How to connect your Strava account to your Light The Night page

This document assumes you already have a Strava account and have registered to a Light The Night event.

Step 1 – Connect Strava to Light The Night Account

Login to your Light The Night Account and navigate to the Participant Center page.

When viewing your participant center homepage, select the orange "Connect with STRAVA" button. You will be redirected to a page which asks permission to connect your Strava account to the Light The Night 2025 event. Select "**Authorize**" to connect.

🏠 Home	
👤 Personal Page	
👥 Team Page	
💲 Offline Gifts	
✏️ Edit Profile	
✂️ Resources	

Home

To unlock the emailing feature for your account, a minimum of $5 USD must be donated to your fundraising page.

Up your game.

Track your activities and challenge yourself.

[Connect with STRAVA] [Learn more]

Recruit Team Members

Share with your network

LEUKEMIA &
LYMPHOMA
SOCIETY OF
CANADA

Authorize LLSC - Light the Night 25 to connect to Strava

https://www.lightthenight.ca

LLSC - Light the Night 25 will be able to:

☑ View data about your public profile (required)

☑ View data about your activities

Your activities will not contain heart rate data

It looks like you still need to allow Strava to process your heart rate data. Please do this in the Data Permissions section in Strava's settings before you upload your next activity.

Authorize

Cancel

To revoke access to an application, please visit your settings at any time.

By authorizing an application you continue to operate under our Terms of Service.

After authorizing, you will be redirected back to your participant center home page and the "Up your game" block should no longer be appearing.

Step 2 – Creating Activities in Strava

Once you've authorized the connection to Light The Night, any activity created moving forward can now be shown in your Light The Night account.

Activities are NOT automatically synchronized with your Light The Night account. You must follow the directions in **Step 3** to synchronize your activities.

Any activity recorded before authentication will not be synchronized to your Light The Night account.

Creating activities can be done one of two ways:

- [Manually recorded Activity](#)
- [Activity recorded by Strava App.](#)

Manually entered activities are those activities in which you enter in all details of an activity on your own via the Strava website or Strava App.

Whereas activities recorded by the Strava App are those in which you select "**Record**" and have the app record the whole activity.

As long as Manual activities are recorded with a time **AFTER** you've authenticated with Light The Night, all activities should show up.

Step 3 – Synchronize your activities

At the bottom of your participant center homepage, you will see a section with your Strava activities. Select the "Edit Strava" button.
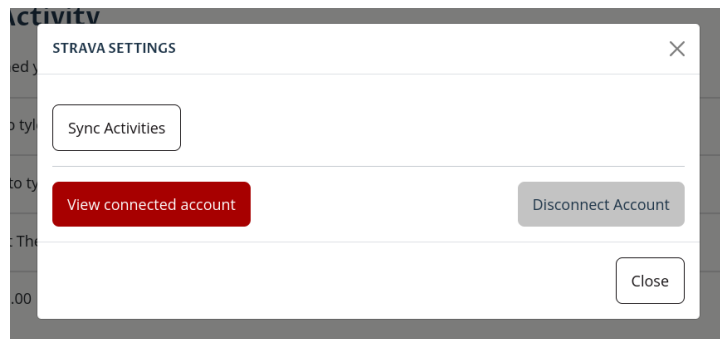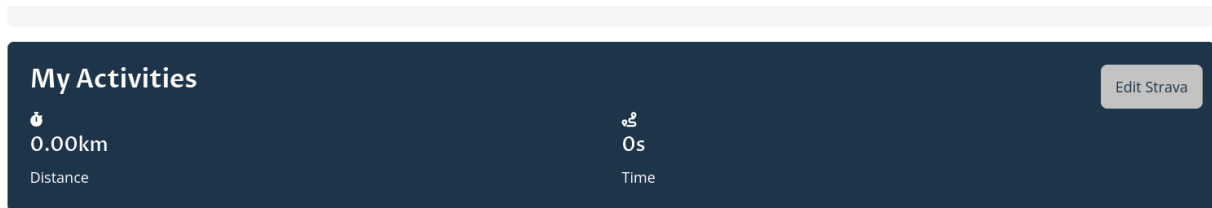
To synchronize your activities, select the "Sync Activities" button and wait a few seconds. A dialog box will appear notifying you that the Account has been synchronized.
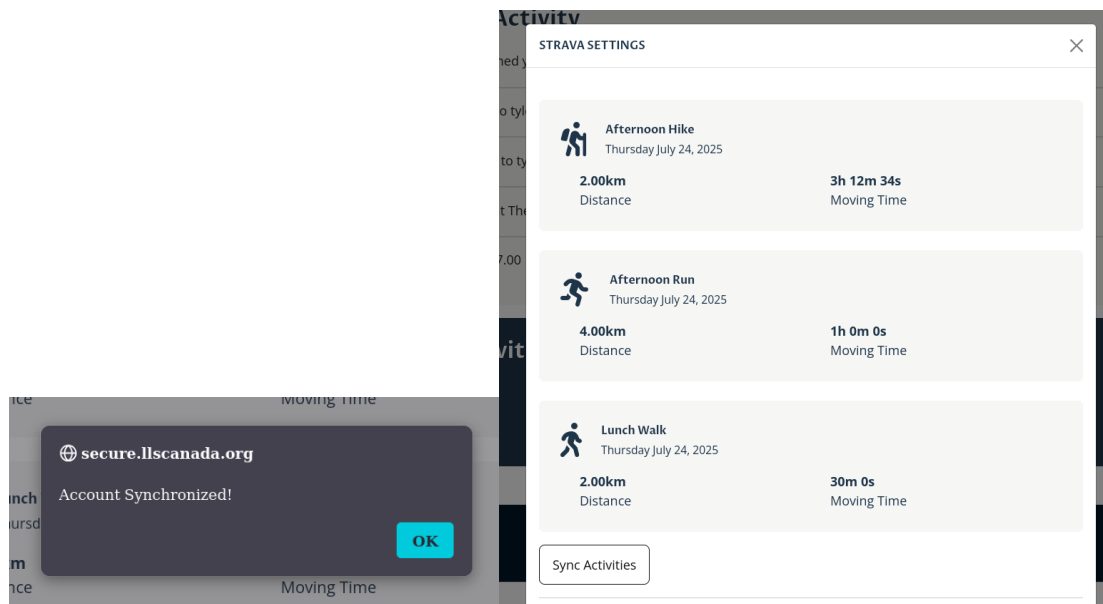
If you leave the page and go to your personal page, you'll be able to see all your activities at the bottom of the page now.

Activity

🕐 8.00km
Distance

📍 4h 42m 34s
Time

⚡ View Connected Account

Afternoon Hike
Thursday July 24, 2025

2.00km
Distance

3h 12m 34s
Moving Time

Afternoon Run
Thursday July 24, 2025

4.00km
Distance

1h 0m 0s
Moving Time

Lunch Walk

Strava Resources

- Recording Manual Activity ([English](#)) ([French](#))
- Recording an Activity with the Strava App ([English](#)) ([French](#))
- Additional Strava Support Resources ([English](#)) ([French](#))
- How do I find my Stava ID   ([English](#)) (Not available)

Troubleshooting

1. What if I connected Strava *after* the Jim Abernethy Challenge started (Sept 8)?

- To avoid issues, all participants should register and connect Strava by **Sept 7**.
- **Why?** LLSC cannot access Strava data from before the account was connected.
- If you connected after Sept 8, you'll need to **manually enter** all activity from Sept 8 to your connection date.

2. I connected the wrong Strava account — now what?

1. Log in to your **Light The Night Participant Centre** and disconnect the incorrect Strava account.
   → This will delete all synced activity.
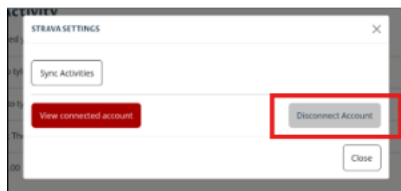
2. Sign out, then sign back in and connect the correct Strava account.
3. As before, any activity logged before the correct account was connected must be **entered manually**.

3. Why are the activity dates on my Light The Night page different from Strava?

In most cases, your **Light The Night activity date = Strava activity date**.

However, depending on your time zone or if you're using **other Fitness Sites or Softwares** (e.g., Peloton, Nike, MapMyRun, MapMyRide, etc...), sync delays can cause discrepancies.

This delay (up to **4.5 hours**) may shift activities done late in the evening (e.g., after 7:30 PM) to show as the **next day**.