

153 Mile Challenge - Tell Your Story (Play Your Part)

We use Facebook as our Preferred Social Media Site for the 153 Mile Challenge. If you are **already registered with Facebook** you can simply become a fan and you will be able to post on the wall, add photos or post videos. Go to www.my153miles.co.uk, click the "Find us on Facebook" badge and then simply Log In (A). Once you are logged in click the "Become a Fan" Flag. You can start using the site as you would any other Public Profile.

If you are **not registered with Facebook** go to www.my153miles.co.uk, click "Find us on Facebook" and then click the "Sign Up" button (B). Once you have registered follow the steps above. Registering with Facebook is really simple and they provide comprehensive help to guide you through the Sign Up process and instructions on how to use their site (see links at bottom of any Facebook page for the Help Centre).

Once you are registered and have become a fan the two most important parts of the site you will use are "Suggest to Friends" (C) and the "Wall, Photos and Video Tabs" (D). Obviously the "Suggest to Friends" button means you can get your friends and family to become fans and they can then follow your 153 Mile challenge event or journey from any PC in the world. This should be your first step to 'Tell Your Story'.

You can **become a 153 Mile Challenge Exclusive Event by registering your event (or journey)**. As before go to www.my153miles.co.uk and click 'Register Your Event'. By becoming an Exclusive Event we will help you 'Tell Your Story'; promote your event or journey; help you raise funds for charity (either your own or our Signature Charities). Please see the "Boxes Tab" on the site for more information on our Signature Charities.

Once your event is registered and you have been selected to become an Exclusive Event you will be allocated an Activity Mentor (or Mentor Team). Your Mentor will contact you directly and arrange via Facebook Chat and/or Live Video Chat (on Windows Messenger) the best way to help you 'Tell Your Story'.

www.my153miles.co.uk 



Example Page - 153 Mile Challenge works in the same way