



## Quick Reference Guide

[walk.jdrf.org](http://walk.jdrf.org)

### Create a Personal Page in 5 Minutes!

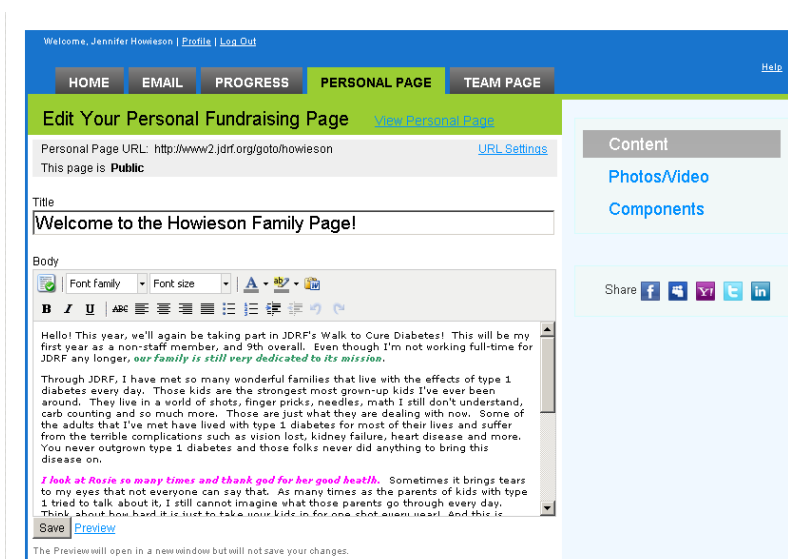
In this hand out, you will find instruction on how to create your Personal Page in about five minutes.

Now that you are registered for the Walk, you'll want to get your fundraising page up and running! Just follow these easy steps.

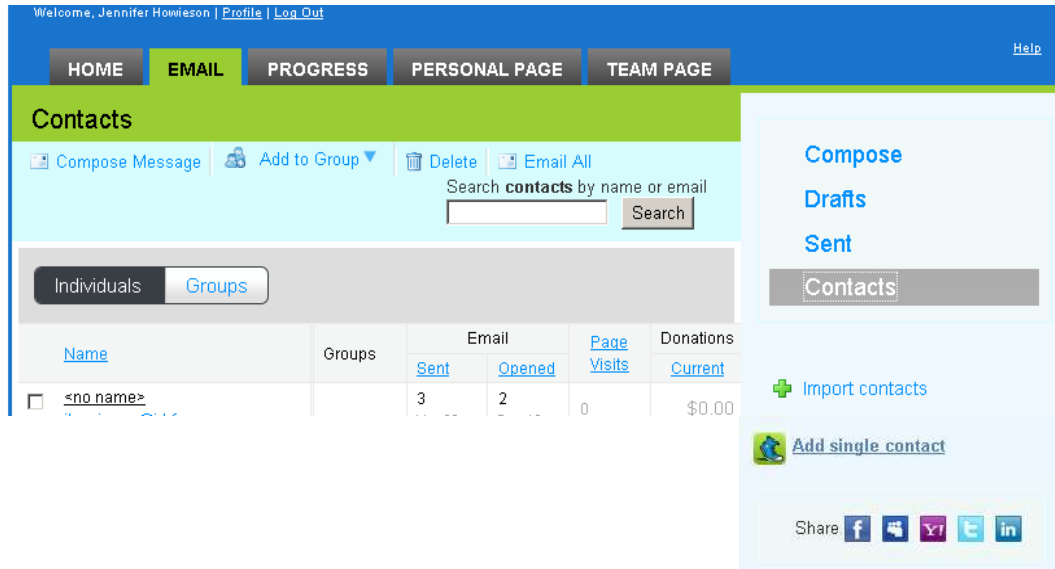
1. Log in to your "Participant Center" using your username and password.
2. Select the appropriate event
3. After accessing your "Participant Center" home page, select "Personal page" from the options along the top of the page.



4. Edit your "Personal Page." There are two important parts to editing your personal page.
  - 1) Upload a personal pictures and/or videos.
  - 2) Edit the content of the page by formatting the text and using your own JDRF story.
  - 3) You may also select to include or not include the "Components" of your "Status Thermometer" and "Fundraising Honor Roll."



5. Select “Save” so all changes are updated.
6. Go to the “Email Tab” and select “Contacts.”
7. Select “Import Contacts” to upload your address book.



8. Email fundraising letters to everyone you know by using the easy email tools in your “Personal Page!”

**If at any time you need assistance, please contact Jessica Tresp with the JDRF Dallas Chapter at (214) 764-6769 or jtresp@jdrf.org.**