

Five Steps to Join the WRW Message Board

You're just a few steps away from being part of the WRW global women's running network! Joining and posting to the new WRW Worldwide Message Board is easy, private and free -- you just have to do these five things:

1. *Choose User Name & Password:* Click "Register" at the top of the [message board](#) and "Agree" to the terms and conditions of use. Choose a User Name (it will be visible to others) and a password. You know this drill.

2. *Customize Yourself:* Once you are logged in, click on "User Control Panel" at the top of the [message board](#). Fill in your Profile to tell other registered users a little about yourself --- you don't have to provide any personally identifiable information, but location and running pace are helpful!

You can also add a tag **signature** and, for a little visual to go with your text, upload an **avatar** that will appear beside any of your postings. **** Easy avatars -- use any photo or image you want and shrink it to avatar size using the free service at [ShrinkPictures.com](#). ****

3. *Set Your Board Preferences & Allow Private Messaging:* The best way to find running partners at your destinations is to post to the board and then let other users contact you off-list, i.e. "private messaging." (They won't know your email address unless you provide it to them). You can block certain users or change this setting at any time. Click on [Board Preferences](#) and complete all three screens -- Global Settings, Posting Defaults, and Display Options.

4. *Subscribe to Your Area Forum & the Globetrot Discussion Forum:* You can either bookmark or subscribe to certain Forums and Topics. Bookmarking on the message board is much like bookmarking in your web browser -- you aren't alerted when there's an update, but you can come back to the topic later. Subscribing, however, will notify you when there is an update to the Topic or Forum on the board.

To subscribe to a specific Forum, click the "[Subscribe forum](#)" link at the bottom upon entering the forum. To subscribe to a Topic, reply to the Topic and check the "subscribe" checkbox, or click the "Subscribe topic" link within the topic itself.

If you can meet travelers for a run or walk and show them around your city, make sure to subscribe to your area Forum so you'll be alerted when a WRW member needs a running or walking partner! You also might want to subscribe to the [Globetrot general discussion forum](#).

5. *Post Your Favorite Running Route or Upcoming Race:* To post a new Topic in a Forum, just click the relevant button on either the Forum or Topic screens. You must be registered to post a message.

For easy-to-map running routes, try <http://www.walkjogrun.net/> or <http://www.mapmyrun.com/> .