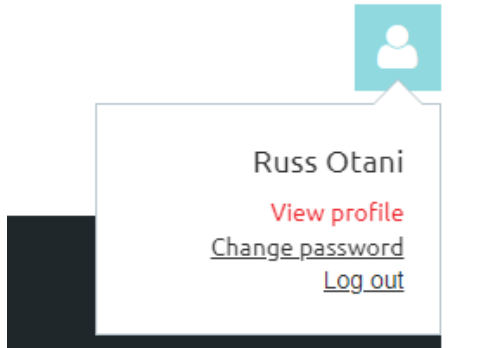


How to add yourself to an email distribution list

1. Go to www.eastsiderunners.com
2. Sign on with your username and password.
3. In the upper right corner, click on your profile icon



- 4.
5. Click on "View Profile"

My profile

EDIT PROFILE

[My directory profile](#)

- 6.
7. Click on "Edit Profile"
8. Scroll down to "Group Participation"

- Group participation
- Long Run email list
 - Monday Bothell runners
 - Saturday Morning Run email list
 - Saturday Run Leaders
 - Thursday night Redmond Email List

- Track group
- Tuesday Night Trail Runners

Choose participation in different email lists, depending on which club runs you are interested in. (You can change your participation in any email list at any time, and receiving the email does not obligate you to attend any club run.)

- 9.
10. Check or uncheck groups you want to get email notifications for.
11. Don't forget to save your changes.

My profile

SAVE

CANCEL