

Since many families will be staying in Hong Kong this holiday break, we are encouraging everyone to get outside and stay active for a great cause. Our Get Terry Fox To Hong Kong Challenge! is completely optional, and no matter how many or how few kilometers you are able to complete, it will still go a long way towards supporting this meaningful event.

Whether going for a walk as a family after dinner, a hike on the weekends, or any other way you would like to move, it will all go towards raising awareness and engagement!

Using the Strava app, families will be able to join their child's House team and contribute to our total kilometers by running, walking, hiking, swimming or any other way you would like to get moving!

**Get started with these quick and easy steps:**

**Step 1: Download Strava on your phone**

[Tutorial #1 - Downloading Strava](#)

**Step 2: Click on your family's House link below and then click "Request to Join":**

[Ming](#)      [Qing](#)  
[Song](#)      [Tang](#)

**Step 3: Complete your first activity on Strava**

- A. *Try to Complete one of our Custom TFR Routes - Go for the Trifecta!*
  - a. [Tutorial - How to use Strava for one of our preset Terry routes](#)
    - i. [Trio Beach Terryrizer \(Sai Kung\)](#)
    - ii. [Riverside Rep \(Pak Tam Chung, Sai Kung\)](#)
    - iii. [Up and Over \(Ma On Shan\)](#)
- B. *Do Your Own Thing! - you pick the time and place and get moving!*
  - a. [Tutorial #2 - How to Use Strava](#) (for your own route)