



**MYELOMA  
CANADA**  
MAKING MYELOMA MATTER



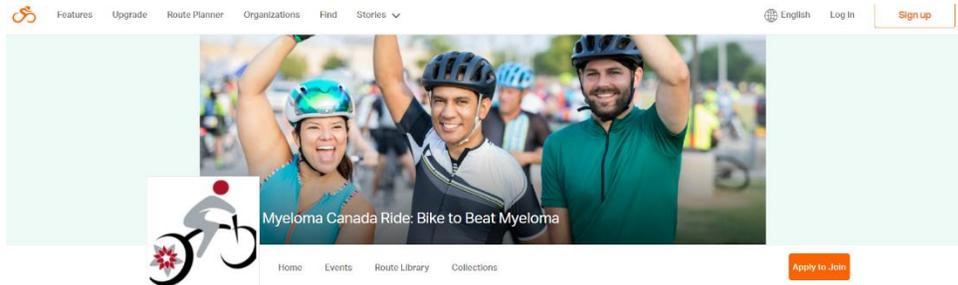
THE MYELOMA CANADA RIDE

## Ride with GPS User Directions

To access Ride with GPS (RWGPS) click on this link: [Myeloma Canada Ride: Bike to Beat Myeloma \(ridewithgps.com\)](https://ridewithgps.com).

From here you will be able to take the necessary steps to apply to join the Myeloma Canada Ride Club

**1. First Step is to Click on the "Apply to Join" button.**



### Ride with GPS Club Account

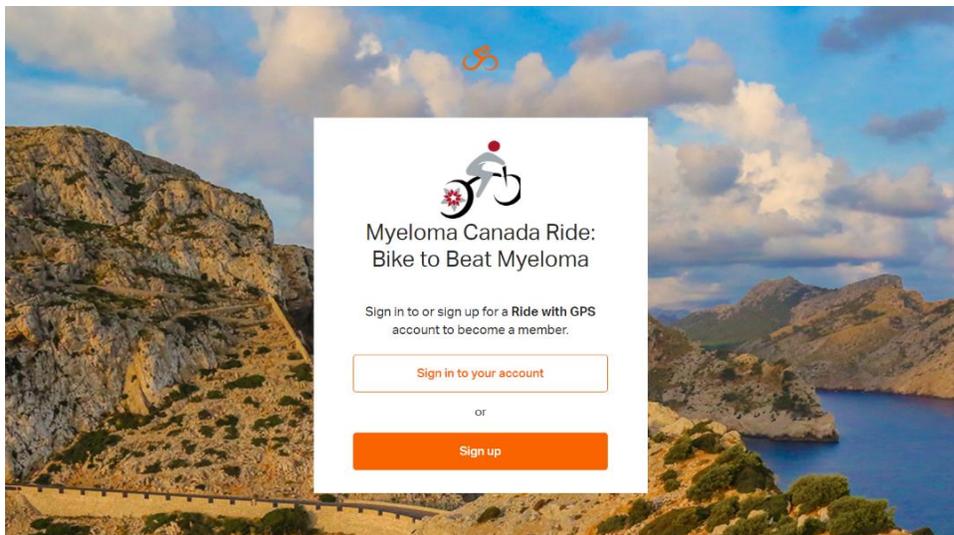
Welcome to the Ride with GPS Club Account. This is our central repository of routes and weekly events. All active club members have access to premium navigation features on all club routes and events:

- Voice Navigation in our mobile app
- Offline Maps in our mobile app
- PDF Maps + Cuesheets
- Advanced Turn Notifications with TCX files
- Estimated time
- [Club Account Member Benefits Page](#)

#### CONTACT US

Justin Moore  
[jmoore@myeloma.ca](mailto:jmoore@myeloma.ca)

**2. Next you will have to either sign in to an existing account or create a new user account.**





THE MYELOMA CANADA RIDE

If you are creating a new account your screen will look like the picture below

  
Create a Ride with GPS account

First name  
[input field]

Last name  
[input field]

Email address  
[input field]

Email confirmation  
[input field]

Password  
[input field]

Can we send you email notifications about major site updates and improvements?

**Sign up**

or

 Sign up with Facebook

By signing up you are agreeing to our Terms of Service

3. Once you sign up it will bring you right into the Club page. When you log in you will see the below dashboard – to enter the "CLUB", you will click on the Myeloma Canada Ride Icon or logo about ¾ down the left hand side.

**A**  
Ava Moore

- Dashboard
- Calendar
- Routes **NEW!**
- Rides
- Collections
- Analyze
- Upload
- Feed
- More



**WELCOME TO RIDE WITH GPS**

You are about to discover the best tools available to help you plan, navigate, and share your routes and rides. Let's get rolling!

### Find Routes

Discover routes in your area or halfway around the world. Quickly and easily send routes to your phone or GPS device to start navigating.

### Plan a Route

Use the route planner to create completely custom routes and cuesheets. Just click on the map to plot your route, and the planner will take care of the cuesheet automatically.

### Record & Navigate

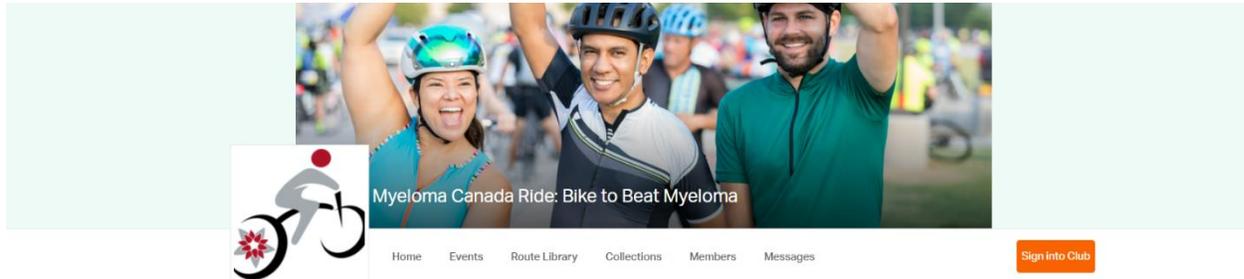
Install the Ride with GPS mobile app to navigate and record your rides to your Ride with GPS profile.

**NEED HELP?**

Submit a ticket through our [help system](#), or simply email us at [info@ridewithgps.com](mailto:info@ridewithgps.com). We have staffed support 7 days a week.



4. Once you click on the icon you will see the following page. This is where you will need to "Sign in" to the club account / page.



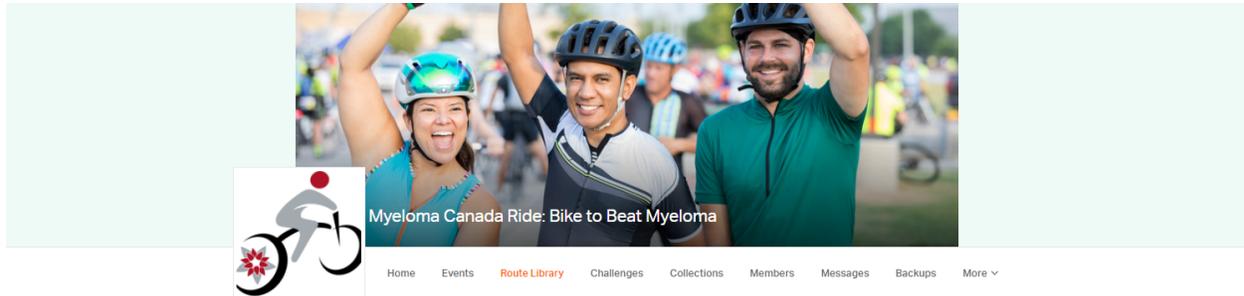
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When signed in you will see a list of routes to select / view as a rider:



### Route library

[Export CSV](#) [View archived routes](#)

Filter by tag  by Name  by Location  Any length Any elevation gain

<input type="checkbox"/>	Name	Tags	Location	Dist (mi)	Ele (ft)	Privacy	Updated		<a href="#">View</a>
<input type="checkbox"/>	C&E Trail-Unique Ri...	AB	Lacombe, Alberta	42.1	1263	Public	11/01/22		<a href="#">View</a>
<input type="checkbox"/>	Halifax Myeloma L...		Cole Harbour, Nova Scotia	48.3	1527	Public	11/15/22		<a href="#">View</a>
<input type="checkbox"/>	Halifax Myeloma Ri...		Cole Harbour, Nova Scotia	25.5	473	Public	11/15/22		<a href="#">View</a>
<input type="checkbox"/>	Niagara_MC Ride_...		Thorold, Ontario	42.6	361	Public	05/15/22		<a href="#">View</a>
<input type="checkbox"/>	Niagara_MC Ride_...			28.7	130	Public	05/02/22		<a href="#">View</a>
<input type="checkbox"/>	Red Deer - Innisfail...	AB	Gasoline Alley, Alberta	37.2	1141	Public	11/01/22		<a href="#">View</a>
<input type="checkbox"/>	Richmond MC 70 K...		Richmond, British Columbia	44.2	796	Public	05/14/22		<a href="#">View</a>
<input type="checkbox"/>	Richmond MC Ride...		Richmond, British Columbia	20.9	367	Managers	05/15/22		<a href="#">View</a>
<input type="checkbox"/>	Spruce View - Ben...	AB	Red Deer County, Alberta	48.3	1034	Public	05/10/22		<a href="#">View</a>
<input type="checkbox"/>	Spruce View - Ben...	AB	Red Deer County, Alberta	54.9	1338	Public	11/01/22		<a href="#">View</a>
<input type="checkbox"/>	Spruce View - Ben...	AB	Red Deer County, Alberta	53.3	1158	Public	11/01/22		<a href="#">View</a>
<input type="checkbox"/>	Spruce View - Mar...	AB	Red Deer County, Alberta	24.0	471	Public	05/12/22		<a href="#">View</a>



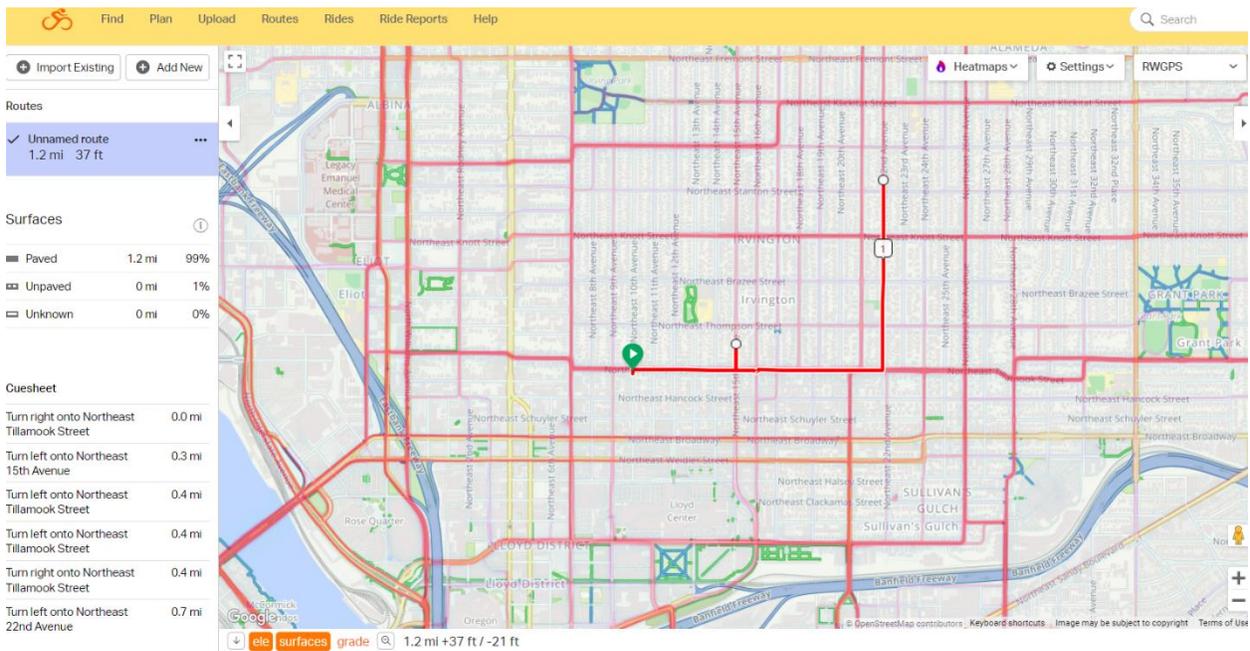
As a Ride Organizer you will need to create / upload your route. To do that you will click on the "plan" menu option located at the top of the page



### Route library

[Export CSV](#)

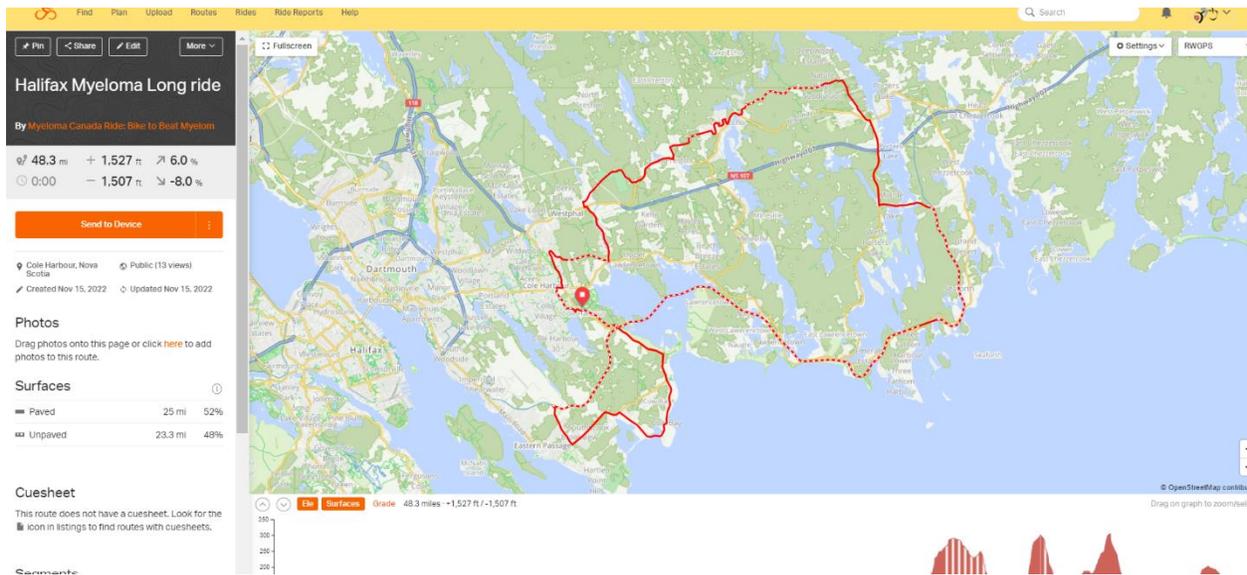
When "planning" your route you can choose to upload a GPX file from your computer or you can create one directly in RWGPS



To create a new one you click on the 'Add new' to upload or Import you choose the "Import Existing" selection.



For the Volunteers and Riders who will need to Navigate the Route they will log in and Choose to "view" the route of their choice



From their computer they can send the route to their device or they can choose to log into the APP from their device and open up the route – See Document on using RWGPS Mobile for further details.