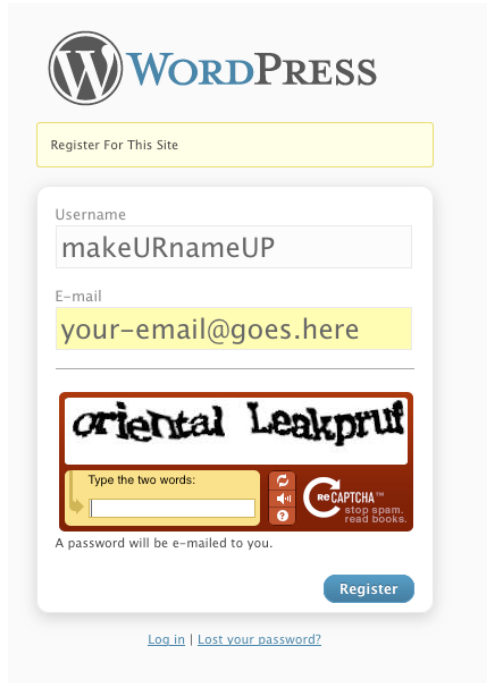


## HOW TO: Sign up for automatic weekly emails from SAA website

### Step 1. Register for an account at the SAA website

Go to: <http://www.thesaa.ca/wp-login.php?action=register>  
and fill out the form.



The image shows a WordPress registration form for the website 'thesaa.ca'. At the top, there is the WordPress logo and the text 'Register For This Site'. The form fields include: 'Username' with the value 'makeURnameUP', 'E-mail' with the value 'your-email@goes.here', and a CAPTCHA challenge with the words 'oriental Leakpruf'. Below the CAPTCHA, there is a text input field for the password and a 'Register' button. At the bottom, there are links for 'Log in' and 'Lost your password?'.

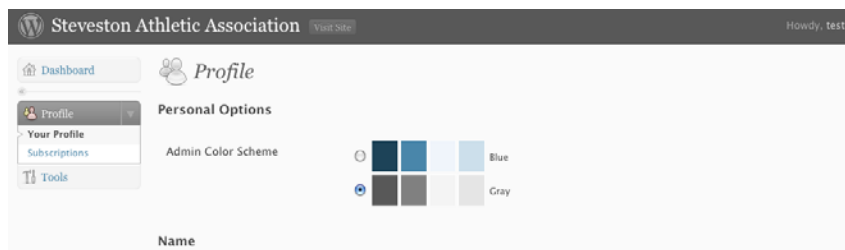
### Step 2. Check your email for your username and password details.

### Step 3. Login to the SAA website

Go to: <http://www.thesaa.ca/wp-login.php>

enter the username/password details that were sent to your email (Step 2).

### Step 4. Update your profile (optional)



The image shows the WordPress user profile page for the 'Steveston Athletic Association'. The page title is 'Profile' and the user is logged in as 'Howdy, test u'. The page is divided into a sidebar with 'Dashboard', 'Profile', 'Your Profile', 'Subscriptions', and 'Tools'. The main content area is titled 'Personal Options' and includes 'Admin Color Scheme' with two options: 'Blue' and 'Gray'. Below this, there is a 'Name' field.

First name   
 Last name   
 Nickname (required)   
 Display name publicly as

**Contact Info**

E-mail (required)   
 Website   
 AIM   
 Yahoo IM   
 Jabber / Google Talk

**About Yourself**

Biographical Info   
Share a little biographical information to fill out your profile. This may be shown publicly.

New Password  If you would like to change the password type a new one. Otherwise leave this blank.  
 Type your new password again.

Strength indicator  Hint: The password should be at least seven characters long. To make it strong case letters, numbers and symbols like ! " ? \$ % ^ & ).

[Update Profile](#)

Update your profile with your personal information (optional)

Change your password to something more memorable (optional)

### Step 5. Update your subscription preferences.

Click on the “Subscriptions” menu found on the left hand side of the page

Update your “Receive periodic summaries of new posts?” settings to YES.

Steveston Athletic Association [Visit Site](#) Howdy, test user | Turbo | Log Out

[Dashboard](#) *Notification Settings* [Help](#)

Profile

Your Profile  
 Subscriptions  
 Tools

Receive periodic summaries of new posts?:  
 Yes  No

[Update Preferences »](#)

**That's it! You're done.**

Once successful, you will receive weekly emails that look something like this!

**[Steveston Athletic Association] Weekly Digest Email**

Inbox | X

☆ ● the SAA

[show details](#) 11:05 PM (15 hours ago)

Steveston Athletic Association has posted a new item, "

Weekend Race Report: 01-Nov-09

<http://www.thesaa.ca/2009/11/01/weekend-race-report-01-nov-09/>

The ING New York City Marathon - Nov 1, 09

As Meb Keflizghi (2:09:15) set a new personal best en route to becoming the first American men's winner of the ING New York City Marathon since 1982 and one of history's all-time great distance runners, Derartu Tulu (2:28:52) of Ethiopia, won her first ING New York City [...]

Precision Health Shoe Drive

<http://www.thesaa.ca/2009/11/01/precision-health-shoe-drive/>

Do you have old running shoes sitting in your closet that cannot be used for running anymore?

Why not give them to someone who needs them?

Bring your wearable, gently used shoes to Precision Health until November 30, 2009 and we will donate them to Covenant House and the Downtown Eastside Women's Centre.

Or, bring them to the [...]

Run Inn the Woods - 8km, Nov 29th

<http://www.thesaa.ca/2009/11/04/run-inn-the-woods-8km-nov-29th/>

For those looking for a shorter local run benefiting a great cause, well here's one - Run Inn the Woods on Sunday November 29th. See the attached poster for more details.

RunInn the Woods brochure 2009

**Questions? Or need help signing up?**

**Email: Joanne Fox at, [web@thesaa.ca](mailto:web@thesaa.ca)**