

LOG YOUR MILES WITH THE STRAVA APP!

JDRF ONE WALK IS ALL ABOUT
COMMUNITY, HOPE, EMPOWERMENT AND IMPACT.

THIS YEAR, WE EMBARK ON ONE OF OUR BIGGEST JOURNEYS EVER:
WALKING 1.6 MILLION MILES FOR THE
1.6 MILLION AMERICANS WITH T1D!

HOW TO CONNECT



STEP 1: Download the FREE **Strava** fitness tracking app.



STEP 2: Register for the Walk at walk.jdrf.org or login to your JDRF Participant Center if already registered to set your fundraising and mileage goals.



STEP 3: Click on the **orange button** to link to “**Strava**”



STEP 4: Click on the **blue link** to create a “**Facebook Fundraiser**”



STEP 5: Start Walking...and don't forget to log your miles. Use social media to share your personal story to drive fundraising as you accumulate miles!



DON'T WANT TO USE STRAVA? You can **manually add miles** by clicking the “Add Miles” button below the “Miles Towards Mission” box in your participant center.

ON NATIONAL T1D DAY (NOVEMBER 1ST), WE'LL COUNT UP ALL THE MILES AND COME TOGETHER ON OUR LOCAL FESTIVAL WEBSITE TO CELEBRATE OUR STORIES AND COLLECTIVE ACCOMPLISHMENTS.