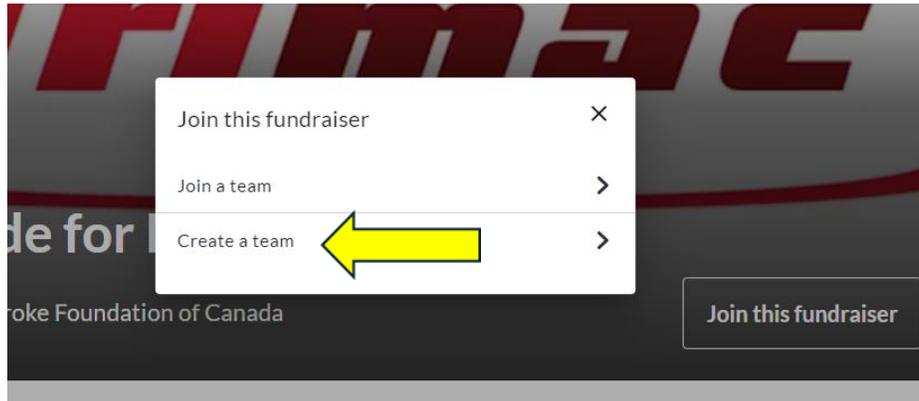
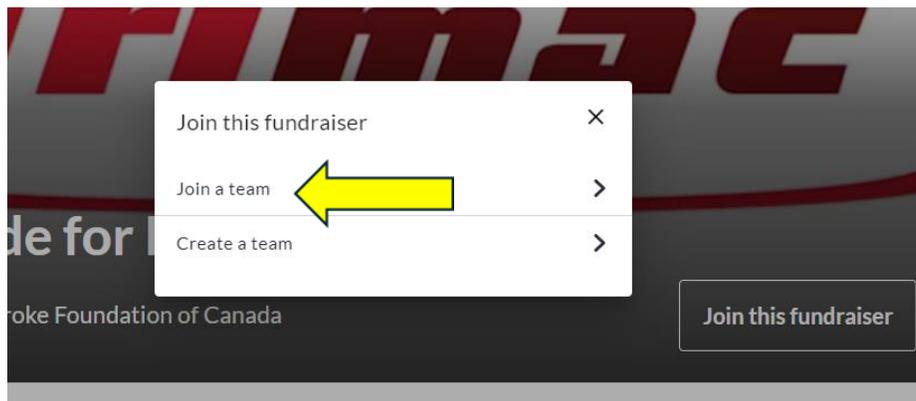


How to join Trimac's Ride for Heart

1. Visit our team page – [Trimac's Ride for Heart | Heart & Stroke Foundation \(crowdchange.ca\)](https://www.crowdchange.ca/trimacs-ride-for-heart)
2. Click “Join this fundraiser”, then either:
 - a. **If you are a team captain wanting to upload your team page**, click “Create a team” (then follow steps 3-5 below).



- b. **If you are a participant joining an existing team**, click “Join a team” (then follow steps 6 & 7 below).



For Team Captains Creating a Page:

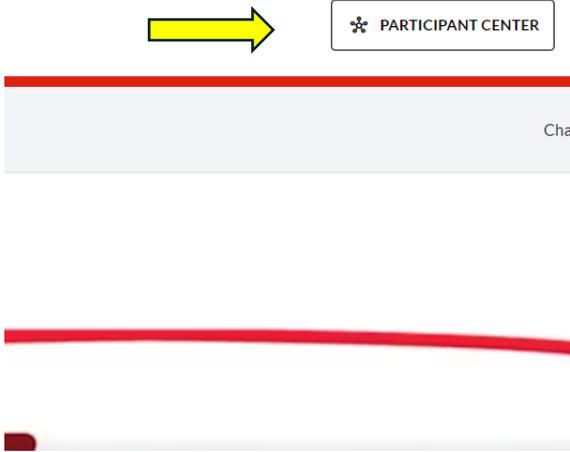
3. Fill out the required information, then click “Start a Team”.
4. Once on your Team's page, click “Join this Fundraiser”, then “Join this team”.
5. Fill in the required information, then click “Start a Fundraising Page”.

For Individuals Joining an Existing Team:

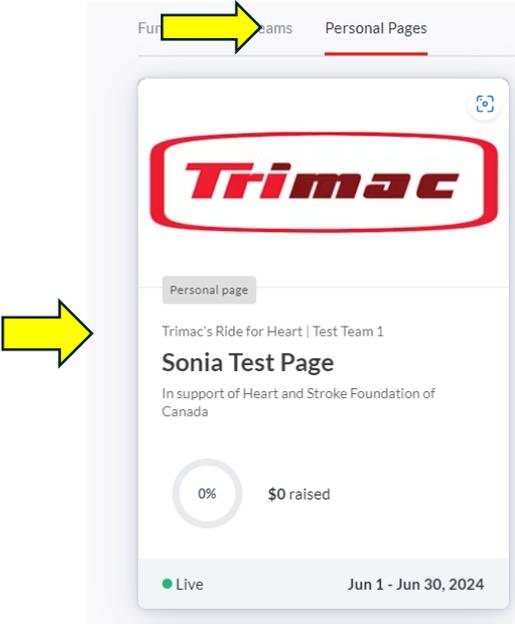
6. Find your team's name, then click the red “Join” button.
7. Enter in your information, then click “Start a Fundraising Page”.

How to Track Activity for Trimac’s Ride for Heart

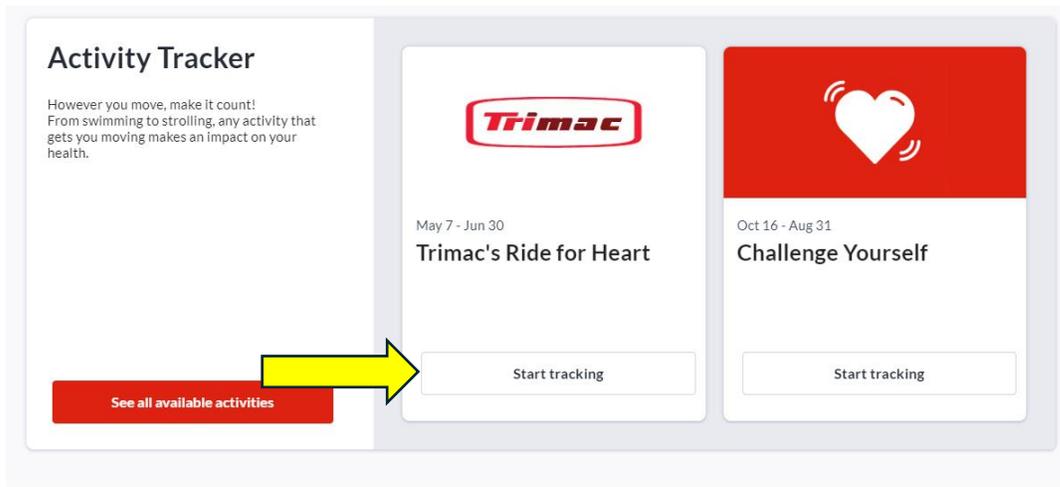
1. Once registered, click on the Participant Center located on the top of the page - see below.



2. Click on the “Personal Pages” tab and select your Trimac page.

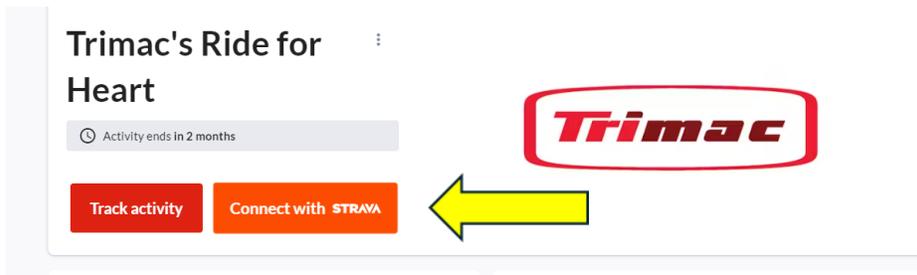


3. Scroll down to “Activity Tracker” and select “Start Tracking on “Trimac’s Ride for Heart”. then select the red “Start Tracking button again on the next page” – see below. ***PLEASE NOTE – Trimac’s Ride for Heart will not show in your Activity Tracker options until May 31.**



4. You have 2 options when tracking kms:

- a. You can connect with a Strava account, by clicking “Connect with Strava”. You can sign up for a free Strava account if you don’t already have one. All kms tracked this way will be auto-uploaded to your page.



- b. You can manually add activity by clicking “Track activity” and entering the date and distance. You can enter your activity daily or weekly for the entirety of the challenge. For an easy reference to convert kms for day-to-day activities, please use our [conversion chart](#).

