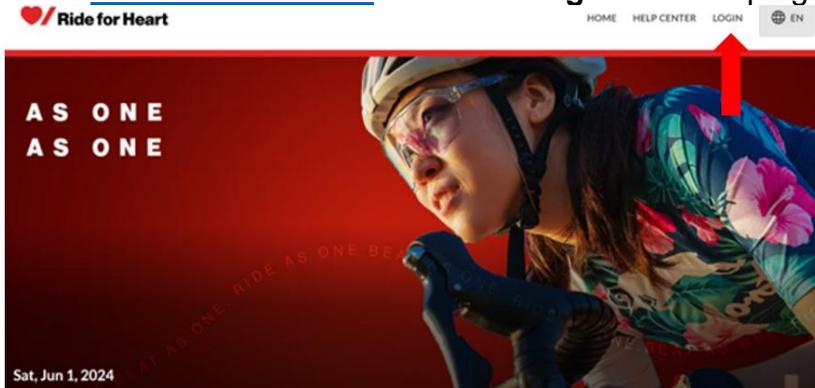


Ride for Heart

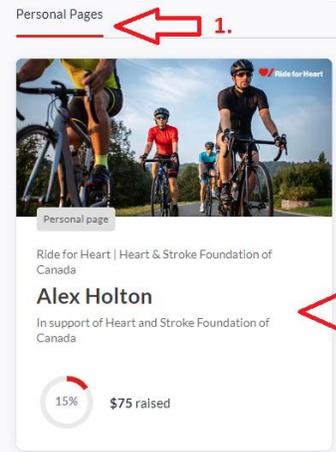
Connect your Strava account to your Ride for Heart Kilometre Challenge

It is recommended you download the Strava App or visit the website www.strava.com to create an account if you have not already done so.

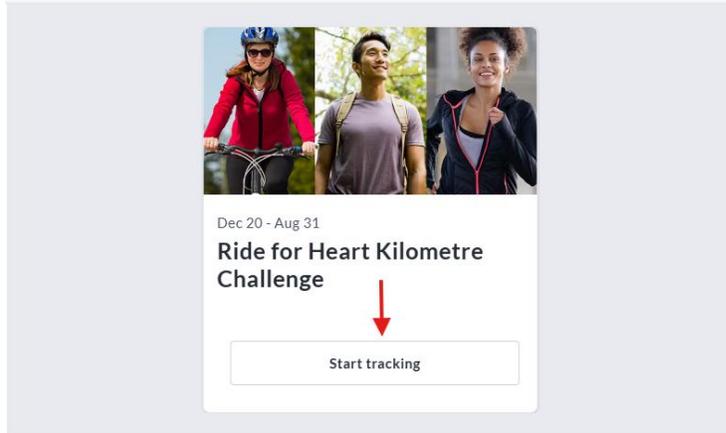
1. Go to www.rideforheart.ca and click “Login” at the top right of the page.



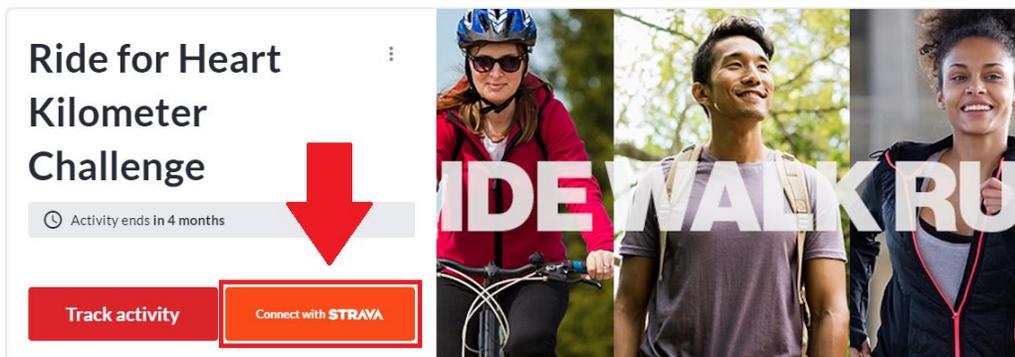
2. Once logged in you will be directed to your Participation Centre. From here you can view all your personal or team pages. Select **Personal Pages** and then the Ride for Heart tile below on which you wish to log your kilometres.



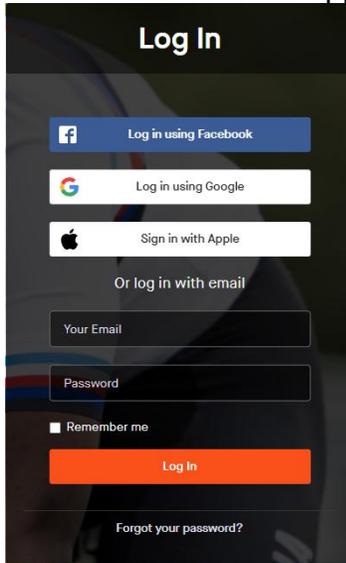
3. This will take you to your Ride for Heart dashboard. Scan down to the activity tracker and click the **“Start Tracking”** button on the Ride for Heart Kilometre challenge if this is your first visit.



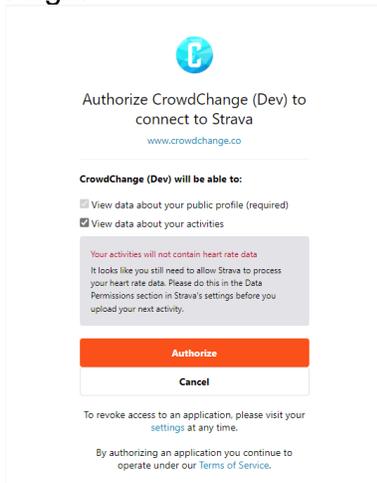
4. This will direct you to a page where you can see more detail on your activities. From here click **Connect with Strava**.



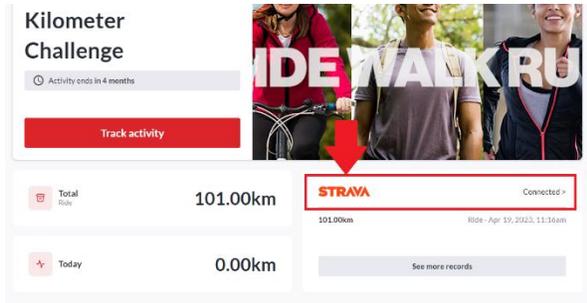
5. Follow the prompts to login to your Strava account. If you do not have a Strava account, download the Strava App or visit www.strava.com before proceeding.



6. Once you have logged into Strava using the provided prompt, you will be asked to authorize CrowdChange to access your Strava account info. CrowdChange is a partner of Heart and Stroke who manages our webspace and needs access to this information for the connection to function. Click **Authorize** to allow information from your account to flow to your Ride for Heart Page.



7. You will now be redirected back to your activity tracker which you can now confirm is connected to Strava as shown below.



Future activities in Strava recorded under the **Ride**, **Walk** and **Run** headings will now count towards your Ride for Heart Kilometre Challenge. To learn more about how to use Strava to record your activities please review this article on the Strava Help centre.

<https://support.strava.com/hc/en-us/articles/223297187-How-to-get-your-Activities-to-Strava>