

**MOVE WORK ASIDE.  
MOVE FOR A CURE.**



## How to Optimize Your Virtual Ride Day Experience

Thank you for logging on to join this year's **Sun Life Ride to Defeat Diabetes for JDRF!** This year, you and your team can participate in the Ride anytime and from anywhere that fits your busy schedule "on-demand" via YouTube or Vimeo. This guide will highlight some helpful tips and tricks to get you ready to have the best experience as you Spin, Sweat or Stretch and Move Work Aside and Move for a Cure this October.

### *Here are our best tips to optimize your experience:*

- Plan ahead! Be sure your team is gathering to take part at the same time, allowing you and your team to meet virtually or in-person, and take part in one of three fitness sessions.
- You can experience the Virtual Ride on desktop, tablet, or any mobile device. No special software is required to join. All you need is a sound internet connection to log in, select Spin, Sweat or Stretch get ready to Move Work Aside and Move for a Cure.
- You can experience the Virtual Ride in either English or French. Simply log onto [www.jdrfride.ca](http://www.jdrfride.ca) for English or [www.frdjroutons.ca](http://www.frdjroutons.ca) for French.
- You can view the Ride "on-demand" via YouTube or Vimeo. We recommend joining using Explorer 8+, Google Chrome, Safari 5.0+, Firefox 3.6+ as a browser. Allow flash, disable pop-up blockers and disconnect from a VPN (if possible). **If you are having difficulty with your corporate hardware, consider using a Personal Device.**
- If you require close captioning for the Virtual Ride, we recommend joining with YouTube and clicking the "CC" button in the bottom left of the video screen to have close captioning enabled.



If you need any help with logging on, connect with our Ride Support Team at [ride@jdrf.ca](mailto:ride@jdrf.ca) or call 1.877.505.5373. Our Team is available Monday-Friday, 8:30am-5pm.