



Run India will challenge you to run for something bigger than yourself! You have set your distance; now how will you track it?

Whether you choose to run with friends or on your own, your kilometres will contribute to the team's total. Track your distance using Strava, MapMyFitness or by adding it directly to your profile page.

We've put together some frequently asked questions for you on how to track your kilometers and add them to your everyday hero page.

If you have any further questions, please do contact us via our social media channels or email contact@runindia.org.au

STRAVA™

Need help with Strava?

What Is Strava?

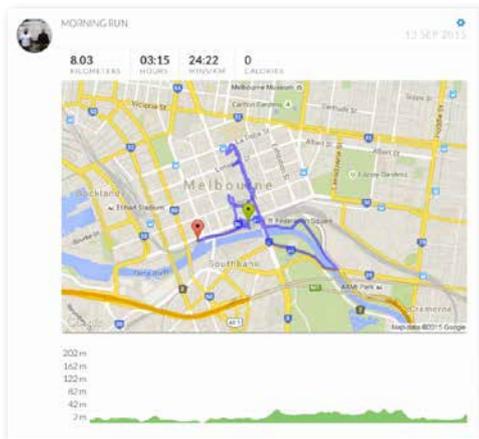
by Hayley March 21, 2016 15:00

Strava is an app that allows you to track your athletic activity using a compatible GPS device and then upload your activity to your Strava account from the device directly.

So your donors can see just how hard you're working, you can now connect your everydayhero account to your Strava account.

This will mean your workouts appear on your fundraising page!

If you need any help creating your Strava account, you can contact their helpful support team here.



Can the Everydayhero Support Team help me with my Strava account?

by Hayley March 21, 2016 14:57

We'll certainly do our best to help you when it comes to your Strava enquiry, however, if you find yourself having trouble inside your actual Strava account, please contact the friendly Strava Support team directly here.

How do I log my fitness activities through Strava on my fundraising page?

by Hayley March 21, 2016 14:59

If you have already connected your two accounts, all your fitness activities will show up on your page automatically!

If you haven't linked your everydayhero account with your Strava account, you can check out how to do it here.

How do I connect Strava to my fundraising page?

by Hayley March 21, 2016 15:00

Fundraising isn't just about the money. The time, distance and effort you put in to supporting a cause you love all counts too!

We've partnered with Strava to give you the ability to make all your workouts count.

If you have a Strava account, you can now track your workouts on your everydayhero fundraising page!

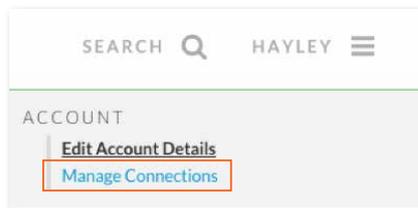
If you do not yet have a Strava account, please create one here prior to following the below steps.

To connect your everydayhero account with Strava, simply follow the below instructions.

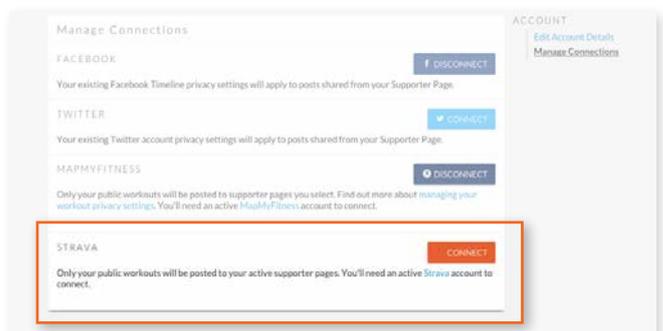
1. Sign into your everydayhero account <https://everydayhero.com/au/sign-in> using your ordinary log in details.
2. Select your name and select the 'Account' option on the drop down menu.



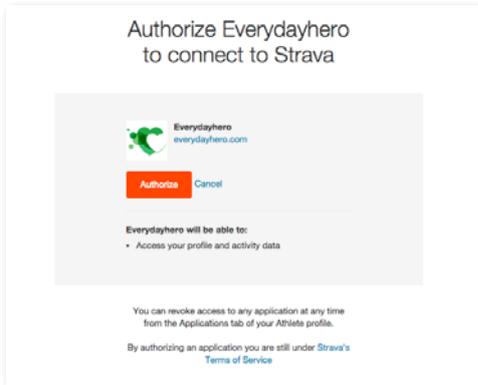
3. Once you are inside your account, select 'Manage Connections'.



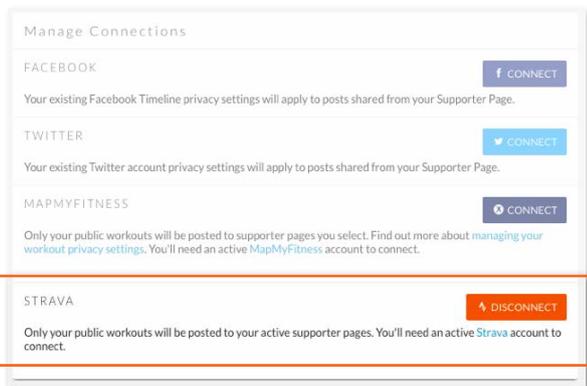
4. Select the 'Strava' button.



5. Follow the prompts to approve the connection between your everydayhero account and your strava account.



6. You will be redirected back inside your account. You can now see that you're connected.



Congratulations! You can track now your workout on your everydayhero page.

What Do My Strava Activities Look Like On My Fundraising Page?

by Kate March 21, 2016 15:00

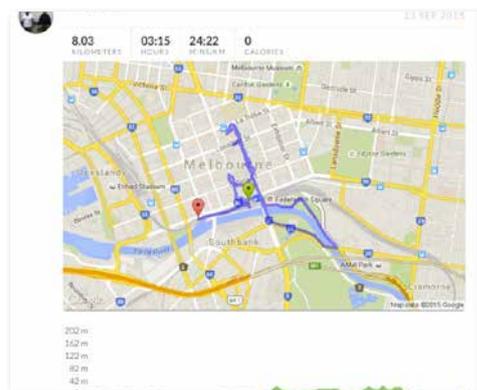
We all know that fundraising isn't just about the money, it's about the time, distance and effort you put in to supporting a cause you love.

We've partnered with Strava to give you the ability to make all your workouts count. In one click you can now connect your Strava account to your everydayhero fundraising page!

If you do not yet have a Strava account, please create one here!

You have full control over what information is posted to which of your pages and can change these at any time in your account settings.

Once you've connected your accounts, every time you log a workout in Strava, your rides will automatically post to your fundraising page's activity feed.



The post will display a map of your route and information about your workout including distance, duration, speed and calories to show just how much effort you've put in!

Show everyone just how much you're actually doing for the charity you love.

Not only will this inspire and motivate others (especially if you're in a team), but it will also encourage people to give generously to your page when they see just how dedicated you are!

Visit [Everyday Hero's help page](#) for more details.

For more help with how [Strava](#) works and specific questions, contact [Strava](#).

HOW FAR WILL YOU GO?



I'm using MapMyFitness to track my kilometres, how do I use it with my page?

What is MapMyFitness?

by Kate August 27, 2015 21:15

MapMyFitness is a training app that allows people around the world to map, record and share their exercise routes and workouts in an online database. You can map running or riding routes, track activity levels, log your food intake and share your adventures with the world!

everydayhero has partnered with MapMyFitness to give supporters the ability to make all their workouts count for the causes they love.

In one click you can now connect your MapMyFitness account to everydayhero and begin posting your workout information straight to your Supporter page. This means that your Supporters can see how hard you are training, and will inspire them to give more to the causes you care about.

For more information about connecting MapMyFitness to your everydayhero account, please click [here](#).

If you already have a MapMyFitness account, click [here](#) to log in.

If you would like to sign up to MapmyFitness, click [here](#).

How do i connect my MapMyFitness to my everydayhero account?

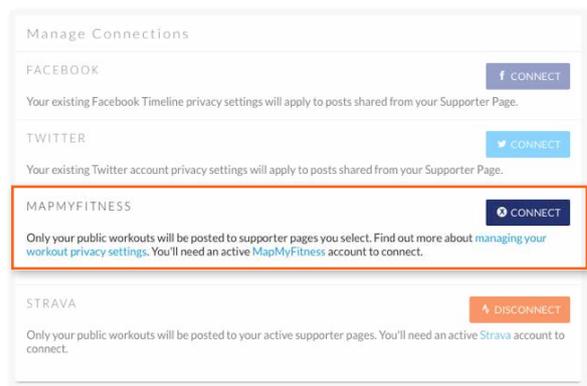
by Kate May 31, 2016 15:10

Awesome, you want to push your workouts through to your fundraising page to show people how hard you are training! Let's get you there -

1. Firstly, you will need to be logged into both your everydayhero account and your MapMyFitness Account.



2. Make sure your everydayhero account is linked to MapMyFitness through your account settings

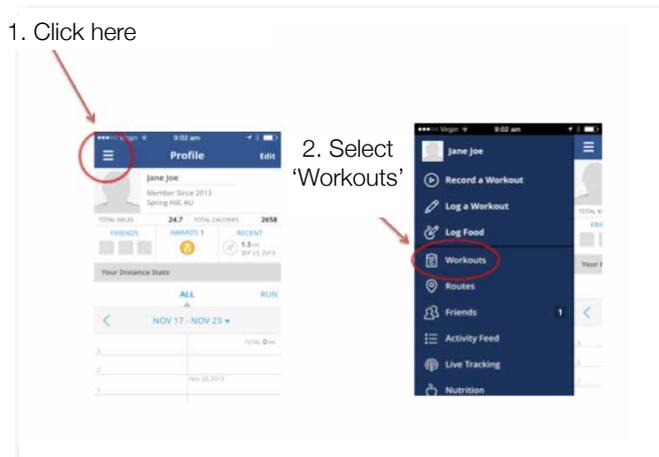
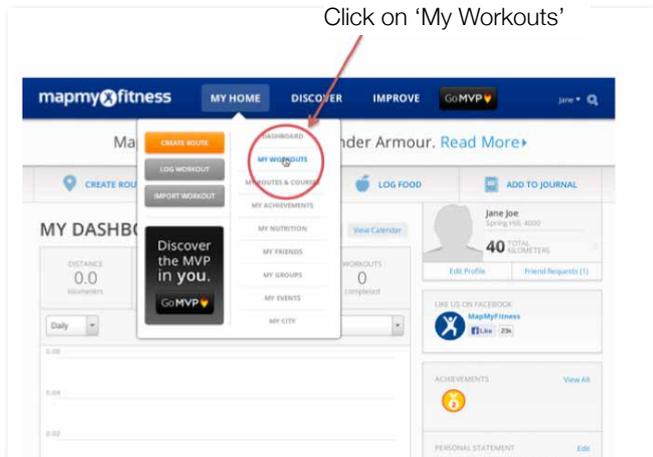


3. Once you've logged into both accounts, you'll now need to set your MapMyFitness log to "Public" to allow your workouts to appear on your fundraising page.

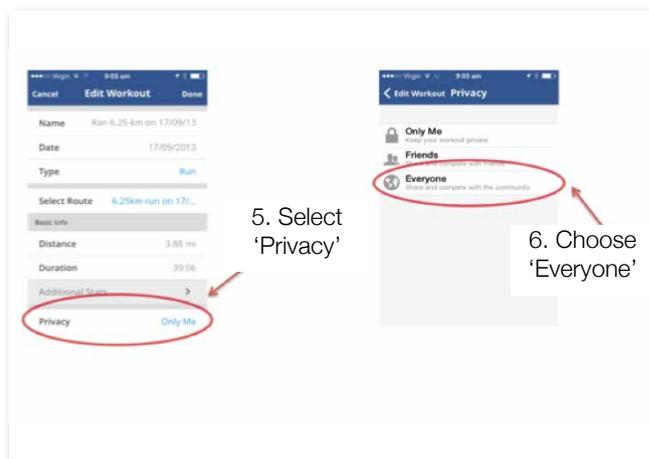
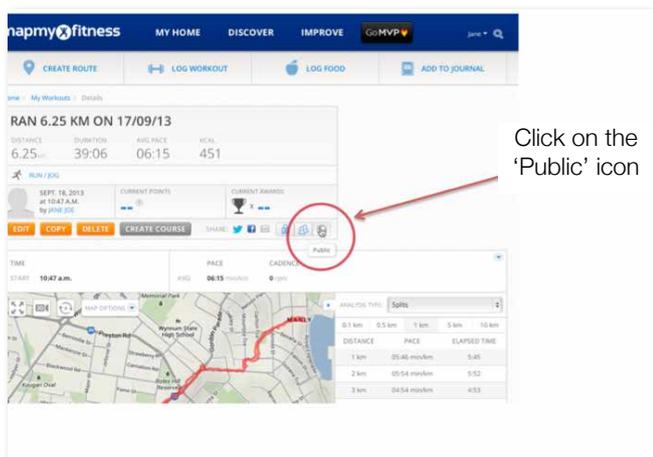
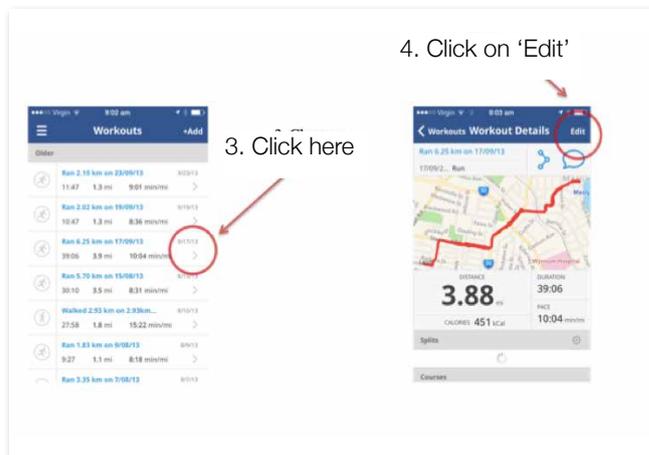
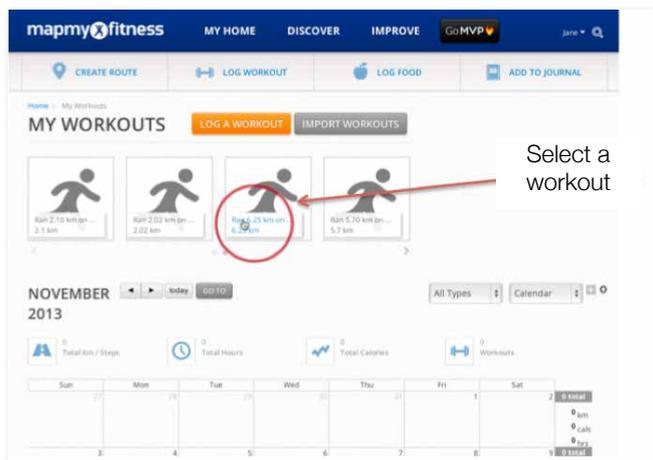
This can be set up by the following -

HOW FAR WILL YOU GO?

For a web browser



For a mobile app

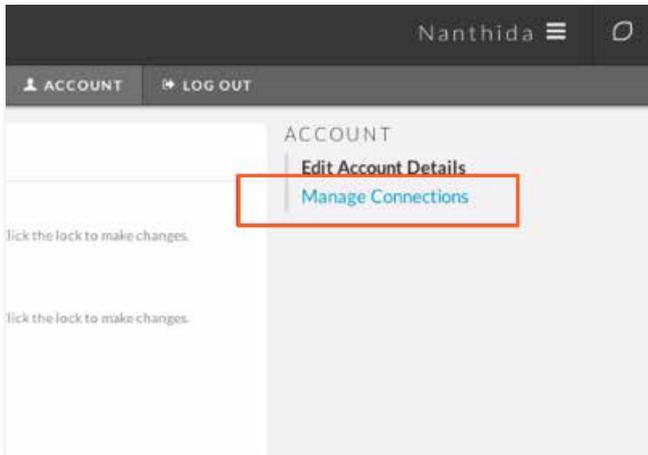


HOW FAR WILL YOU GO?

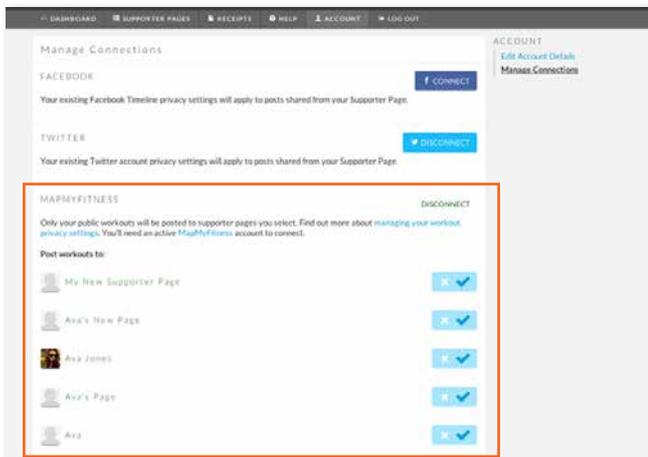


Now that you've linked your accounts, there's just a few more steps to get you started!

1. Go to your everydayhero account.
2. Visit your Account settings and select "Manage Connections"



3. Select the tick box beside the fundraising page where you want your workouts to appear and presto, you're done!



Now, each and every workout you do will be seen on your fundraising page, so your donors can see how hard you are training! Please be aware workouts do not appear immediately, they take a little while to get on your page! To see how your workout will look on your page, please click here.

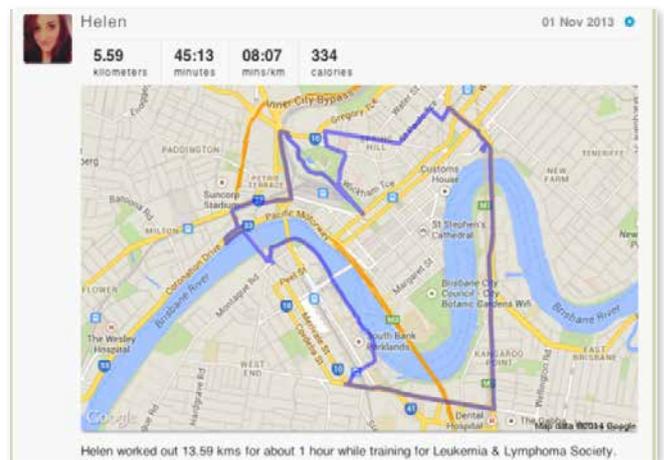
What Will My Workout Look Like On My Page?

by Kate August 27, 2015 03:20

Once you've connected your accounts, every time you log a 'public' workout or training run on MapMyFitness, it will be posted to the activity feed on your Page.

This post displays a map of your route and information about your workout including distance, duration, speed and calories to show just how much effort you've put in!

The date of your work out will also be shown as well as the type of activity you did such as 'rode' or 'ran'.



Visit [here](#) to learn more about how to make the most of MapMyFitness during Run India:

I want to manually add my KM to my fundraising page? How do I do that?

You can certainly add your km manually to your Run India profile page, and here are the steps to follow:

1. Login to your Run India profile page
2. Click visit page
3. In the right hand panel, you will see "add kilometre to counter"
4. Enter the kilometres as a number only
5. Add a message about your activity
6. Click "add kilometres to counter"
7. See in your activities feed your new activity included
8. Share your page to friends and let them know about your recent efforts and activity.