



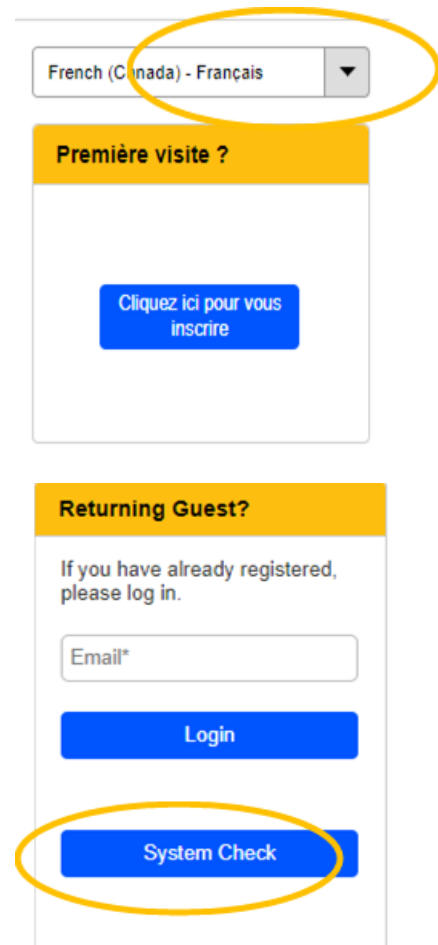
Spin, Sweat or Stretch to defeat diabetes

How to Optimize Your Ride Day Experience Within the Virtual Ride Environment

Thank you for logging on to join this year’s Sun Life Ride to Defeat Diabetes for JDRF! We have created an immersive and interactive environment for you to explore, interact with fellow Ride Participants and our Sponsors, where you will Spin, Sweat or Stretch as you Move Work Aside and Move for a Cure on October 7.

Here are our best tips to optimize your experience

- Plan ahead! Choose from 8 different ride hours, be sure your team is gathering (safely of course) to take part at the same time, allowing you and your team to meet, take part in one of 3 disciplines, explore and chat within the virtual Ride Environment.
- You can experience our Virtual Ride Environment on desktop, tablet, or any mobile device. No special software is required to join. All you need is a sound internet connection to log in, select Spin, Sweat or Stretch get ready to Move Work Aside and Move for a Cure.
- You can experience the Virtual Ride Environment in either English or French. Simply click on the toggle to select your language preference. For French, simply use the toggle on the login screen to select: French (Canada) – Français before you log in.
- We recommend joining using Explorer 8+, Google Chrome, Safari 5.0+, Firefox 3.6+ as a browser. Allow flash, disable pop-up blockers and disconnect from a VPN (if possible). If you are having difficulty with your corporate hardware, consider using a Personal Device.
- Our Virtual Ride Environment has a built in “System Check” utility to ensure your system is optimized for you to have the best experience within the Environment. Before you log in, click System Check and complete any suggested adjustments. You can do this ahead of time by [CLICKING HERE](#).
- If you need any help with logging on or navigating in the Virtual Ride Environment, a team of Tech Support is on standby to help! At the bottom of the login screen, there is a Technical Support link in the footer. Click this link if you need help at any time during your time exploring in the environment.



- Make sure you logged in using your unique email address. **If two Ride participants try and use the same email address to enter the system, both will be automatically logged out. If you experience this, reach out to our Technical Support Team by clicking on the button at the bottom of the Log In screen for assistance.**

MOVE WORK ASIDE

MOVE FOR A CURE



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- The Virtual Ride Environment is open from 7am EDT to 9:00pm EDT to explore. Ahead of your selected Ride time, watch for a broadcast message to appear on screen asking you to head to your discipline. You can do this by clicking the DISCIPLINE BUTTON in the BOTTOM navigation bar, on the main page or if visiting one of our booths, on the navigation box in the top right hand of your screen.

Spin, Sweat or Stretch with Us at:

	Pacific	Mountain	Central	Eastern	Atlantic	Newfoundland
Ride 1	6:00am	7:00am	8:00am	9:00am	10:00am	10:30am
Ride 2	7:30am	8:30am	9:30am	10:30am	11:30am	12:00pm
Ride 3	9:00am	10:00am	11:00am	12:00pm	1:00pm	1:30pm
Ride 4	10:30am	11:30am	12:30pm	1:30pm	2:30pm	3:00pm
Ride 5	12:00pm	1:00pm	2:00pm	3:00pm	4:00pm	4:30pm
Ride 6	1:30pm	2:30pm	3:30pm	4:30pm	5:30pm	6:00pm
Ride 7	3:00pm	4:00pm	5:00pm	6:00pm	7:00pm	7:30pm
Ride 8	4:30pm	5:30pm	6:30pm	7:30pm	8:30pm	9:00pm

- We are pleased to provide closed captioning of the Ride for all our disciplines and in both English and French. To view your fitness session with closed captioning, press play when you are in your room of choice and then click the settings cog and toggle "Caption" to "On".

