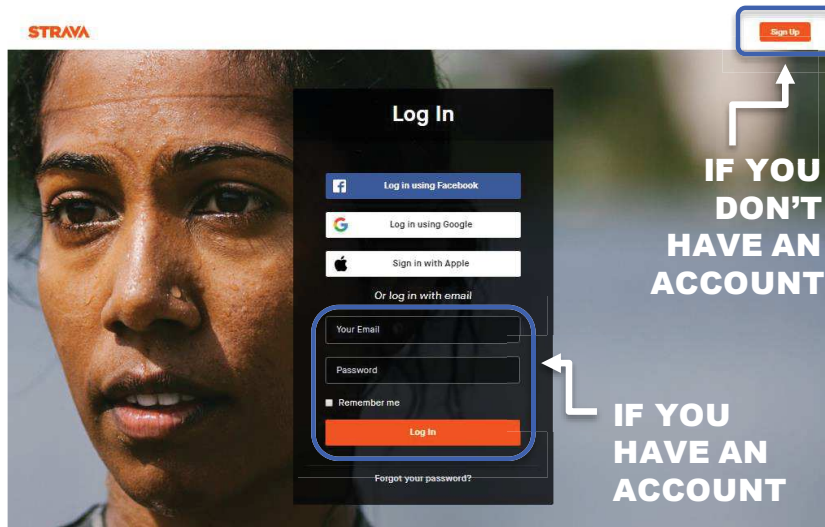
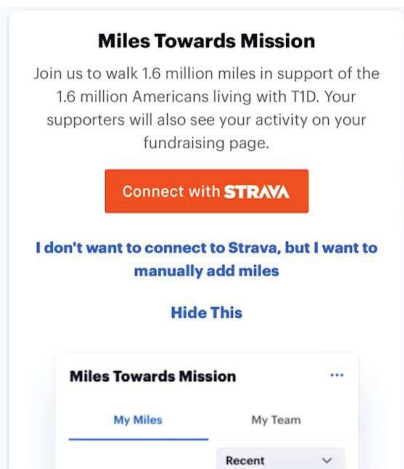


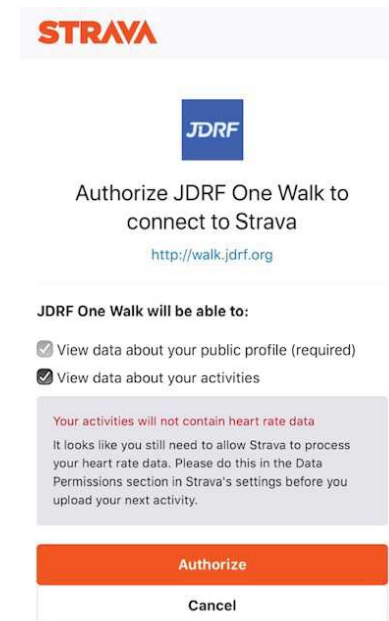
JDRF One Walk STRAVA Integration

Strava, a social-fitness network that tracks cycling, running and walking activities, is now integrated with your Participant Center so you can see the collective distance we will walk together in pursuit of our collective goal of walking 1.6 million miles by November 1st.

Step 1- Go to My Page in your Participant Center and click "Connect with STRAVA"



Step 2- A window to STRAVA will pop up, create a free account or log in



Step 3- Click Authorize JDRF One Walk

64.32 mi

Leaderboard

90 Participants 37 Teams

Search Team Type

Miles

1	Popoff's Pirates	38.16 mi
2	T1D Warriors	24.99 mi
3	Silly Hats and Caps Strike Out Diabetes	1.18 mi

Above example of local teams mileage tracked on walk site after connecting to STRAVA

JDRF One Walk STRAVA Integration

Step 4- Download the STRAVA app from your phones app store. Log In to the account you made in step 2.

To log a walk or run, open the app and click record. Once finished hit finish and the walk/run will save to your account and load onto your walk site.

If you have activities (runs, walks, etc.) logged in your STRAVA account, it will show on your page like this.

My Miles Towards Mission

In support of the 1.6 million Americans living with T1D, my miles will be counted towards a collective goal of walking 1.6 million miles by November 1st.

11.38 mi

9%

120 mi



Yesterday

8/17/20

Distance

3.11 mi



August 12

Morning Walk

Distance

8.27 mi