

MAD Hike 2026 · Participant Guide

How to sign up as a team, log in, submit your results and connect Strava

In this guide

1. Sign up as a Team of 5
2. Log in
3. Submit your race results
4. Connect to Strava

Highlights: [🔴 click here](#) [🔵 take note](#)

1 Sign up as a Team of 5

To form a team, **everyone – the team leader and all 4 invited members – must register under the Team of 5 category**. Here's how it works:

Team

Taking part as a team of 5.

01 Leader registers



The team leader registers him/herself first and create a team before sending the invitation link to 4 others.

02 Team members register



The 4 invited members register themselves via the invitation link. Only complete teams of 5 will be eligible for the physical Finale Event.

03 Clock the distance and rally donations



Track your progress and submit the distance recorded to build your team's total distance. Share your fundraising page with family and friends to rally support and raise donations.

04 Take on the physical Finale Event



All registered teams will automatically be enrolled for the physical Finale Event on 7 November 2026 at One Punggol. Get ready to put your teamwork and fitness to the test through six fitness challenge stations.

EVERY TEAM WILL RECEIVE

A dedicated fundraising page on Giving.sg

Share your movement and invite your community to support the cause and your team hike mission.

How the Team of 5 works

If you are the team leader

Step 1. Visit the [MAD Hike 2026](#) website and click **Register**. On the **Select Category** page, click **Register** under **Team of 5** and complete your registration.

Select Category

Have a coupon code? Enter it here. Apply

07 Sep 2026 — 07 Nov 2026
Individual

Clock distance from 5km to 500km to unlock exclusive e-badges.

Registration \$0.00 SGD Register

07 Sep 2026 — 07 Nov 2026
Team of 5

All registered teams of 5 will be automatically enrolled in the Physical Finale Event on 7 November 2026, 7:30am – 1:00pm at One Punggol. Registration fee is not eligible for tax deduction.

Standard \$20.00 SGD Register

07 Sep 2026 — 31 Oct 2026

Select Category – register under Team of 5

Step 2. After registering, log in and go to your **Dashboard**. Click **Create Team** to set up your team.

Form a team of 5 to qualify for the Team Challenge

1. You can create a team as the leader and invite your friends and family to join.
2. Or join a team that your friends or family has formed.

Create Team →

Dashboard – click Create Team

Step 3. Share your team's **invite link** with your 4 team members.

Only **complete teams of 5** are eligible for the physical Finale Event on 7 November 2026 at One Punggol.

If you are invited to join a team

Step 1. Get the **invite link** from your team leader and open it.

Step 2. You will see a “**You've Been Invited to Join a Team**” notice showing the leader and team name. Click **Register** under the **Team of 5** category below it and complete your registration.

Select Category

Have a coupon code? Enter it here.

Apply

**You've Been Invited to Join a Team**
[blurred name] has invited you to join their team [blurred name]. Click on **Register** to sign up now!

07 Sep 2026 — 07 Nov 2026
Team of 5

All registered teams of 5 will be automatically enrolled in the Physical Finale Event on 7 November 2026, 7:30am – 1:00pm at One Punggol. Registration fee is not eligible for tax deduction.

Standard
07 Sep 2026 — 31 Oct 2026

\$20.00 SGD

Register

Invite link – register under Team of 5 (names blurred)

When you register through the invite link, you will **join the team automatically**. No further action is needed.

Already registered without the invite link? No problem. Register under Team of 5, then open the invite link from your team leader and click the **Join** button to join the team.

2 Log in

Step 1. Visit <https://madhike2026.heyrace.app/> and click **Log in** at the top-right of the page.



Step 2. Enter the **email address you used to register** for MAD Hike 2026, then click **Continue**.

Login screen – enter your registered email and click Continue

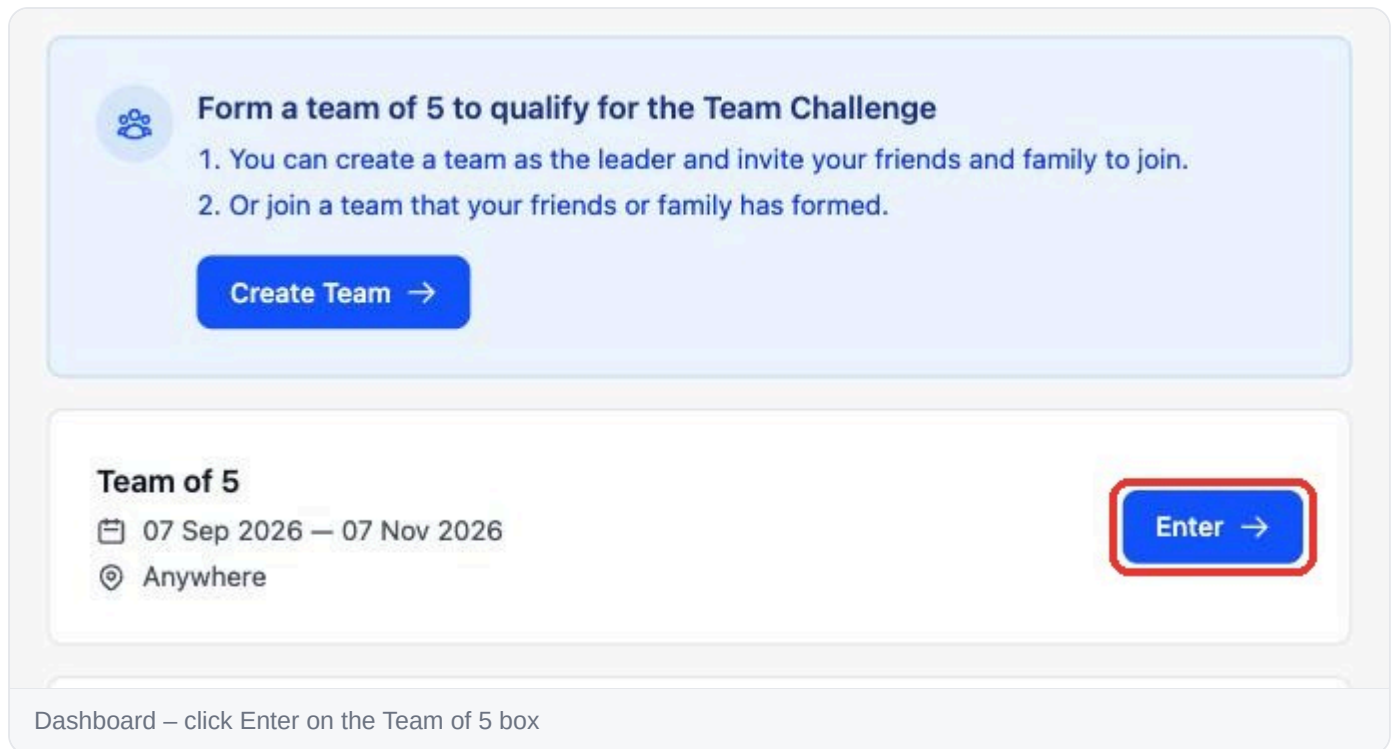
Step 3. Check your inbox for an email with a **one-time password (OTP)**, then enter it on the next screen to log in.

The OTP **expires in 15 minutes**. If it expires, go back to the login screen and request a new one.
Can't find the email? Check your spam or junk folder.

Once logged in, the top-right button becomes your account menu, with **Dashboard**, **Account** and **Log out**.

3 Submit your race results

Step 1. On your Dashboard, find the **Team of 5** box and click **Enter**.

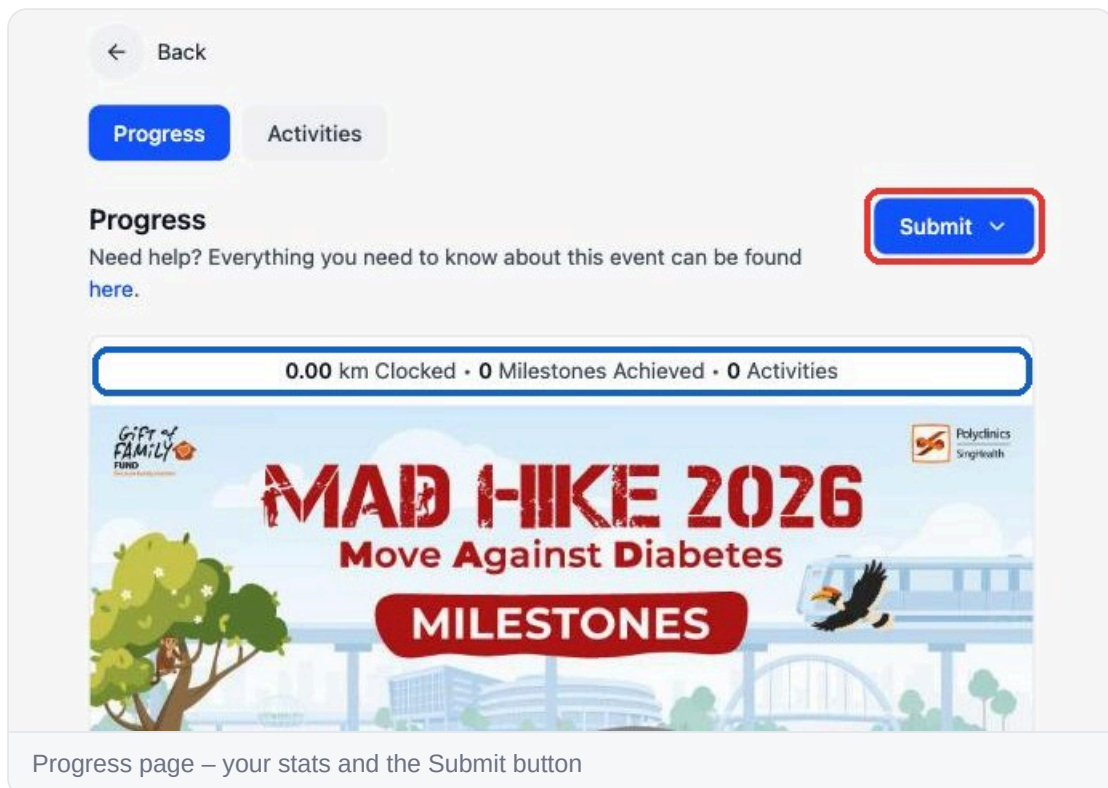


The screenshot shows a dashboard section titled "Form a team of 5 to qualify for the Team Challenge". It includes two numbered instructions: "1. You can create a team as the leader and invite your friends and family to join." and "2. Or join a team that your friends or family has formed." Below these instructions is a blue button labeled "Create Team →".

Below this section is a "Team of 5" box. It displays the dates "07 Sep 2026 — 07 Nov 2026" and the location "Anywhere". To the right of this box is a blue button labeled "Enter →", which is highlighted with a red rectangular border.

At the bottom of the dashboard area, a caption reads: "Dashboard – click Enter on the Team of 5 box".

Step 2. You will see your **Progress** – total km clocked, milestones achieved and number of activities. Click the **Submit** button.



The screenshot shows the "Progress" page for the "MAD HIKE 2026" event. At the top, there is a "Back" button with a left arrow. Below it are two tabs: "Progress" (active) and "Activities".

The "Progress" section features a "Submit" button with a dropdown arrow, highlighted with a red rectangular border. Below the button, it says "Need help? Everything you need to know about this event can be found [here](#)."

A progress bar displays the following statistics: "0.00 km Clocked • 0 Milestones Achieved • 0 Activities".

Below the progress bar is a large graphic for "MAD HIKE 2026 Move Against Diabetes". The graphic includes the "GIFT OF FAMILY FUND" logo on the left and the "Polyclinics SingHealth" logo on the right. A red banner across the middle of the graphic reads "MILESTONES". The background of the graphic shows a stylized cityscape with a bridge and a train.

At the bottom of the page, a caption reads: "Progress page – your stats and the Submit button".

Step 3. Choose how you want to submit:

- **Submit Manually** – fill in a form and upload a screenshot of your activity.
- **Connect Fitness App** – sync your activities automatically. See [Section 4: Connect to Strava](#).

← Back

Progress Activities

Progress Submit ^

Need help? Everything you need to know about this event can be found [here](#).

+ Submit Manually

Connect Fitness App

0.00 km Clocked • 0 Milestones Achieved

MAD HIKE 2026
Move Against Diabetes

Choose Submit Manually or Connect Fitness App

Submitting manually

Fill in the **Manual Submission** form:

- **Date of Activity** (DD/MM/YYYY)
- **Type of Activity** – Run, Walk or Hike
- **Screenshot of the activity** – JPG, PNG or WebP up to 5MB

Manual Submission

Date of Activity *

DD/MM/YYYY

Type of Activity *

☒ Run ☐ Walk ☐ Hike

Screenshot of the activity *

Tap to upload or drag and drop

JPG, PNG, or WebP up to 5MB

Upload a screenshot or photo from your preferred fitness app, step tracker, or treadmill/equipment dashboard. Ensure the image clearly displays the total duration and distance (or step count). If uploading an app screenshot, the activity date must also be visible.

Distance *

0.00 KM

Time (Duration of the activity) *

00 : 00 : 00

Cancel Submit

Manual Submission form – date, activity type and screenshot

Your screenshot can be from any fitness app, step tracker or treadmill/equipment dashboard. It must clearly show the total **duration** and **distance** (or step count). App screenshots must also show the **activity date**.

- **Distance** – in KM
- **Time** – duration in hours, minutes and seconds
- Tick the box to **certify** your results are authentic, then click **Submit**.

Manual Submission

Type of Activity *

☒ Run ☐ Walk ☐ Hike

Screenshot of the activity *

Tap to upload or drag and drop

JPG, PNG, or WebP up to 5MB

Upload a screenshot or photo from your preferred fitness app, step tracker, or treadmill/equipment dashboard. Ensure the image clearly displays the total duration and distance (or step count). If uploading an app screenshot, the activity date must also be visible.

Distance *

0.00 KM

Time (Duration of the activity) *

00 : 00 : 00

Hrs Mins Secs

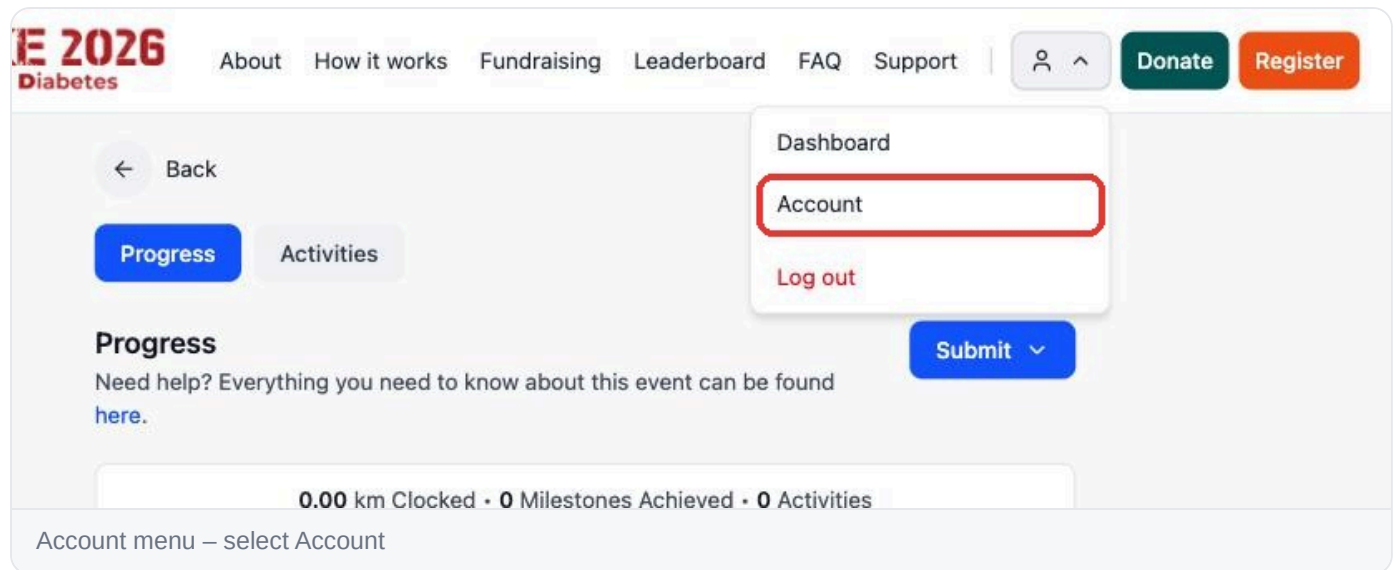
☐ I certify these results are authentic and accurate. Any falsified data may result in invalidation, disqualification, or account suspension.

Cancel Submit

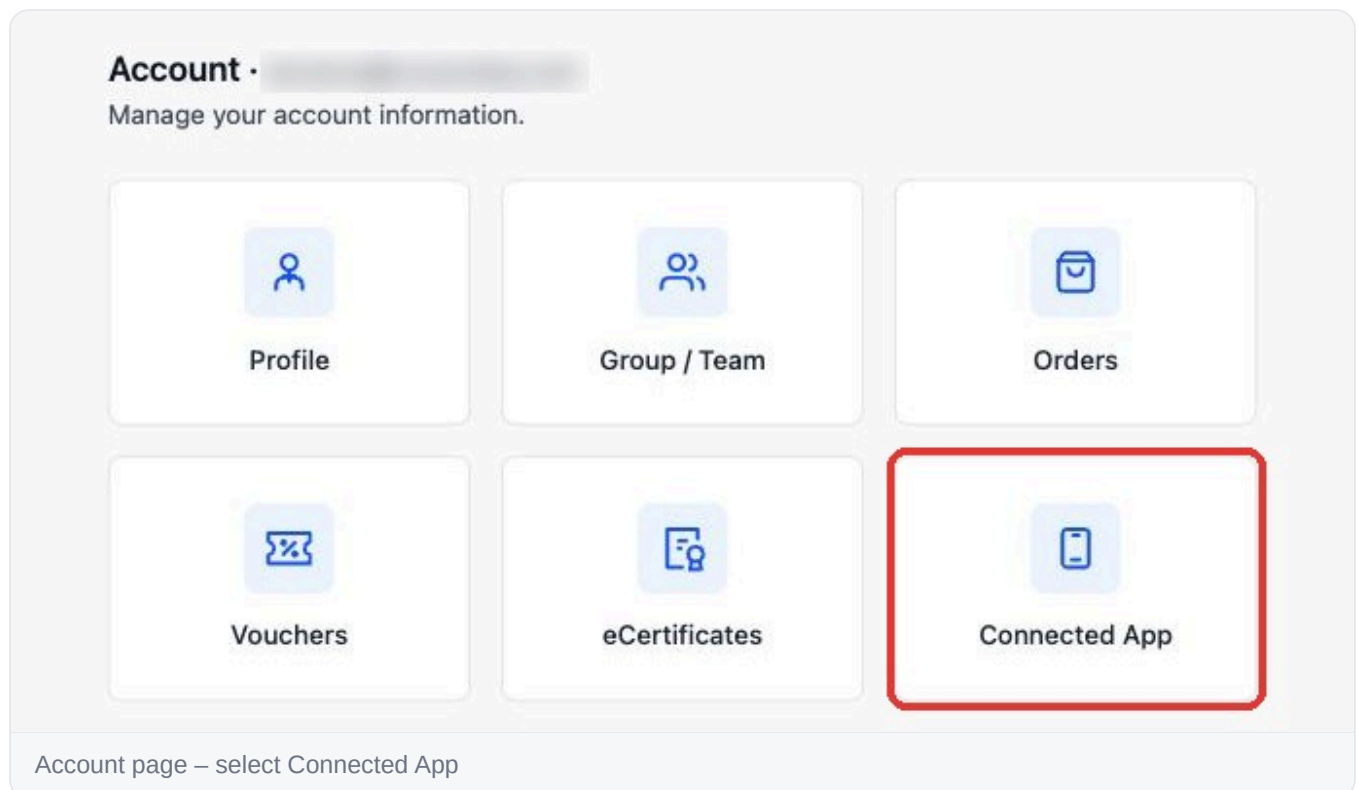
Enter distance and time, tick the declaration and click Submit

4 Connect to Strava

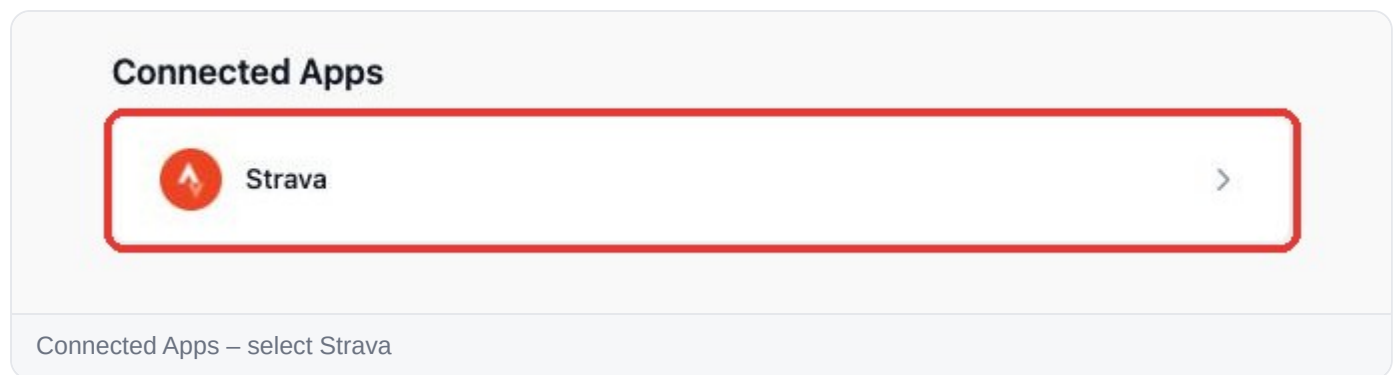
Step 1. Click the account menu at the top-right, then select **Account**.



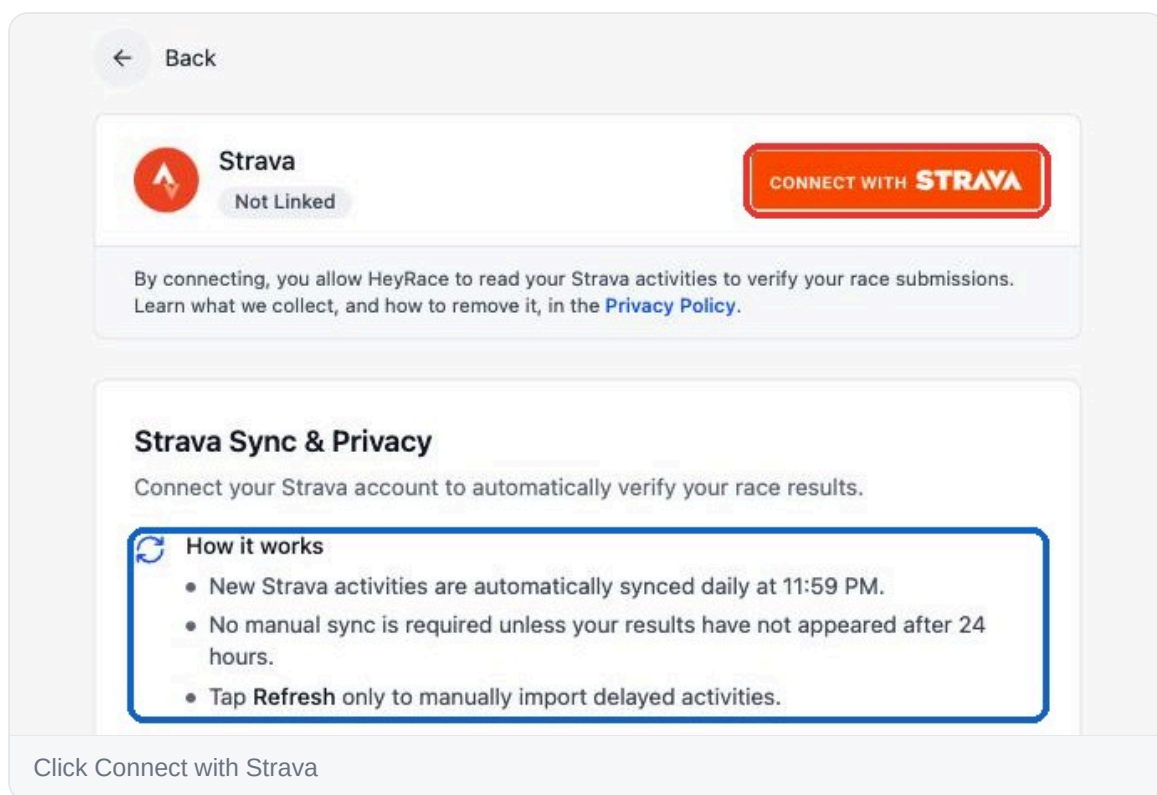
Step 2. Click **Connected App**.



Step 3. Select **Strava**.



Step 4. Click **Connect with Strava** to link your Strava account.



Automatic daily sync. Once Strava is connected, your activities sync automatically every night at **11:59 PM**. You **do not** need to click the **Sync / Refresh** button. Only use it if an activity still hasn't appeared after 24 hours.