

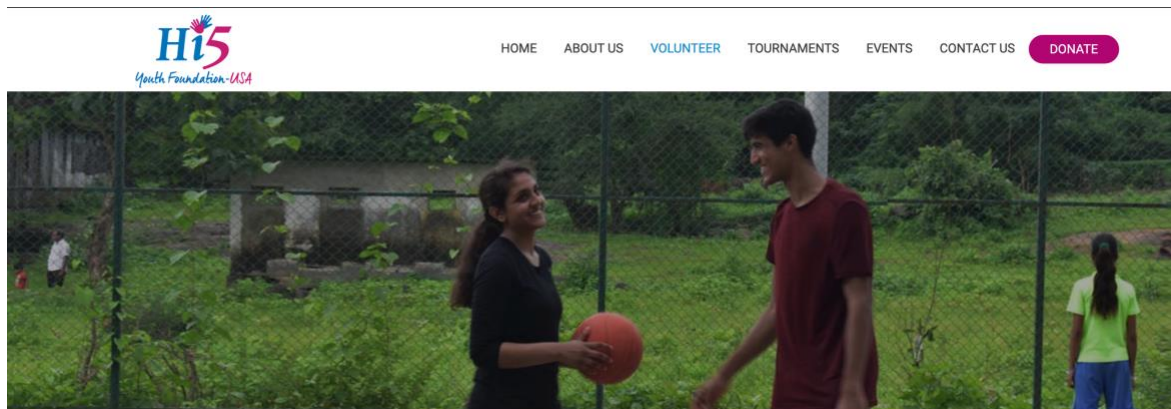


Miles 2 Smiles (A Hi5 Youth Foundation USA event)

Why SIGN UP for Miles 2 Smiles??

The pandemic has forced tribal youth in India out of their school and college dorms and back to their villages. Lacking tech devices at home, they are getting disconnected from their classes and are being left behind – losing the opportunity to complete their higher education.

The Hi5 team is rallying to provide 250 high school boys and girls with the devices they need, and we need your support to accomplish this goal! To know more about Hi5 and our charter, please click here <https://hi5usa.org/>



TO SIGN UP

Miles 2 Smiles wants you to sign up for one or more of the 8 challenges (Walk/Bike/Run) for 1 whole month. The race starts on June 15th 2021 and ends on July 15th, 2021 Sign-ups are now OPEN

Click on the link:

<https://runsignup.com/Race/CA/SanJose/Miles2Smiles>

Or

<https://hi5usa.org/events/>

Click Sign up

Choose your challenge. i.e. 25 miles / month or 50 miles / month, 500 miles walk/run/bike etc.

Follow the screen and enter details and pay up the sign-up fee \$30 – Boom you are done!!

Sign-ups can be done in groups / teams - this is lot more FUN.

(Ram's Friends / Family – Please join DeccanDunkers Team 😊)

Donations are always welcome but not mandatory!

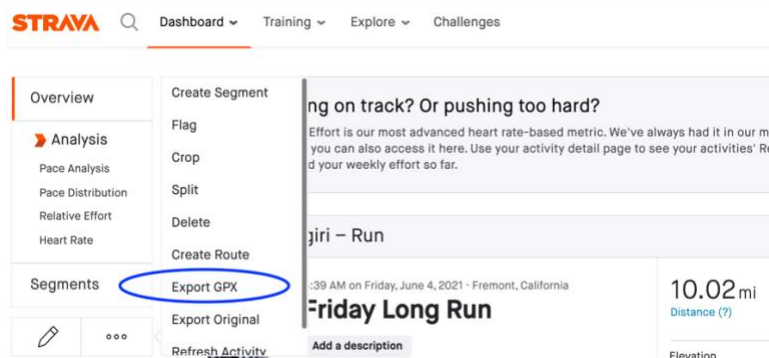
UPDATING YOUR MILES AS YOU WALK/RUN/BIKE

Option 1: The easiest and most automated method (except for biking). Download RaceJoy (a companion app for runsignup) in your mobile. Search & find Miles 2 Smiles race, enter participant information and bib number and you are done. The Race app activates from June 15th only. Once you start the race (take your phone with you), manually START when you walk /run and STOP at the end of your activity. It will **automatically sync up** your results. To check your results, in the app, go back to results – enter participant name or bib # - you can see your progress. Also, you can track others (which is FUN) or cheer others!! And lot more features.

Option 2: If you prefer to use Apple Watch / Fitbit or any similar gadget, you may upload your results on the **runsignup website, click Results and Submit virtual results**. This is a manual entry and on a honor system 😊

Option 3: Use Strava to Upload the data –

- Login to your Strava account on your laptop / desktop (**Phone App is NOT an option**)
- Select on the Activity from Strava (Run/Walk/Bike) you want to upload
- Click on the 3 dots on the left panel, which will pop open another window
- Click on Export GPX
- Goto the Runsignup website and select -> Results -> Submit Virtual Results -> Search for your name -> Click on “Log Activities” -> Click “Load Activity from File” -> Upload the GPX file you downloaded from Strava!



For more information contact admin@hi5usa.org