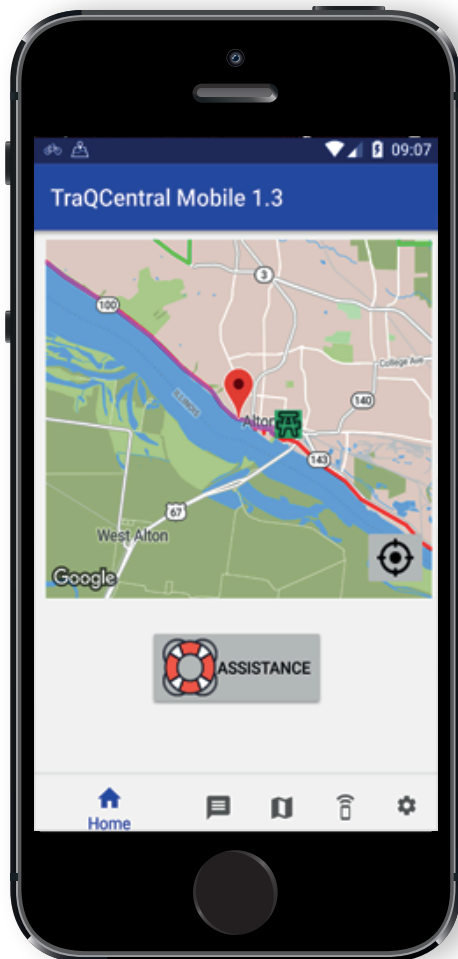# EMPIRE STATE RIDE
TO END CANCER

RIDER TRACKING APP

SAFETY IS JOB #1. HELP US, HELP YOU.

1 **Search and Download TraQCentral 4 Participant**

a. Create Account
b. Choose '**Empire State Ride**' from the list of events
c. Enter Bib Number-The number on your helmet sticker.
d. Before beginning your ride, click 'Start Now' and that's all! We can now track your exact location from our command center and provide more precise support.

2 **How to Request Assistance**

a. Click the Assistance box.
Choose your type of requested assistance.
(If an Emergency, please call 911 before submitting a request for assistance)
b. Enter any optional comments or details.
c. Click Send.
d. The Empire State Ride Command Center will be alerted. We will respond with the expected ETA of Support Staff/Vehicle. You can view notifications by clicking on the Messages box or comments icon at the middle/bottom of the home screen.

3 **How to Share Progress with Friends & Family**

a. Click the Menu icon in the Share Progress & Photos section of the Home page/screen.
b. Click the Share icon.
c. Choose the method you wish to send (Text or Email).
d. Choose people from your contact list.
e. Click Send. Your chosen contacts will receive a web link they can click. It will display your up-to-the minute location.