

Email Notification and more

Just below the "...: **Message Board** :..." Click on "**My Settings**"

All along the left side of "**User Setting**" Click on each "+" sign (User Settings, Tracking / Subscription, Admin Settings)

Click on the "+" signs in "Tracking Forum" (Announcements, Discussions, Events Races and Runs, Website)

Click in each box (place a check mark) of each area you would like to receive an email notification for any new activity

Review each item, you may activate or change each item in the **User Setting** area

If you have a question about any of the items, click on the "?" and a description will appear about the function