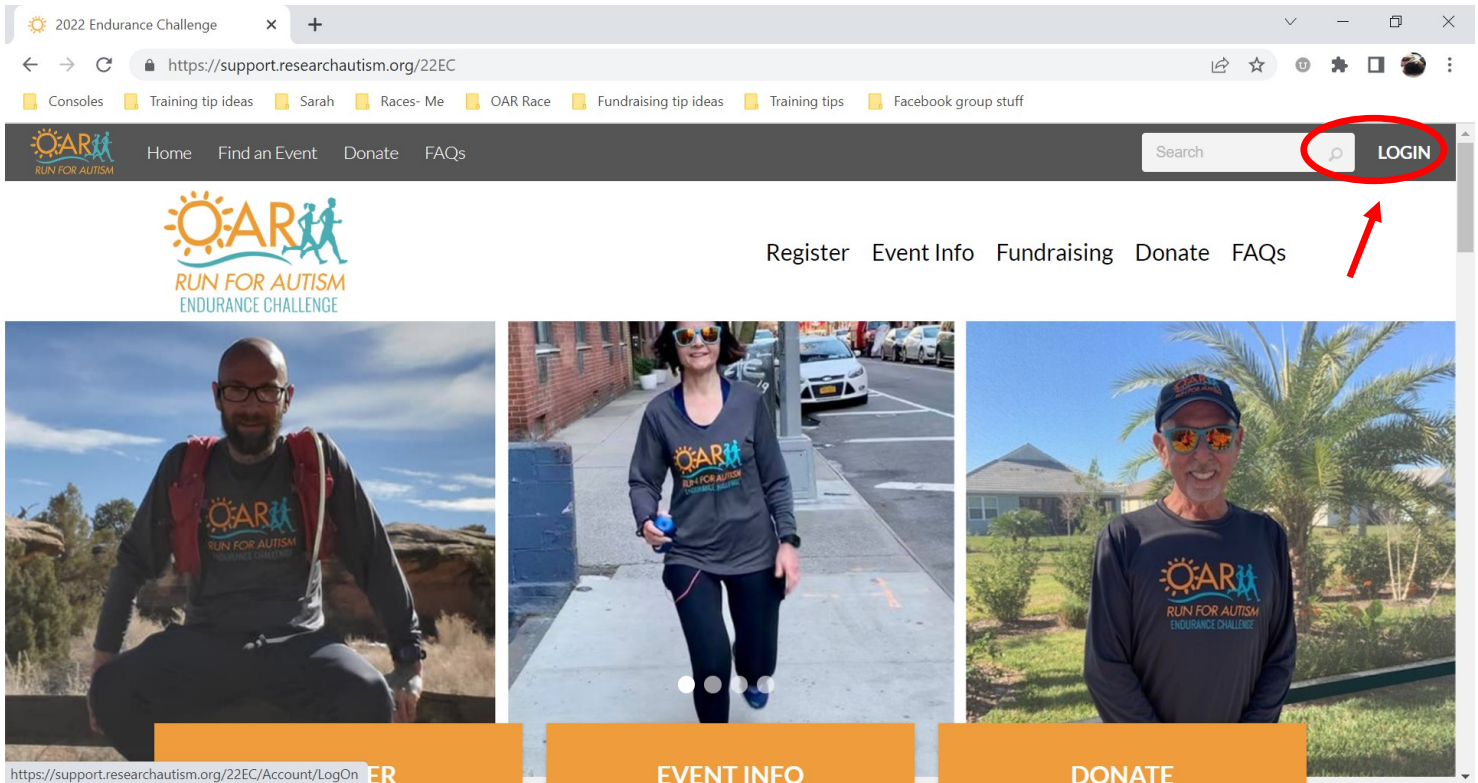
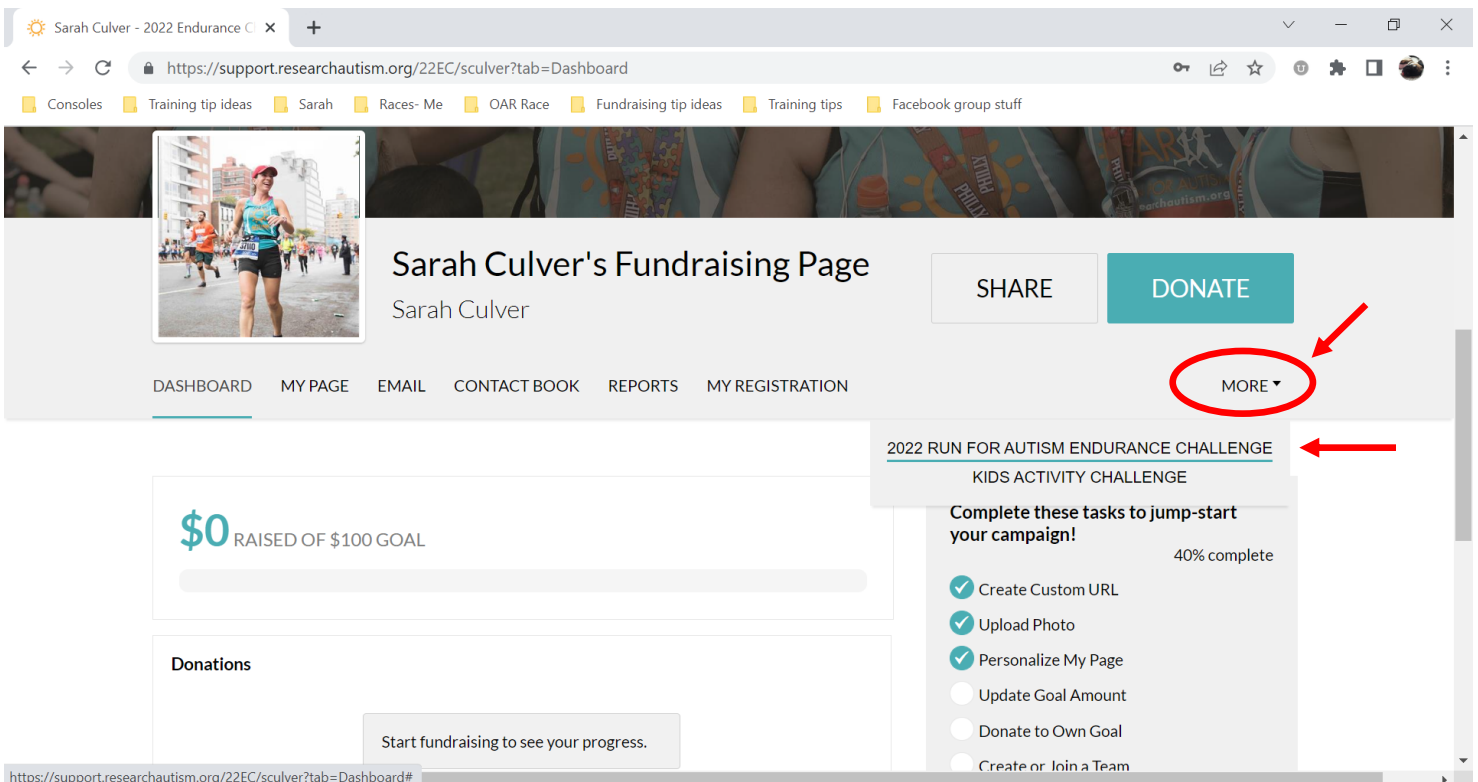


# How to upload mileage for the Endurance Challenge.

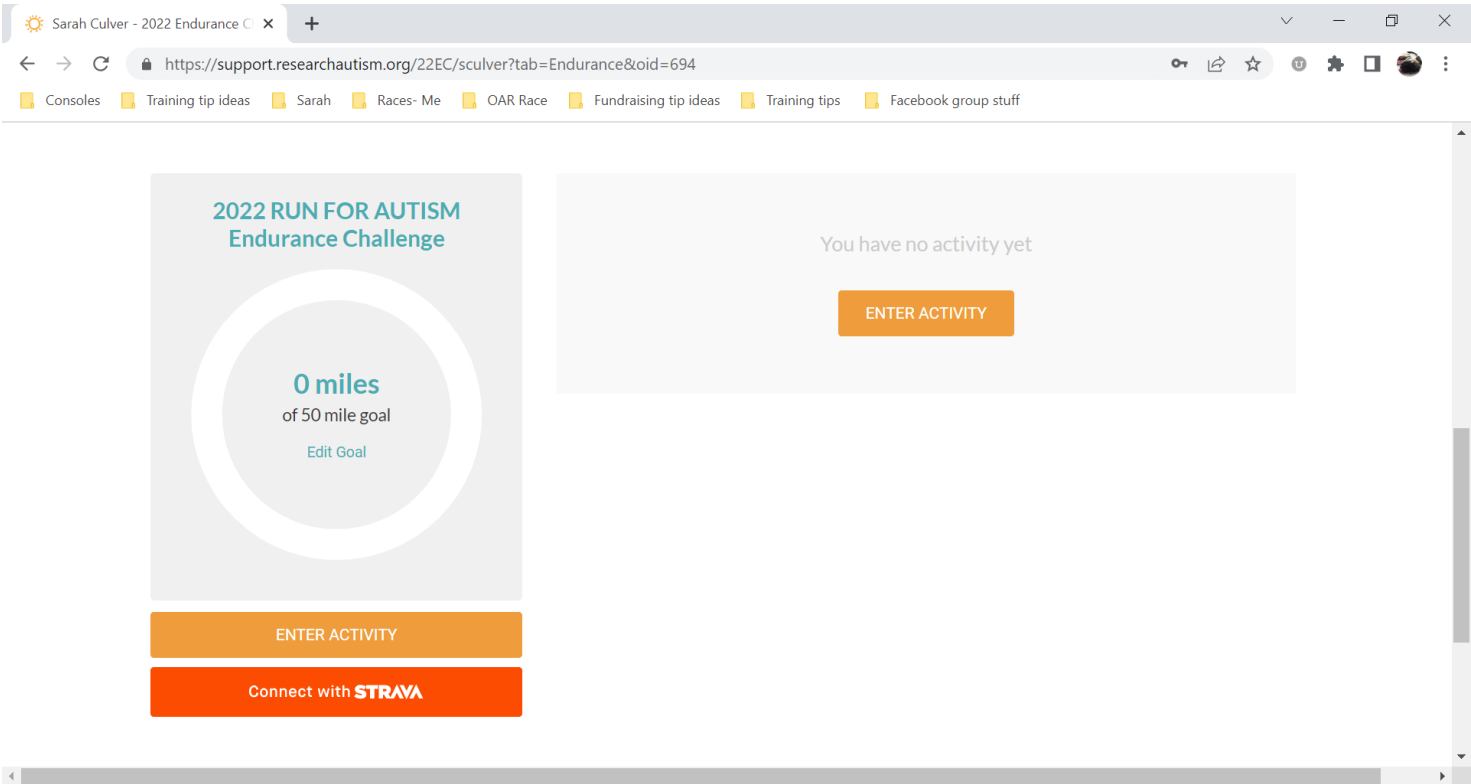
1. Login (<https://support.researchautism.org/22EC/Account/LogOn>), this should then bring you to your dashboard.



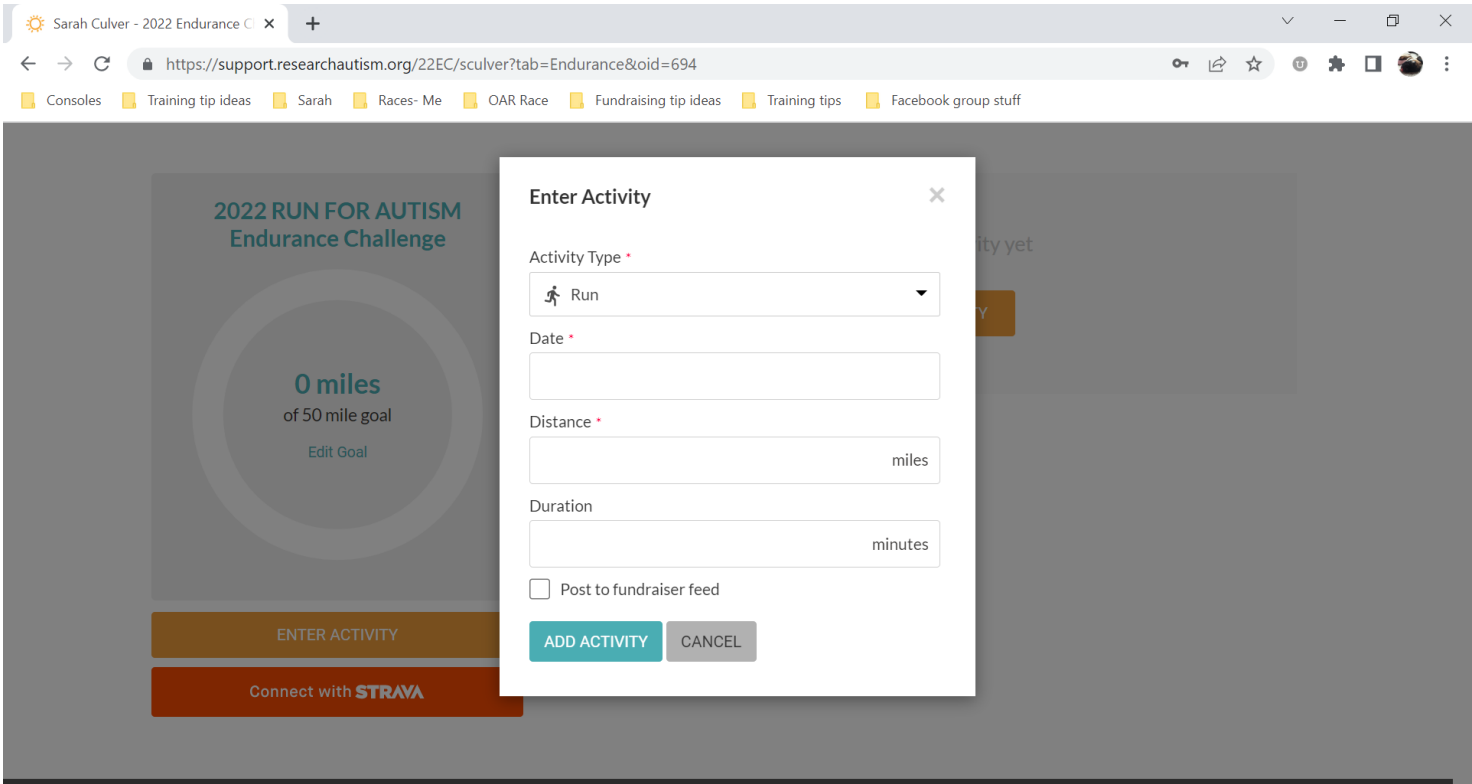
2. From your dashboard, click on the dropdown labeled 'MORE' and select the 2022 RUN FOR AUTISM Endurance Challenge.



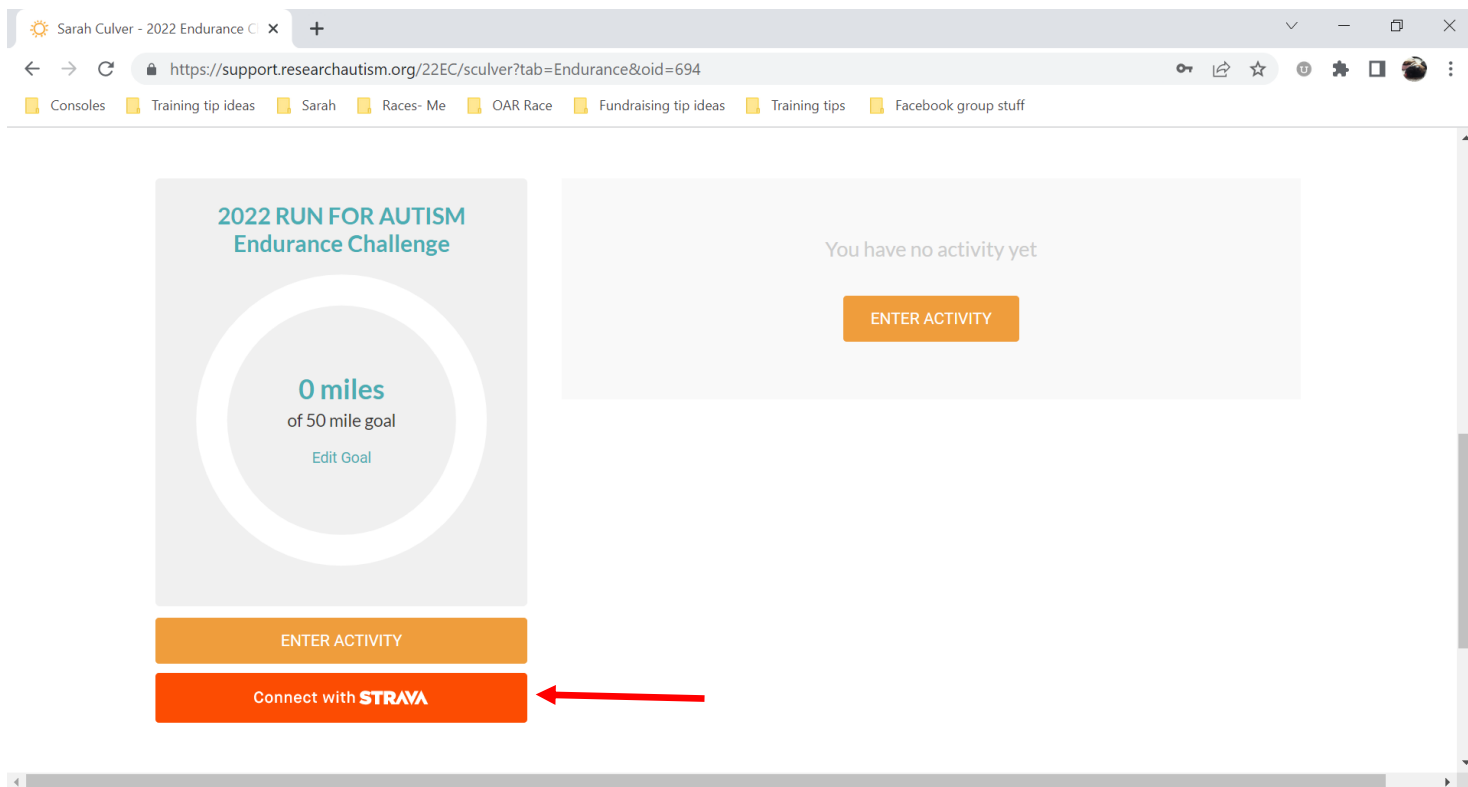
3. To manually enter an activity, click on ‘ENTER ACTIVITY’.



4. Enter activity type, date, distance, etc. Check the post to fundraiser feed box if you want the activity to show on your fundraising page. Select ‘Add activity’.



4. To connect with STRAVA and have your activities auto-uploaded, click on 'Connect with STRAVA'.



5. Select your STRAVA connection settings and click connect. You may be prompted to log-in to your STRAVA to complete the connection. Now all activities should upload to your fundraising page.

