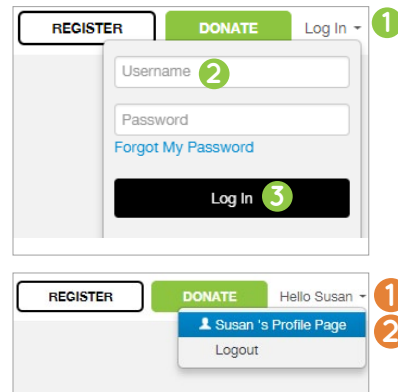


Logging In

To manage your team 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 lost the email, contact your event coordinator using the footer information on the event site.

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.

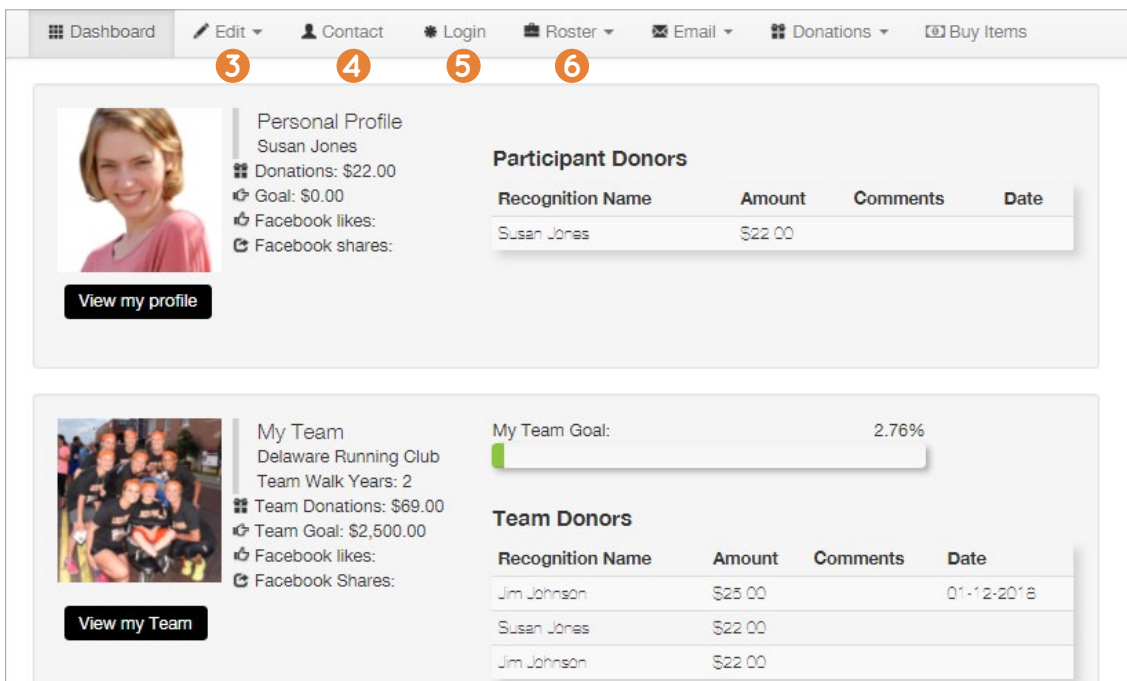


Your Dashboard

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 then Team Profile 3.

To edit your contact or login information, click Contact 4 or Login 5. To view team member or donor roster, click Roster 6. See below.



Editing Your Profile

To get to your profile, see Step 3 above.

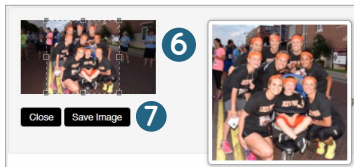
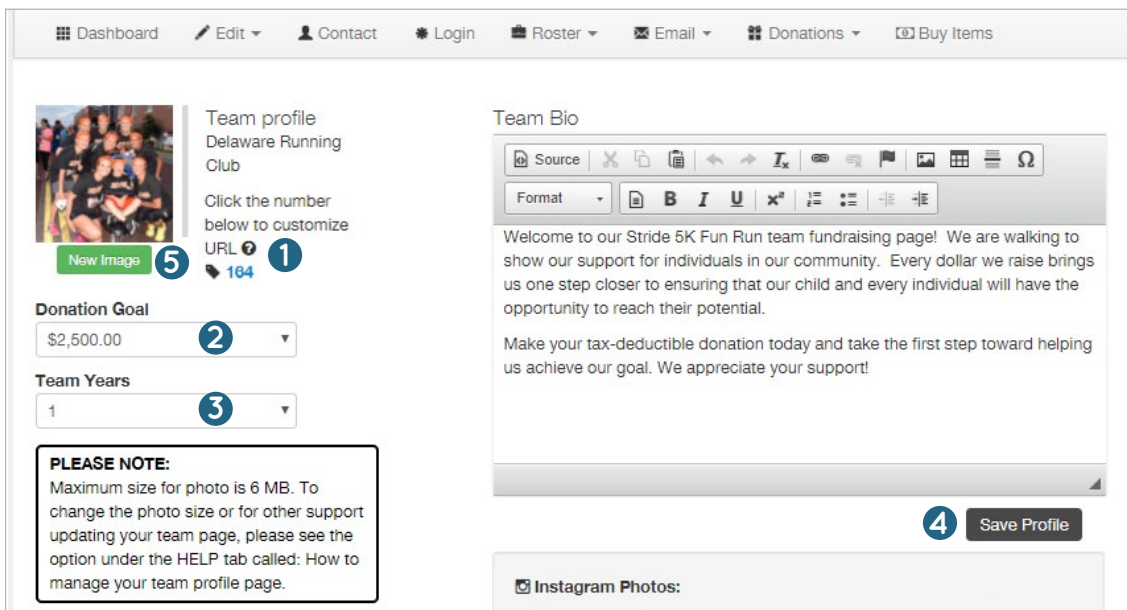
To customize your URL, click the URL link 1 and enter a new URL. Click "Save Changes."

To set a donation goal, use the Goal drop-down menu to select an amount 2. Set your team walk years by using the next drop-down menu 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, then save your changes, click "Update."

Changing Your Username/Password

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."

Adding Your Instagram Feed to Your Profile

To add your Instagram feed to your profile page, click to enable Instagram photos **1**.

Enter the Username **2** and password **3** associated with your Instagram account and click “Log In” **4**.

Next, click “Authorize” **5** to give Stride permission to pull the most recent photos from your Instagram to show up on your team page.

Once your account is connected, it will show under Current Account **6**. If you want to remove your Instagram feed from your profile page, click the “Remove” button **7**. To view your Instagram feed on your profile page, go to the public view and scroll down to the bottom. Your most recent photos will rotate along the bottom of the page. Users can click on a photo to open the photo in Instagram.

PLEASE NOTE:
Maximum size for photo is 6 MB. To change the photo size or for other support updating your team page, please see the option under the HELP tab called: How to manage your team profile page.

Instagram Photos:
This feature enables pictures from your Instagram account to be displayed on your [team page](#).
After clicking the button below, you will be asked by Instagram to log into your account and authorize sharing of your public content with Stride. After agreeing to this, your recent photos will be used on your team page.

1 [Click Here to Enable Instagram Photos](#)

[Save Profile](#)

Instagram

Username: **2**

Password: **3**

Forgot password? [Log in](#) **4**

Instagram

Hi **wellsal4, Stride** is requesting to do the following:

Access your basic information Your media & profile info

Not wellsal4? [Cancel](#) [Authorize](#) **5**

You should only authorize third-party applications that you trust, and you should understand how and when they will use your data. You may revoke this app's access at any time by visiting your profile page and clicking "revoke" in the access section.

PLEASE NOTE:
Maximum size for photo is 6 MB. To change the photo size or for other support updating your team page, please see the option under the HELP tab called: How to manage your team profile page.

Instagram Photos:
This feature enables pictures from your Instagram account to be displayed on your [team page](#).

6 **Current Account:**
Team Alex [Remove](#) **7**

[Save Profile](#)

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 Team” 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. 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 and click inside the text box to add a comment **4**. Type your comment, then click Post or Log in to Post **5**.

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 6 MB or any number followed by KB. To shrink an image, see below. 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.

The dashboard shows a navigation bar with links: Dashboard, Edit, Contact, Login, Roster, Email, Donations, and Buy Items. The main content area is divided into two sections. The top section, titled "Personal Profile", features a photo of Susan Jones, a "View my profile" button, and statistics: Donations: \$22.00, Goal: \$0.00, Facebook likes, and Facebook shares. To the right is a "Participant Donors" table with columns for Recognition Name, Amount, Comments, and Date, listing Susan Jones with a donation of \$22.00. The bottom section, titled "My Team", shows a photo of the Delaware Running Club, "View my Team" button (marked with a red circle 1), team statistics (Team Donations: \$69.00, Team Goal: \$2,500.00, Facebook likes, Facebook Shares), and a "My Team Goal" progress bar at 2.76%. To the right is a "Team Donors" table with columns for Recognition Name, Amount, Comments, and Date, listing Jim Johnson (\$25.00) and Susan Jones (\$22.00).

The team profile page for the Delaware Running Club includes a team photo, a "Delaware Running Club Members" list (Susan Jones, Jim Johnson), and social media sharing icons (Facebook, Twitter, Email, Print) marked with a red circle 2. The main text area contains a welcome message and a "Join Our Team" button (marked with a red circle 3). To the right, it displays "Our Funds Raised: \$89.00" and "My goal: \$2,500.00" with a 2% progress bar, and a "Donation History" table listing Jim Johnson (\$25.00), Susan Jones (\$22.00), and Jim Johnson (\$22.00). At the bottom, there is a "0 Comments" section with a "Sort by Oldest" dropdown, a comment input box with "Add a comment..." (marked with a red circle 4), an "Also post on Facebook" checkbox, and a "Post" button (marked with a red circle 5).

View Your Rosters

As a team captain, you have two rosters: donors and team members. Your rosters provide you with a list of all team members, donors, their contact information, and additional information, like shirt size. To view your rosters, click “Roster” on your dashboard.

To view either your team or donor roster, click “Team Members” or “Donors” on the Roster drop-down menu. To download a report of the roster, click “Download Report.” This will download a spreadsheet that you can view in Excel or other spreadsheet applications.