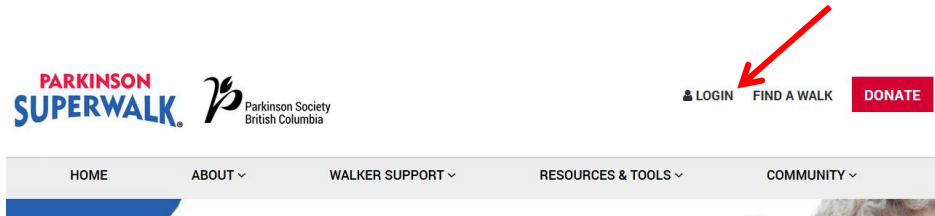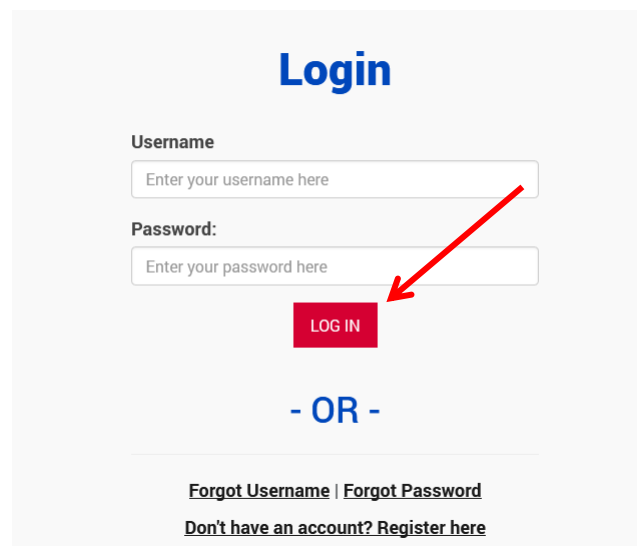# How do I update my participant page with my own story and picture?

1. Log into your Participant Centre by clicking on the **Login** button at the top right of the screen.

2. Enter your username and password and click **Login**.

   If you have forgotten your password or username, please follow the instructions "How to Login to your Participant Centre".

3. Click on the **Parkinson SuperWalk location** link. This will take you to your Participant Centre.

PARKINSON SUPERWALK.

4. You will land on your home page of your Participant Centre. Scroll down to **Personal Page.**

Your Fundraising Progress	Edit Goal
$0.00	$1,000.00

Badges
Badges are fun things you can earn.

Personal Page	
Personal Page URL: http://events.parkinson.bc.ca/site/TR/Events/SuperWalk21?px=1088122&pg=personal&fr_id=1330	URL Settings
Title Welcome to My Personal Page	Edit Content
Body I've been personally touched by the challenges of Parkinson's disease.	

5. From the Personal Page section, you will be able to edit the body text, upload a personal photo or short video and create a user-friendly URL.

   To personalize your story, click the **Edit Content** button in the Title text box. You may add to or delete any of the default messaging provided. <mark>Click **Save** when you are done.</mark>

Your Fundraising Progress	Edit Goal
$0.00	$1,000.00

Badges
Badges are fun things you can earn.

Personal Page	
Personal Page URL: http://events.parkinson.bc.ca/site/TR/Events/SuperWalk21?px=1088122&pg=personal&fr_id=1330	URL Settings
Title Welcome to My Personal Page	Edit Content
Body I've been personally touched by the challenges of Parkinson's disease.	

Tip: Type your personal story in a separate word document and save it. Then copy and paste your text into the Body text box. This will save you time in case your message does not get saved.

Edit Content

Welcome to My Personal Page

I've been personally touched by the challenges of Parkinson's disease.

All contributions, no matter how big or how small, are critical to those affected by Parkinson's. I hope you'll support my walk this year and help me reach my fundraising goal.

Every dollar is one step closer to improving the lives of those in need.

Please support me. Thank you!

Cancel   Save

6. To upload a personal photo, click the **Update Media** button at the bottom of the Personal Page section.

7. Click **Choose File**.

Note: The picture must be a .gif, .jpg or .png file. Images under 1MB are recommended. Maximum image width 10.4 in, 26.4 cm or 1000 px. Please contact Parkinson Society BC if you have difficulty with your image size.

Choose a personal photo from your computer. Click **Open**. Then click **Save/Upload**. Your image will appear in the box.

8. If you would like to change your personal URL to a user-friendly version (i.e. have your name be the last part of the website address), click **URL Settings**.

Personal Page

Personal Page URL: URL Settings

http://events.parkinson.bc.ca/site/TR/Events/SuperWalk21?
px=1088122&pg=personal&fr_id=1330

Title   Edit Content

Welcome to My Personal Page

9. When you are done, click **Log Out** at the top right of the page. For security, it is **very important to log out when you exit your Participant Page**.

Parkinson SuperWalk 2021   Help   Log Out

Parkinson SuperWalk
returns this September!