



MYELOMA
CANADA
MAKING MYELOMA MATTER



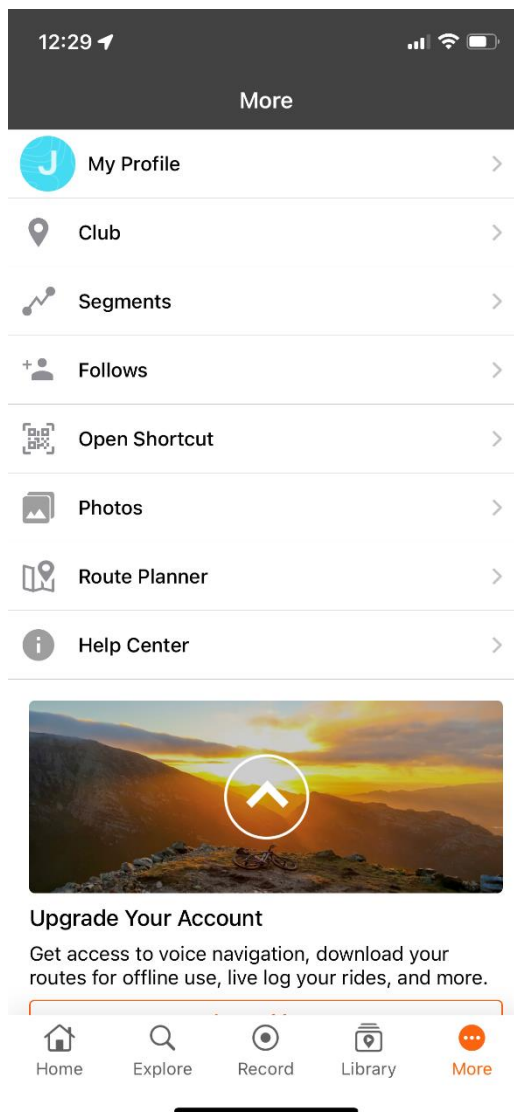
THE MYELOMA CANADA RIDE

Ride With GPS Mobile Directions

1. Download the Ride with GPS App from your mobile APP store



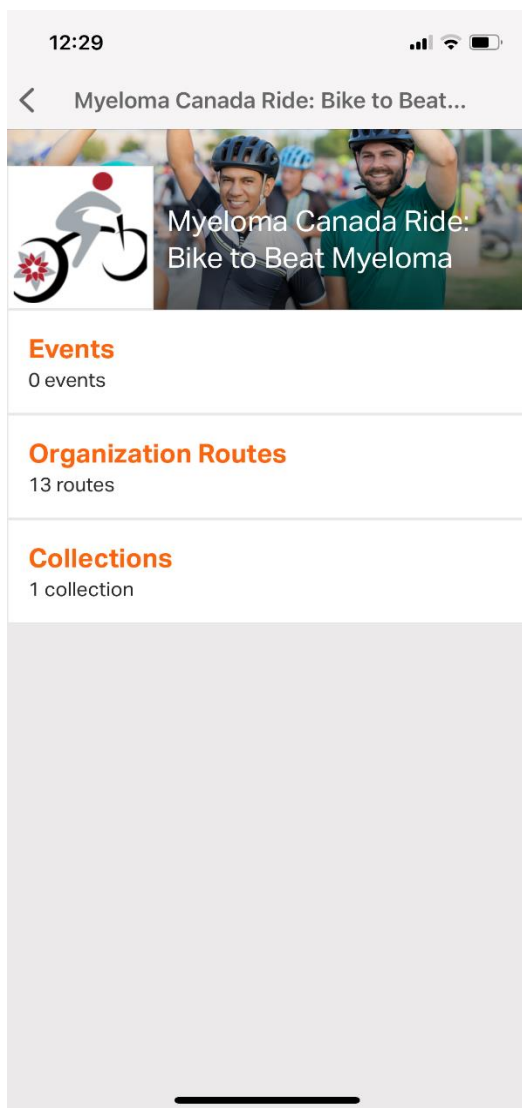
2. Login with the same account you created on your computer, once logged in you will see the following screen:





THE MYELOMA CANADA RIDE

3. Click on the "Club" menu item and choose Myeloma Canada Ride:

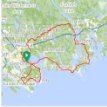


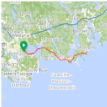



4. Next choose the 'Organization Routes' to bring up a menu of Myeloma Canada Ride routes to choose from:

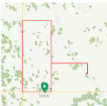
12:29 📶 🔋

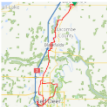
← Back Routes

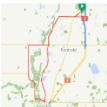
 **Halifax Myeloma Long ride**
Cole Harbour, Nova Scotia, CA
77.7km 465m
Nov 15, 2022 at 9:48 AM ⋮


 **Halifax Myeloma Ride Short**
Cole Harbour, Nova Scotia, CA
41.0km 144m
Nov 15, 2022 at 9:46 AM ⋮


 **Spruce View - Benalto - Mark...**
Red Deer County, Alberta, CA
85.7km 352m 📄 ⋮

 **Spruce View - Markerville via...**
Red Deer County, Alberta, CA
66.4km 244m 📄 ⋮

 **C&E Trail-Unique Ride Long 2...**
Lacombe, Alberta, CA
67.7km 385m 📄 ⋮

 **Red Deer - Innisfail via E-C Trail**
Gasoline Alley, Alberta, CA
59.8km 347m 📄 ⋮

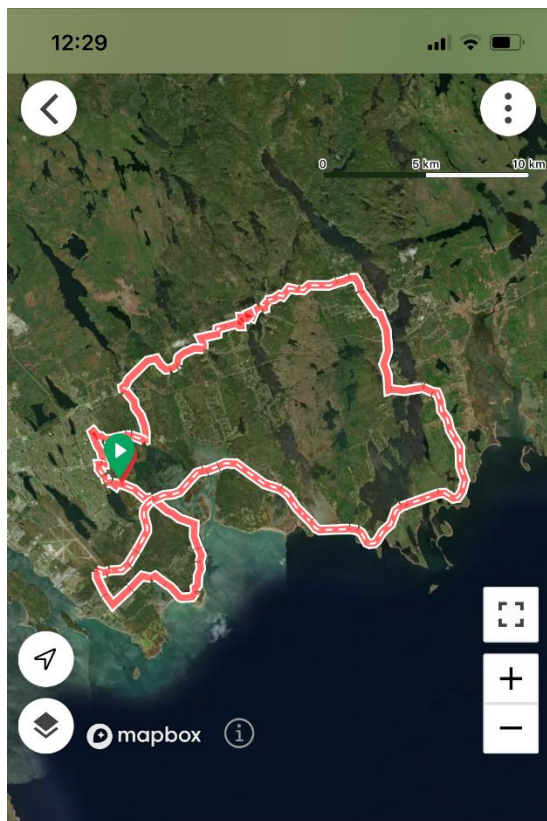
 **Spruce View - Benalto - Mark...**
Red Deer County, Alberta, CA
88.3km 407m 📄 ⋮

 **Richmond MC 70 Km route Fi...**
Richmond, British Columbia, CA



THE MYELOMA CANADA RIDE

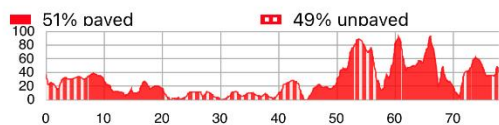
5. Once you locate your route you select it – it will bring you to the following screen:



Halifax Myeloma Long ride

77.7 km 465 m --:-- est. time

Route created Nov 15, 2022 at 9:48 AM by Myeloma Canada R





6. To then navigate the route you choose the orange 'Navigate' button then a pop up will appear. Here you will choose "Start Navigating"

