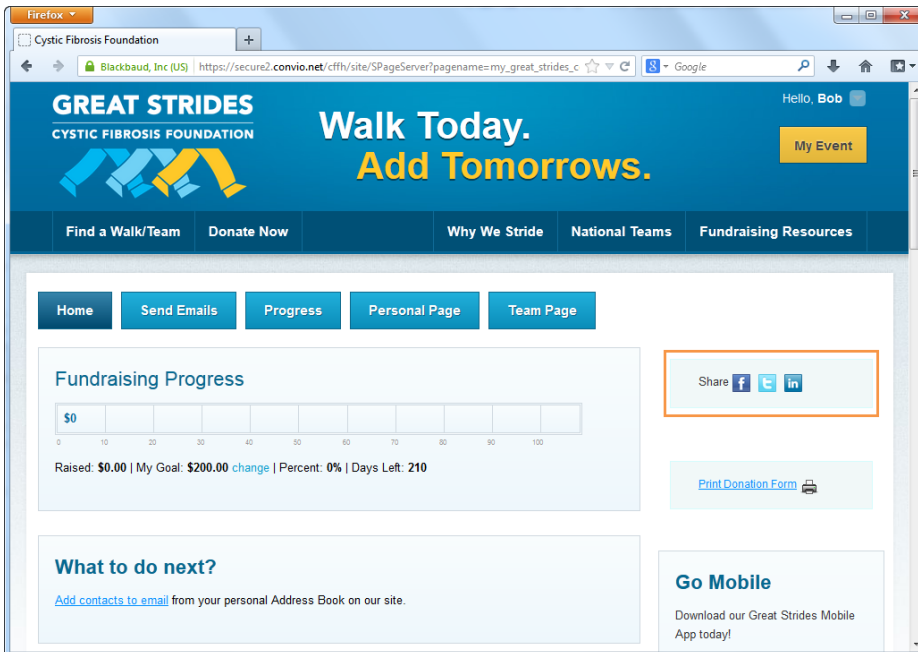


Social Media and Sharing Tips

One of the easiest and quickest ways to get support and donations for Great Strides is to share your personal page with your friends and family. You can use the social media tools Facebook, Twitter, and LinkedIn, to post a status update about your participation in Great Strides.

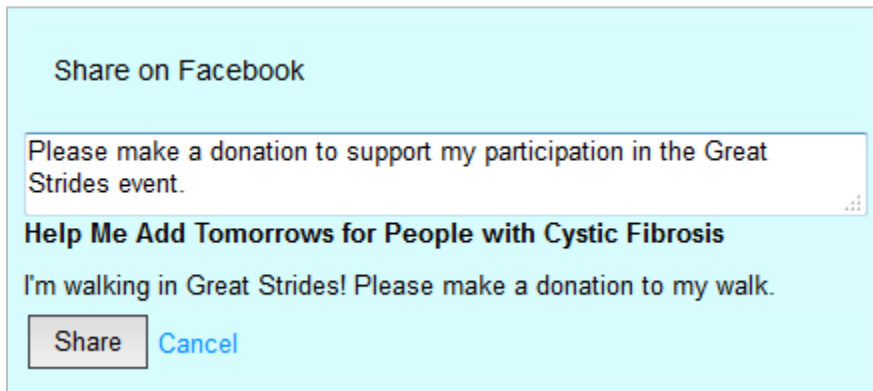


Facebook

Post a status update to share with friends and family to help raise support for your participation in the Great Strides walk. Your update will contain a link to your personal page.

To Post a Status Update to Facebook:

1. Log in to the Great Strides website.
2. Click my event(s) to enter your participant center.
3. On the right side of the page, click the Facebook icon and the following box will pop up.



Share on Facebook

Please make a donation to support my participation in the Great Strides event.

Help Me Add Tomorrows for People with Cystic Fibrosis

I'm walking in Great Strides! Please make a donation to my walk.

[Cancel](#)

4. Enter your message.
5. Click **Share**.
 - a. You may be prompted to log in to your Facebook account.
 - i. Enter your user name and password.
 - ii. Click **Allow Access** to share your message.
6. The message will post on your Facebook status.

Twitter

You have 116 characters to use to tweet about your participation in Great Strides. A link to your personal page will be added at the end of the tweet.

To Post a Tweet to Twitter:

1. Log in to the Great Strides website.
2. Click my event(s) to enter your participant center.
3. On the right side of the page, click the Twitter icon and the following box will pop up.



The screenshot shows a light blue dialog box titled "Share on Twitter". Inside the box, there is a text input field containing the message: "Please make a donation to support my participation in the Great Strides event." Below the input field, a small text label reads "A short URL will be added to the end of your Tweet." To the right of this label is a character count "38". At the bottom of the dialog box, there are two buttons: a grey "Share" button and a blue "Cancel" button.

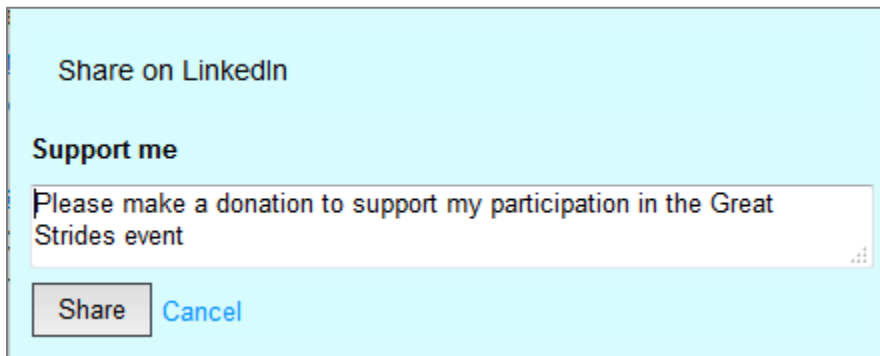
4. Enter your message.
5. Click **Share**.
 - a. You may be prompted to log in to your Twitter account and allow Cystic Fibrosis Foundation to post tweets to your account.
 - i. Enter your user name and password.
 - ii. Click **Allow Access** to share your message.
6. The message will post on your Twitter feed.

LinkedIn

You can share your story with all members of your network to help raise awareness and support for your participation in Great Strides. A link to your personal page will be added to the end of your update.

To Share on LinkedIn:

1. Log in to the Great Strides website.
2. Click my event(s) to enter your participant center.
3. On the right side of the page, click the LinkedIn icon and the following box will pop up.



Share on LinkedIn

Support me

Please make a donation to support my participation in the Great Strides event

Share Cancel

4. Enter your message.
5. Click **Share**.
 - a. You may be prompted to log in to your LinkedIn account and allow Cystic Fibrosis Foundation access to your profile, email address and post updates on your behalf.
 - b. Enter your user name and password.
 - c. Click **Allow Access** to share your message.
6. Your message will appear as a status update.

Use the social media tools to keep friends and family updated on your progress. It's a great way to raise money and support your Great Strides efforts.