

1 Nov 2025 to 31 Jan 2026

SUPER LOVING. EXTRA CARING STEPS FOR ELDERERS

MILES OF SMILES

Step by Step Guide

- A) Signing up as a Team Leader
- B) Signing up as a Team Member
- C) Tracking your Challenge with Strava





Signing up as a Team Leader

Step 1

Head to SLEC Miles of Smiles Website: <https://milesOfSmiles.slec.org.sg/signup>

Step 2

Click “Start a Team” and you will be directed to the “Participation Form”

Ready to Go the Distance?

Register now for the SLEC Miles of Smiles 2025 and be part of something greater.

Go Solo:

Own Your Challenge

SIGN UP NOW

Start a Team:

Lead the way as a Team Leader

SIGN UP NOW

Join a Team:

Be a Team Member

*Please contact your team leader for the team code

SIGN UP NOW

New Team Participation

Participation Form

Thank you for your interest in joining SLEC Miles of Smiles. Registration will be in the form of a donation to St Luke's ElderCare. Donations are eligible for 250% tax deduction and are matched dollar-for-dollar through the Community Silver Trust Fund.

Please fill in your details in the following form.
*Required fields are denoted by **.

Step 3

Enter your team details and fill out the remaining fields

Team Details

Create a Team Name *

Create a Team Tagline

Team Photo

Choose File

No file chosen

Upload the photo in JPG or JPEG format with a maximum size of 8MB size. The recommended ratio is 1:1 with minimum image width and height of 250px by 250px.

Note that uploaded image will be automatically square cropped.

Step 4

After completing registration, retrieve your team sign-up link from the confirmation email or your website account, and share it with your team members so they can join

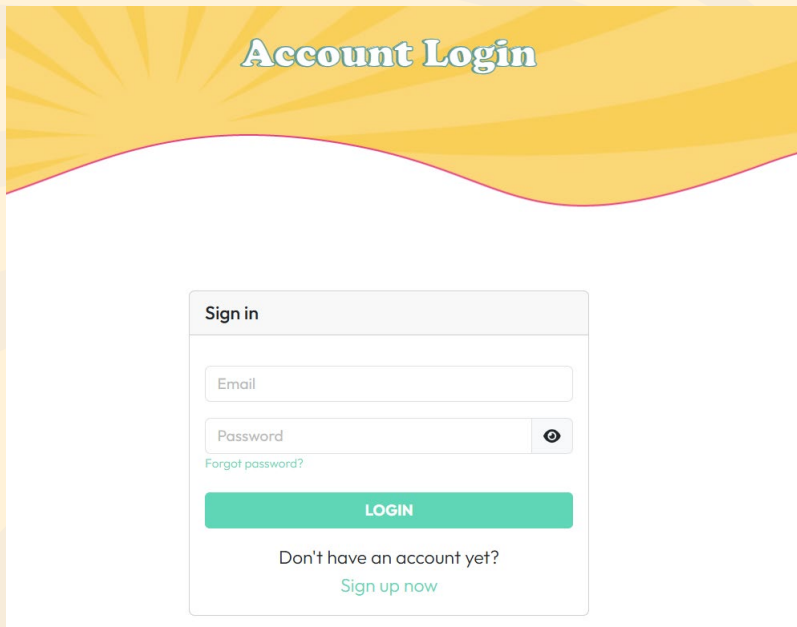
- Find the confirmation email in your inbox:

Team

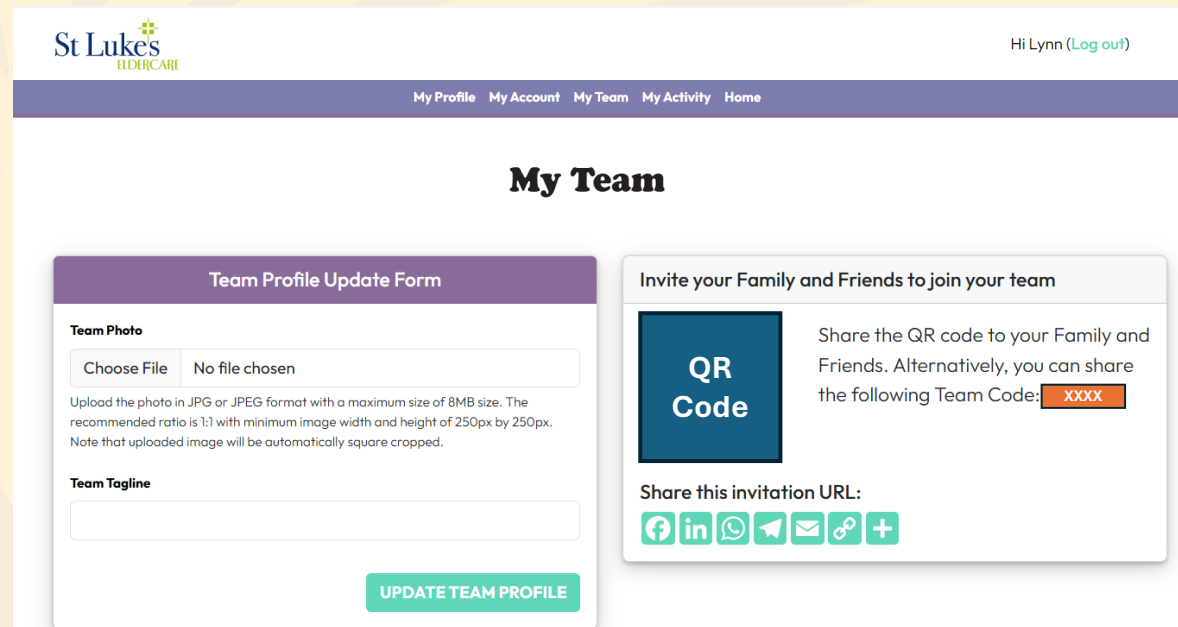
Get your family and friends to join your Team by sharing your team's url with them!

SHARE YOUR TEAM SIGN UP LINK

- Log in to your account on the website and retrieve the sign up link:



The image shows the 'Account Login' page. At the top, there is a yellow banner with the text 'Account Login' in a stylized font. Below the banner is a 'Sign in' form with two input fields: 'Email' and 'Password'. The 'Password' field has a toggle icon for visibility. Below the fields is a green 'LOGIN' button. At the bottom of the form, there is a link that says 'Don't have an account yet? Sign up now'.



The image shows the 'My Team' page on the St Luke's Eldercare website. The page has a purple header with the St Luke's Eldercare logo on the left and 'Hi Lynn (Log out)' on the right. Below the header is a navigation bar with links: 'My Profile', 'My Account', 'My Team', 'My Activity', and 'Home'. The main content area is titled 'My Team' and contains two main sections. The first section is the 'Team Profile Update Form', which includes a 'Team Photo' section with a 'Choose File' button and 'No file chosen' text, and a 'Team Tagline' section with a text input field. Below these is a green 'UPDATE TEAM PROFILE' button. The second section is 'Invite your Family and Friends to join your team', which features a QR code, a text box for the team code (displaying 'XXXX'), and a 'Share this invitation URL:' section with social media sharing icons for Facebook, LinkedIn, WhatsApp, Telegram, Email, Print, and a plus sign for more options.

Step 5:

You may consider using this template to invite your team members to join

Hello 🙌

They say, “To go far, we must go together.” 😊

I’d love for you to join me in St Luke’s ElderCare (SLEC) Miles of Smiles 60km Challenge from 1 Nov 2025 to 31 Jan 2026, helping to bring more smiles to the elders cared for by SLEC.

Singapore is one of the fastest- ageing countries in the world, with more than one million seniors aged 65 and above by 2030.

To me, this is more than a statistic. It’s an opportunity for us to relook at the narrative of ageing and redefine what our later years can and should look like.

Would you like to join me or support the cause? Together, we can make a difference!

Join my team: [\[insert your team URL\]](#)

SLEC serves over 22,000 seniors islandwide through active ageing, daycare, rehabilitation, clinical services, and residential care. Every dollar raised will help enhance SLEC’s services to meet the growing needs of community care in Singapore.

Thank you for your support. 😊



Signing up as a Team Member

Step 1

Head to SLEC Miles of Smiles Website: <https://milesOfSmiles.slec.org.sg/signup>

Step 2

Click “Join a Team” and you will be directed to the “Participation Form”

Ready to Go the Distance?

Register now for the SLEC Miles of Smiles 2025 and be part of something greater.

Go Solo:

Own Your Challenge

SIGN UP NOW

Start a Team:

Lead the way as a Team Leader

SIGN UP NOW

Join a Team:

Be a Team Member

*Please contact your team leader for
the team code

SIGN UP NOW

New Team Member Participation

Participation Form

Thank you for your interest in joining SLEC Miles of Smiles.
Registration will be in the form of a donation to St Luke's ElderCare. Donations are eligible for
250% tax deduction and are matched dollar-for-dollar through the Community Silver Trust Fund.

Please fill in your details in the following form.

*Required fields are denoted by *.*

Step 3

Enter your team details (use the team code provided by your team leader) and complete the rest of the form

Team Details

Team Code of the Team you are joining *

Team Name which you are joining *

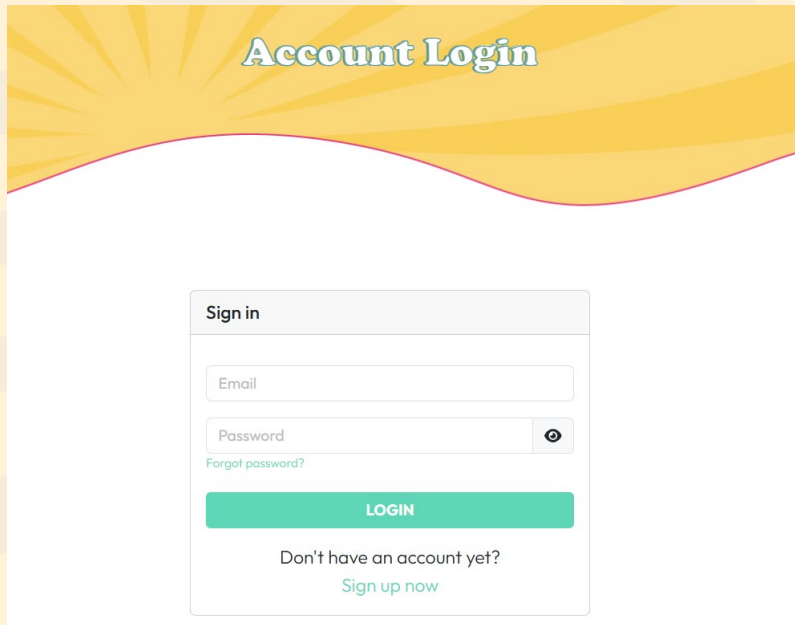
Tip: Get the team code from your Team Leader.

Step 4

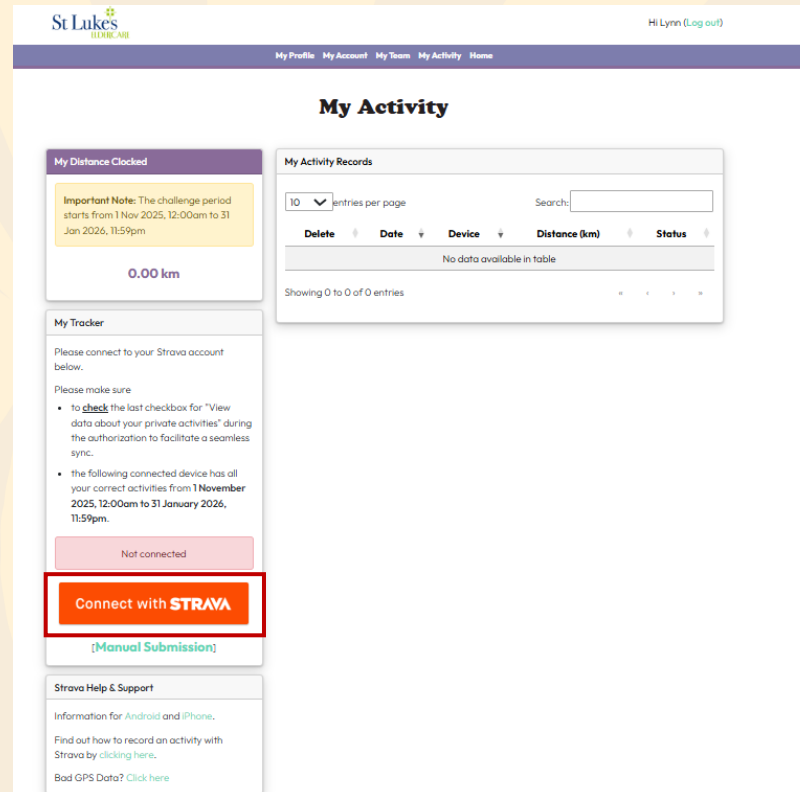
Upon successful registration, you're all set and ready to start your adventure!

You can start rallying your friends and family to support you through a donation, or begin tracking your activities from 1 Nov. Access fundraising resources here: <https://milesOfSmiles.slec.org.sg/fundraising-resources>

- Log in to your website account to access your details, update them if needed, and sync with Strava under “My Activity”.



The image shows the 'Account Login' page. It features a yellow header with the text 'Account Login'. Below the header is a 'Sign in' form with fields for 'Email' and 'Password'. There is a 'Forgot password?' link and a green 'LOGIN' button. At the bottom, there is a link for 'Don't have an account yet? Sign up now'.



The image shows the 'My Activity' page. It features a purple header with the St Lukes logo and navigation links: 'My Profile', 'My Account', 'My Team', 'My Activity', and 'Home'. The main content area is titled 'My Activity' and includes a 'My Distance Clocked' section showing '0.00 km' and an 'Important Note' about the challenge period. There is a 'My Activity Records' table with columns for 'Delete', 'Date', 'Device', 'Distance (km)', and 'Status', and a 'My Tracker' section with instructions on how to connect to a Strava account. A red box highlights the 'Connect with STRAVA' button. Below the button is a link for 'Strava Help & Support'.

Tracking your Challenge with Strava


Strava can be downloaded from Google Play or the App Store!

Step 1

Log in to your website account , go to “**My Activity**”, and click **Connect with Strava**. You’ll be redirected to the Strava login page—log in there to complete the connection.

Account Login

Sign in

 
[Forgot password?](#)

Don't have an account yet?
[Sign up now](#)

St Lukes HEALTHCARE Hi Lynn (Log out)

[My Profile](#) [My Account](#) [My Team](#) [My Activity](#) [Home](#)

My Activity

My Distance Clocked

Important Note: The challenge period starts from 1 Nov 2025, 12:00am to 31 Jan 2026, 11:59pm

0.00 km

My Activity Records

10 entries per page Search:

Delete	Date	Device	Distance (km)	Status
No data available in table				

Showing 0 to 0 of 0 entries

My Tracker

Please connect to your Strava account below.

Please make sure

- to **check** the last checkbox for "View data about your private activities" during the authorization to facilitate a seamless sync.
- the following connected device has all your correct activities from **1 November 2025, 12:00am to 31 January 2026, 11:59pm**.

Not connected

Connect with STRAVA

[\(Manual Submission\)](#)

Strava Help & Support

Information for [Android](#) and [iPhone](#).

Find out how to record an activity with Strava by [clicking here](#).

Bad GPS Data? [Click here](#)

Step 2

Create a new account or log in on the Strava page to connect.
Then just track your activities on Strava, and they'll sync automatically!

Subscription

Log In

Sign In With Google

Sign In With Apple

Sign In With Facebook

or

Email

Your Email

Remember me

Log In

Create a New Account

By continuing, you are agreeing to our [Terms of Service](#) and [Privacy Policy](#).

St Lukes

Authorize SLEC Miles of Smiles to connect to Strava

SLEC's Miles of Smiles 2025 challenges you to clock 60km, a symbolic distance to commemorate SG60 and stand in solidarity with our elderly. Every step, every kilometre, and every dollar raised will help our elderly age with joy, purpose, and dignity.

<https://milesofsmiles.slec.org.sg>

SLEC Miles of Smiles will be able to:

- View data about your public profile (required)
- View data about your private 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](#).

My Activity

My Distance Clocked

Important Note: The challenge period starts from 1 Nov 2025, 12:00am to 31 Jan 2026, 11:59pm

0.00 km

Next syncing date: 1 Oct 2025

All activities recorded during the virtual challenge period will automatically sync by the syncing date shown above, at 11:59pm or earlier, showing the distance on your profile page. To prevent any delay to the syncing process, please do not deauthorize once you are connected to the correct Strava account.

My Activity Records

Next syncing date: 1 Oct 2025

All activities recorded during the virtual challenge period will automatically sync by the syncing date shown above, at 11:59pm or earlier, showing the distance on your profile page. To prevent any delay to the syncing process, please do not deauthorize once you are connected to the correct Strava account.

10 entries per page

Search:

Delete	Date	Device	Distance (km)	Status
No data available in table				

Showing 0 to 0 of 0 entries

How to Track Your Activities on Strava

Launch Strava and click Record

Press Start

Press Stop and Finish after activity

Save each activity

Alternatively, if you're running indoors on a treadmill or need to submit manually, please follow the steps below.

OPTION 2: MANUAL SUBMISSION

Log in to your profile

View your profile and select "Manual Submission" under My Activity

Key in all required fields



Upload screenshots showing the requirements of your activities

Date	Device	Distance (km)	Status
No data available in table			

Completed submission will be shown on this section

1 Nov 2025 to 31 Jan 2026

SUPER LOVING, EXTRA CARING STEPS FOR ELDERS

MILES OF SMILES

**THANK YOU AND HAVE A
GREAT ADVENTURE 😊**

<https://milesOfsmiles.slec.org.sg/>