



How to track your rides.

Connect your fundraising page to your favourite fitness app

Your personal fundraising page includes your ride activity progress, so you (and your supporters) can track your distance towards your activity goal. It's a great way to keep your friends and family updated and inspired to donate towards your achievements!

You can track your rides with Fitbit or Strava, which will automatically add your distances to your tally. If you have a Garmin or Apple device, you'll need to connect it to one of the two fitness apps listed above. Each activity you start and stop from your Garmin or Apple device will then automatically sync through the listed apps onto your fundraising page.

Any activity logged before September will be reset on 1 September 2021.

Happy Riding! 😊

Track your rides automatically:

- 1** Download the Fitbit or Strava app and set up your account.
- 2** Login to your [Ride500 dashboard](#) and select the 'My Fitness Activity' tab.
- 3** Under the heading 'Connect your preferred fitness app', click your chosen app.
- 4** Follow the prompts to connect your account.
- 5** When you go for your next ride, it's recommended to select 'start' in the fitness app you're using on your phone. And once you end your workout, hit 'stop', and 'save' in the app and your KM distance will be published to the tally on your fundraising page.

Track your rides manually:

You can manually add your kilometres to the tally on your 'My Fitness Activity' tab of your [Ride500 dashboard](#). This is a great option if you're not using Fitbit or Strava to track your rides.

- 1** Login to your [Ride500 dashboard](#) and select the 'My Fitness Activity' tab.
- 2** Under 'Add activity', enter the date and distance.
- 3** The number of KMs will now appear on your fundraising page!