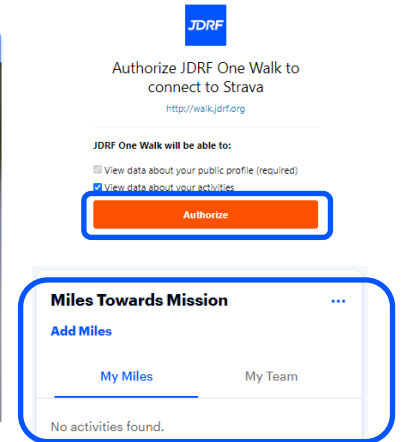
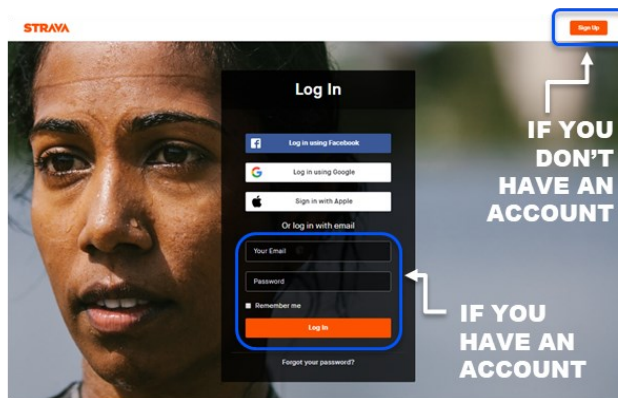
#### Miles Towards Mission

Join us to walk 1.6 million miles in support of the 1.6 million Americans living with T1D. Your supporters will also see your activity on your fundraising page.

Connect with **STRAVA**

I don't want to connect to Strava, but I want to manually add miles

Hide This



Now that you have a Strava account, login to your One Walk Participant Center at [walk.jdrf.org](http://walk.jdrf.org) and scroll down on your "Home" page until you see "Miles Towards Mission".

Select the orange box that says "Connect with Strava".

You can directly sign in to Strava with the Strava account you just made.

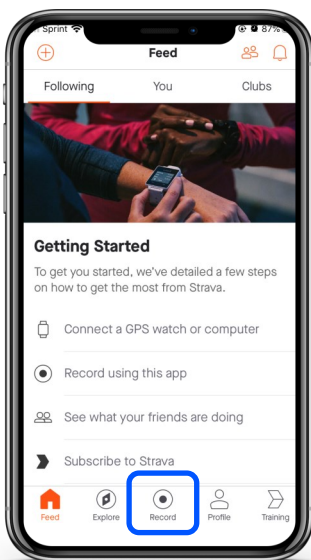
This is a separate login than your JDRF One Walk Participant Center login.

You will see a message that says "Authorize JDRF One Walk connect to Strava".

Make sure both boxes above the orange box are checked. The first box will automatically be checked and grayed out, so make sure the second box is also checked. Once both boxes are checked, click "authorize".

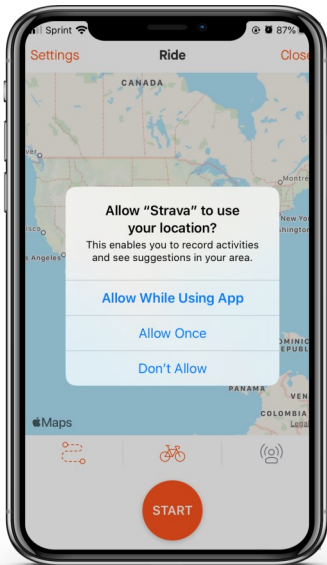
Now when you use the app, your miles will directly show up on your Walk Page. So let's check out how to use to the app!

### 4. Check out your home screen in the Strava App

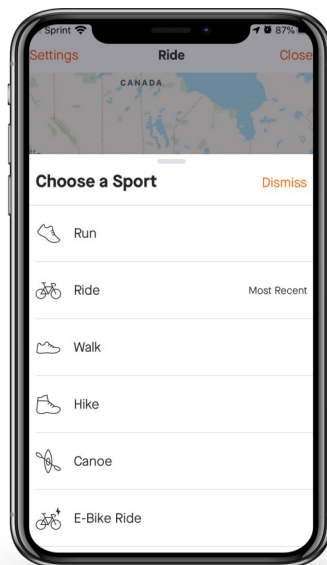


This is the screen you will see when you open the app from now on. The main button you'll want is the record button to track your miles. Select the record button when you are ready to start your run, walk, jog, etc.

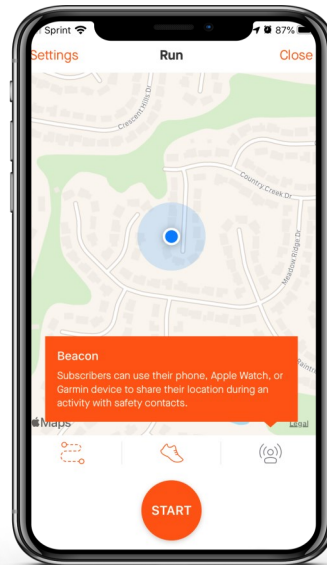
## 5. Start tracking your miles



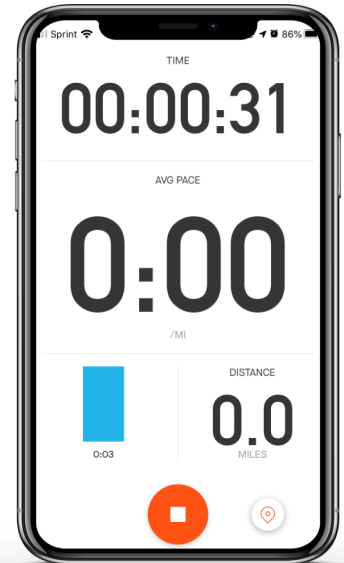
If this is your first time using Strava, you will be prompted for Strava to access your location. You must allow access for Strava to be able to track your mileage.



You can choose which activity you'd like to track - help us reach 1.6 million miles with run, walk, hike, or wheelchair!



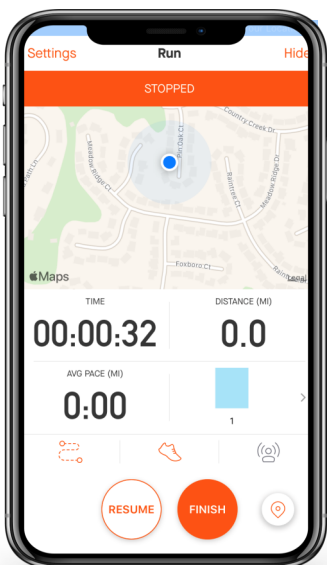
Now you can start your activity—just tap the orange start button and Strava will automatically start tracking your workout.



Strava will keep track of how long you've been active and how far you've traveled.

At any time, you can press the orange button at the bottom to pause or stop your activity.

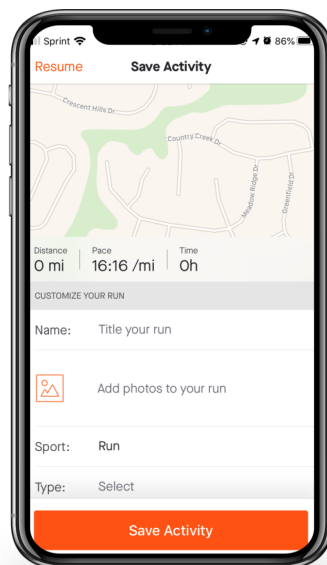
## 6. Log your miles



Pressing the orange pause button will pause your mile tracking.

You can press resume if you just needed a break or finish to stop tracking your workout and mileage.

If you select "finish", great job on an awesome workout.



When you finish your activity, fill out any details, like the name of your activity (ex. Walk with Family), and click save activity. Your miles will sync to your One Walk page automatically (*it may take up to 15 minutes to see your activity on your page at [walk.jdrf.org](http://walk.jdrf.org)*).

Congrats! You're on your way to helping us reach 1.6 million miles!