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

STRAVA	Create your profile The profile is the home of your activities and how friends find you on Strava. It's public by default, but you can change that at any time in your Privacy Controls.	THE	The First Month's On Us Try a subscription for free. That's how we s "Thanks for joining Strava."
	First name		
lcome	Last name	Can We Contact You?	
e only a few steps away from g Strava.	Birthdate 🕥	about: • Your monthly stats	Dan T. Subscriber since 2013
Continue with Facebook	Gender ()	 Tips to get the most out of Strava Updates about features and new challenges 	Strava works really well as my training journal. And with my subscription, I get plenty of data for analysis.
Continue with Google		Stories from the Strava community	• • • •
Continue with Apple	O Female		Start trial, then \$59.99/year
Sign Up with Email			Free for 30 days.
Already a member? Log In	Continue	No Yes	You won't be charged until October 17. Cancel up to 24h before your trial ends.

(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



Now that you have a Strava account, login to your One Walk Participant Center at 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.

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htt	p://walk.jdrf.org	
JDRF One Walk will	I be able to: your public profile (required)	
View data about s	View data about your activities Authorize	
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Miles Towards M	Authorize)
Miles Towards M Add Miles	Authorize)

IF YOU

DON'T HAVE AN

ACCOUNT

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





You can choose

reach 1.6 million

which activity you'd

like to track - help us

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.

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.

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.

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CUSTOMIZE Y	OUR RUN
Name:	Title your run
2	Add photos to your run
Sport:	Run
Type:	Select
	Save Activity

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*).

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

