

CONNECT YOUR STRAVA ACCOUNT



Your profile page includes your personal distance tally so you can track your fitness for the event. This is a great way to keep your supporters updated on your training!

If you track your workouts with Strava your distances will automatically add to your tally on your fundraising page.

Follow these steps to *track your KMs automatically*:

1. Download the [Strava](#) app and set up your account
2. Log in to your Chain Reaction Challenge fundraising page.
3. Under the heading 'Connect your preferred Fitness app', click on Strava.
4. Follow the prompts to connect your account
5. When you next ride or work out, select 'start your workout' in the app on your phone. Once you end your workout, **save your workout** and your distance will be published to the tally on your page **the following day**.

If you have synced your app already but it is not working, please log in and re-connect it.

Your tally will be updated each day with the previous day's distances.

Remember, you can manually add your kilometres to the tally in your My Fitness Activity tab [be sure to include the correct tab name if you have changed this within the event pages] of your profile after registering. This is a great option if you're using a pedometer or a different method of tracking your distances.

Follow these steps to *manually add your KMs*:

1. Log in to your account and select 'My Fitness Activity'
2. Under 'Add activity', enter the date and distance
3. The number of KMs will now appear on your fundraising page

If you have any questions or need assistance, please contact Chain Reaction Marketing Manager, Cori Wilder (03) 8623 3348 or cwilder@chain-reaction.org.au