

## SUBMITTING MILES FAQs

### 1. REGISTER FOR EVENT

- Register for Miles for Mercy [here](#).

### 2. JOIN STRAVA CLUB

Join the Miles for Mercy Strava Club [here](#).

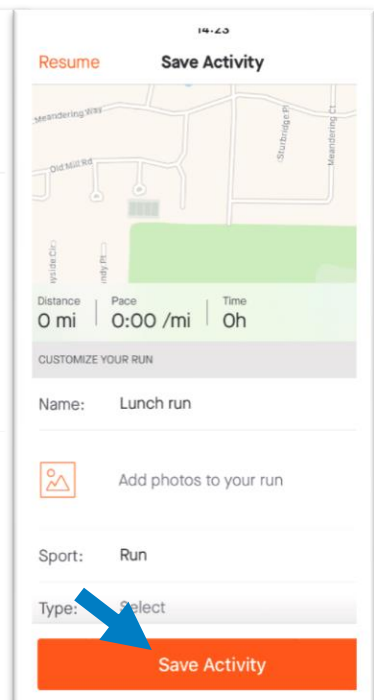
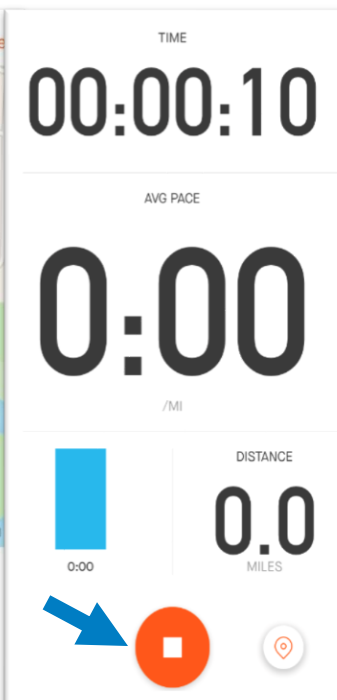
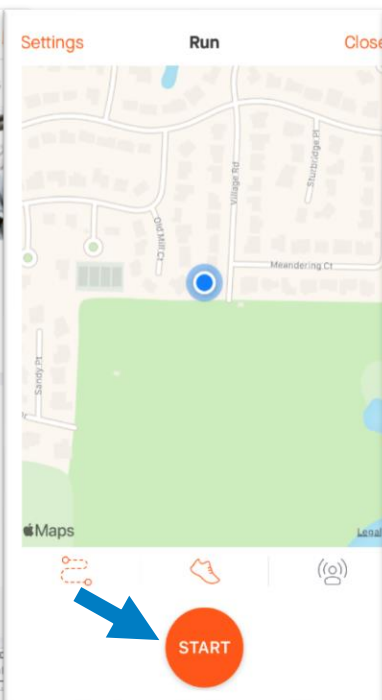
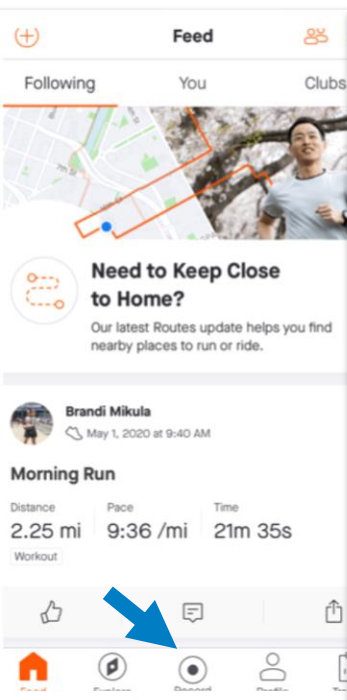
*Note: In order to be approved to join the Strava Club, participants must have already registered for event*

#### • TO JOIN AS A FAMILY

- For families with participating kids under the age of 16, only one Strava account needs to be created for the entire family
- When creating your Strava account, use your family's last name for your account (ex: SMITH FAMILY)
- Family miles must be logged manually (see instructions below) and should account for total miles completed by all registered family members
- Family accounts will not be eligible for Individual awards, but will still be eligible for Family & Corporate Challenge award categories

### 3a. LOG MILES THROUGH GPS IN MOBILE APP

- 1 Click 'Record' at bottom of app
- 2 Click 'Start' when beginning run
- 3 Complete run; Click stop when finished
- 4 Save; Miles will load to Miles for Mercy club

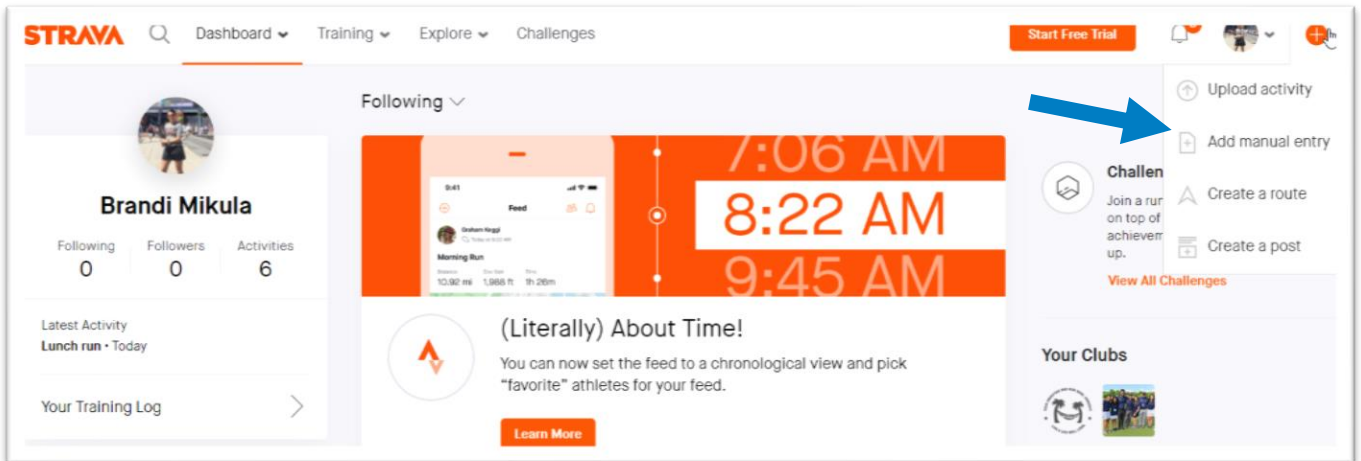


### 3b. LOG MILES THROUGH FITNESS TRACKER

To connect your fitness tracker to automatically upload miles to your Strava Club, go to Profile → Settings → Applications, Services, & Devices → Connect a New Device to Strava

### 3c. LOG MILES MANUALLY ON STRAVA.COM

1 • In upper right hand corner, click 'Add Manual Entry'



- 2 • Enter run details – distance, time, and date  
• Click 'Create' at bottom of page to save details  
• Miles will automatically be entered into Miles for Mercy Club

### 3d. LOG MILES MANUALLY ON MOBILE APP

1 Click + in upper left hand corner of mobile app

2 Click 'Manual Activity'

3 Add details & save; miles will load to Miles for Mercy club

