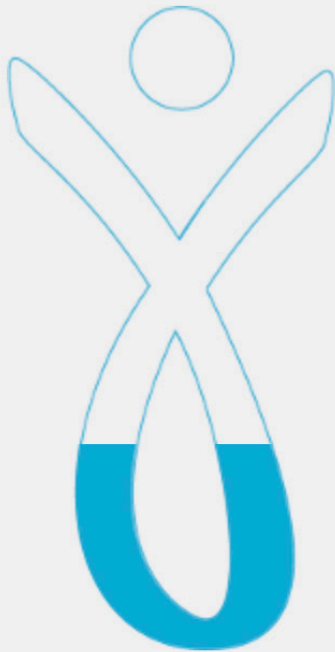




# CARES Virtual 5k Progress Bar

**1.609 Kilometers**

of 5 Kilometer goal



1. Login to your Participant Center & click the “My Info” tab
2. Hover over your profile & click “Edit”
3. Scroll to the field “Endurance” & enter your completed kilometers

You can use a decimal (a mile is 1.609 kilometers) or a number larger than five if you exceed the 5k goal!

Make sure to click save, then click the “My Page” tab to see your newly filled progress ribbon!

If you’ve completed the steps above and your ribbon is not updating, reload the page by pressing the CTRL and F5 buttons on your keyboard at the same time.

For more help, email us at [sk8@scottcares.org](mailto:sk8@scottcares.org).

Thanks to your support we can continue to advance survivorship & quality of life for cancer patients everywhere.