# LOGGING YOUR MILEAGE THROUGH STRAVA

Here are specific instructions to log mileage. Once you are registered for the 'Don't Get Left Behind' challenge, follow the instructions below to link your Strava account to the campaign.

1. If you don't already have a strava account, please register here. Close out the pop-up window asking if you want a 30-day free trial. Strava has a free version of the app. Once you close out the pop-up window, you can then register for the free version.
2. If you have a strava account, you can link your account to the 'Don't Get Left Behind' challenge by following the instructions below.
3. Use the username and password that you used to register in the 'Don't Get Left Behind' challenge. Log in to your account.
4. Once you are logged in, click on the picture in the upper right hand corner, and choose 'manage my page'.
5. Then click on 'Don't Get Left Behind Challenge' on the left hand menu.
6. On this page, you will set your goal for mileage and click on the 'Link my Strava Account'.