

# Quick-Start

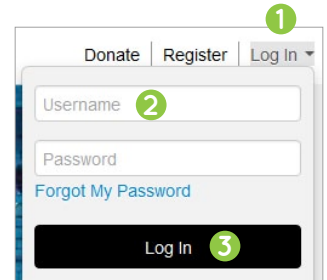
## Managing Your Individual Profile Page

### Logging In

To manage your personal profile page, you'll need to sign in using the login info email sent at the end of registration. Your username and password will be at the bottom of the email with the subject "[Your Name], Thank you for registering!"

If you've lost the email, you can contact your event administrator and recover your username and password using the contact info at the bottom of the event website.

To log in, click "Log In" at the top-right of the page **1**. Enter your username and password **2** and click Log In **3** or hit Enter.

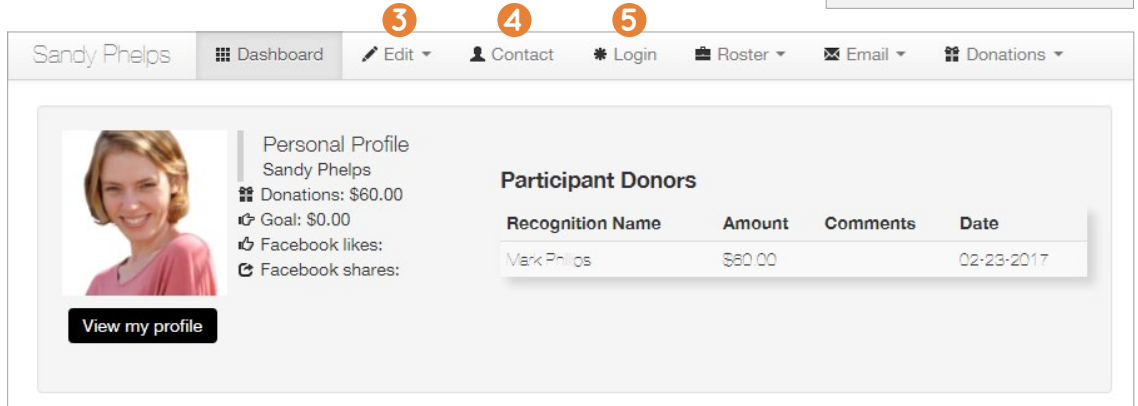
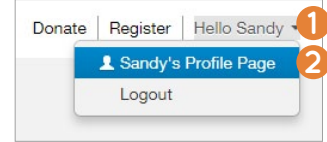


### Your Dashboard

Your dashboard is displayed when you sign in. If you've navigated away, you can pull up your dashboard by clicking the Hello tab **1**, then the Profile Page option **2**.

To edit your profile, click Edit Profile **3**. Team captains will have the option to edit both personal and team profiles.

To edit your contact or login information, click Contact **4** or Login **5** (see below).



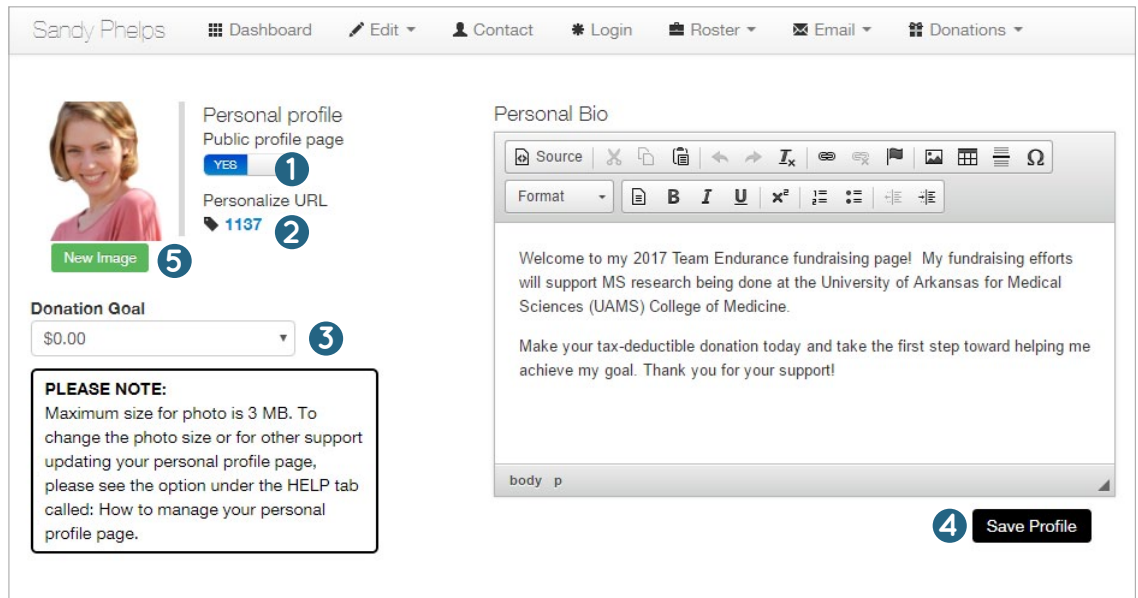
### Editing Your Profile

To get to your profile, see Step 3 above. If you have a team page and would like to keep your profile private and redirect to your team page, turn your profile off **1** by clicking the slider.

To customize your URL, click the URL link **2** and enter a custom URL and click "Save Changes."

To set a donation goal, use the Goal drop-down menu to select an amount **3**.

To edit your bio, type in the text box in much the same way you enter text in a word processor. When you're done, click "Save Profile" **4**.



To edit your profile picture, click "New Image" beneath the picture thumbnail **5**. Select the image you want from your file library, then click Open.

Next, drag the corners of the marquee box to choose what part of your picture to use **6**.

Click "Save Image" to save **7**. If your image does not load quickly, please see the special note at the end of this document.



### Editing Your Contact Info

To edit your name, home address, and email address, click "Contact" from your dashboard **4**. Edit your contact information by clicking and typing in the text fields. To save your changes, click "Update."

### Changing Your Username/Password

Once you have logged in with the credentials from your welcome email, you may want to change your password into something you can remember. To edit your username or password, click "Login" on your dashboard **5**.

Enter a new username or password using the text boxes. When you're done, click "Update."

## Viewing & Sharing Your Profile

You can share your page to potential donors through Facebook, Twitter, and Email. Before you share on social media, make sure you have a photo uploaded to your Stride profile page to appear with the post.

First, go to your profile by clicking “View My Profile” from your dashboard **1**. Then, click either the Facebook, Twitter, or Email icon **2**.

For Facebook, you’ll need to log in if you aren’t already. A dialogue box will pop up where you can enter your credentials.

For Twitter, you can log in and Tweet at the same time. The link will already be pasted in for you. Fill out any additional text and click Share Link, or Tweet.

To share your team profile via email, click the Email icon **2**. Choose the type of email account you have. Log in to your account, if you aren’t already. An email draft will pop up, with the link to your page pasted in for you. Enter in your recipients’ emails, enter any additional text, then click Send.

Once they click the link to your page, your recipients will be able to donate or join your team by clicking the big green buttons at the bottom of your page **3**.

## Commenting on a Profile

To post a comment to a team or individual profile, pull up the profile by searching for it under Teams/People **4** and click inside the text box to add a comment **5**. Type your comment, then click Post or Log in to Post **6**.

Once a comment is posted, the owner of the page can delete it by hovering the mouse over the comment, and clicking the X that comes up to its right.

### Special Note:

*If the image for your page does not load quickly, the file size of the photo may be too large. You can look at the file size by right-clicking on the image and selecting the last drop-down option called “Properties.” The size should be less than 1 MB or any number followed by KB. To shrink an image, see right.*

*There are many reasons why an image might not load. If your image is the proper size, please try again, allowing more time for your image to appear. If this does not work, send your image, your name, and your event name to [support@ms-stride.org](mailto:support@ms-stride.org).*

The screenshot shows the top navigation bar with buttons for REGISTER, DONATE, and Hello Sandy. Below is a header image for the TEAM ENDURANCE FOR MS campaign with the tagline "any race, any place". The main navigation menu includes EVENT, TEAMS/PEOPLE, HELP, SPONSORS, and TEAM CAPTAIN. The user's name, Sandy Phelps, is displayed. A sidebar menu contains Dashboard, Edit, Contact, Login, Roster, Email, and Donations. The main content area shows a personal profile for Sandy Phelps with a photo, a "View my profile" button, and a "Participant Donors" table. The table has columns for Recognition Name, Amount, Comments, and Date, with one entry for Mark Phillips for \$60.00 on 02-23-2017.

The screenshot shows the profile page for Sandy Phelps. The navigation bar is the same as in the dashboard view. The profile includes a photo, the name "Sandy Phelps", and a welcome message: "Welcome to my 2017 Team Endurance fundraising page! My fundraising efforts will support MS research being done at the University of Arkansas for Medical Sciences (UAMS) College of Medicine." It also states "My Funds Raised: \$60.00" and "Team Funds Raised: \$140.00". There are social media sharing buttons for Facebook, Twitter, and Email. Two large green buttons are present: "Join My Team" and "Donate To My Cause". Below these are "0 Comments" and a "Sort by Oldest" dropdown. A comment input box is shown with a "Log in to Post" button.

### To Reduce Photo Size on a PC:

Right click on the image in your file browser. Click Open with > Paint. Under Image, click Resize. Make sure the “Maintain Aspect Ratio” box is checked. Enter a new percentage under Horizontal. If the image is exceptionally large, enter a smaller number, like 25. Then, click OK. Next, save the image under a new name so that you can keep your original image for other uses. Your image should now upload more quickly.

### To Reduce Photo Size on a Mac:

Right click on the image in Finder. Click Open with > Preview. In Preview, click Tools > Adjust Size. Make sure “Scale Proportionately” and “Resample Image” are selected. Enter a new, smaller number for the width and click OK. Next, save the image under a new name so that you can keep your original image for other uses. Your image should now upload more quickly.