

# STRAVA INTEGRATION GUIDE

## Track Your Progress for your 25km Challenge

Welcome to the Strava guide for the 25KM Challenge! Strava is a free app that helps you track your cycling, running, walking, and other activities. Follow the steps below to start logging your miles and share your progress with family, friends, and supporters!



### STEP 1 Download Strava

- 1 Go to the App Store (iPhone) or Google Play Store (Android) on your smartphone
- 2 Search for "Strava: Run, Walk, or Ride"
- 3 Download and install the app

### STEP 2 Create your Strava account

- 1 Open the Strava app once installed
- 2 Sign up for a free account using your email, Facebook, Google, or Apple ID
- 3 Follow the on-screen prompts to set up your profile

### STEP 3 Set Up Your Activity

- 1 From the app's home screen, tap the Record button (centre icon)
- 2 Choose your activity type (e.g., cycling, running, walking).
- 3 When you're ready to begin your challenge, press the Start button to record your distance as you roll

### STEP 4 Track your progress

- 1 While moving, Strava will use GPS to track your distance in real-time
- 2 You can pause the activity at any time by pressing the Pause button
- 3 Once you've completed your session, press Finish to save the activity

### STEP 5 Join the Facebook Group and share your progress

- 1 Share your Strava progress by joining the official 25KM Challenge Facebook Group
- 2 Upload your completed Strava activity to the group
- 3 Encourage your supporters to follow your progress, cheer you on, and donate through your fundraising page

### STEP 6 Link your Strava to JustGiving (optional)

To showcase your progress directly on your JustGiving fundraising page:

- 1 Open your JustGiving fundraising page and click on Edit.
- 2 Scroll down to the Strava section and click Connect.
- 3 Log in to your Strava account to link the two platforms.
- 4 Once connected, all your future Strava activities will appear automatically on your fundraising page, showing supporters how you're doing in real-time.

### STEP 7 Keep going and keep fundraising

As you progress through the challenge, keep tracking your miles on Strava and sharing your updates with your supporters. Every mile counts, and the more you roll, the more you raise!

# GOOD LUCK!



JustGiving™