



Track your miles with Strava

Connect your Strava account to your *Giving Page* so your miles will automatically appear on your page after every ride, allowing friends and family see you get closer to your goal!

Click [How to connect Strava to your Giving Page](#) and follow the simple steps.

If you don't have a Strava account, its simple to do. There are also plenty of other free apps to track your rides including Cyclemeter, MapMyRide and Ride With GPS.

Click [Set up a Strava account](#) and follow the simple steps.

Once you are all set up with Strava, why not join our **Hospice of the Valleys Strava Club**. Share your activities, give and learn tips, gain and give Kudos to fellow athletes 😊

Click [Join our Club](#) and follow the simple steps.