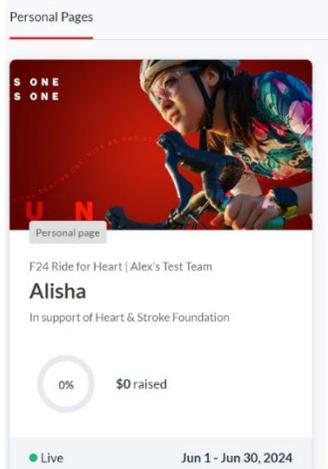


Ride for Heart

How to share your personal or team page on social media

1. Login to www.rideforheart.ca. This will take you to your Participation Centre. From here you can view all your personal or team pages. Select which you would like to share by clicking either **Team** or **Personal Pages** and then the Ride for Heart tile below.



2. This will take you to your Ride for Heart team or individual dashboard. On that page at the top right click the red **Share** button.



3. Make sure you are logged into the social media platform you wish to share on and click the corresponding icon on the pop-up window that appears and follow the prompts. Under **Copy link** you can copy your page URL and paste it into any social media post or email as well.

