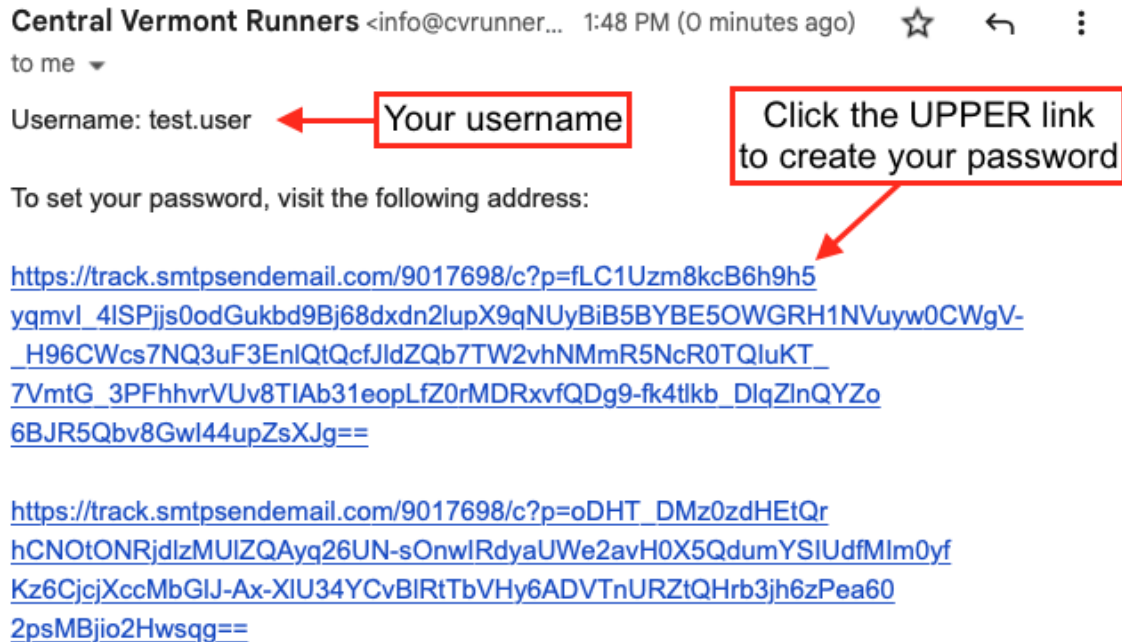


CVR Login Instructions

Follow these steps to create your CVR Membership password and log in to the membership app in cvrunners.org

The CVR website has been built using Wordpress. You will receive an email from Wordpress to let you know that an account has been set up for you. Your username will be in the form firstname.lastname, and your username will be included in the email from Wordpress.



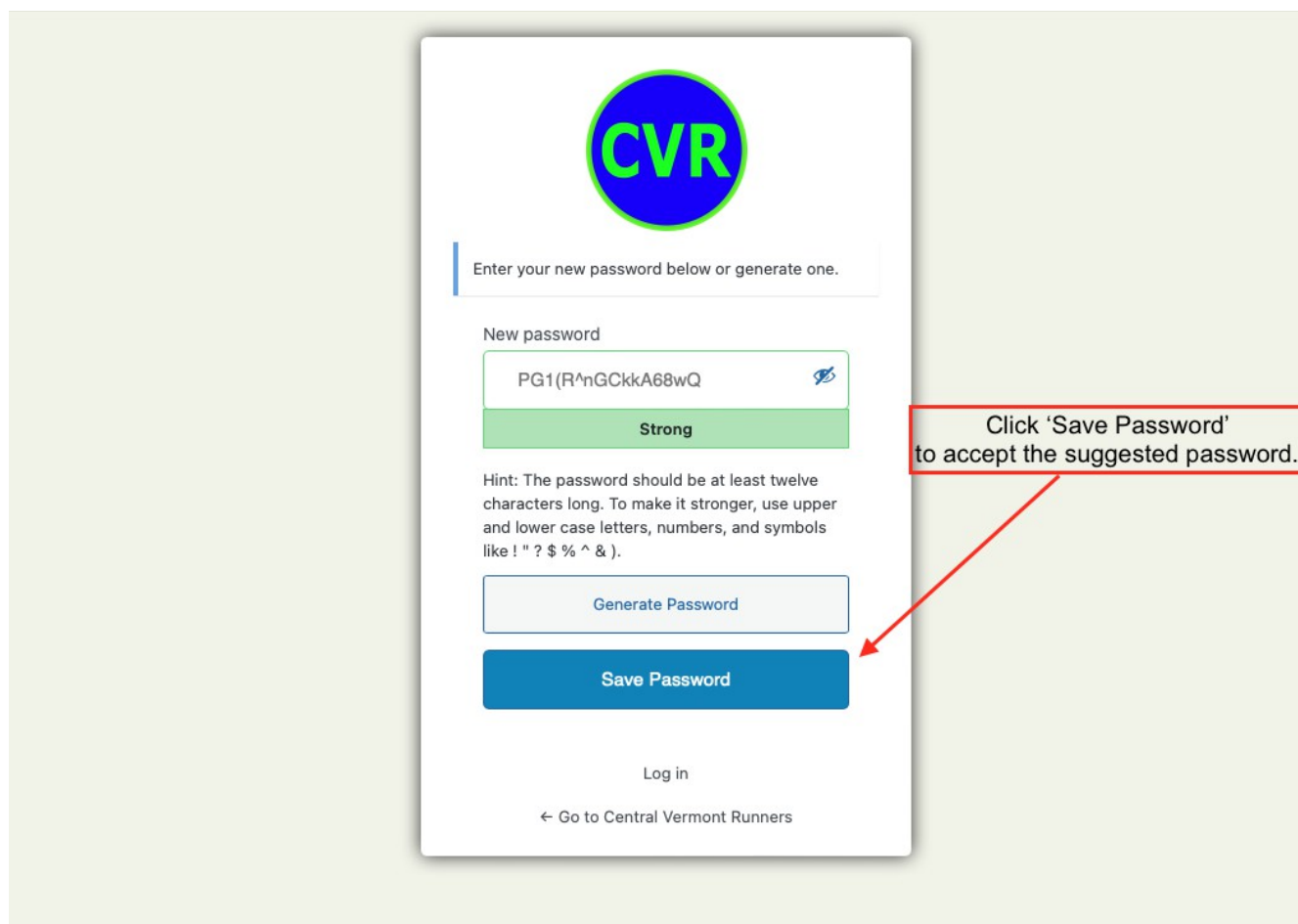
Click the upper link in your email as shown above to create your password.

You will see the password change page next. A strong password will be suggested for you. You can accept the suggested password or create one of your own.

To accept the suggested password:

WARNING! Make a note of your password before continuing.

To accept the suggested password: Click 'Save Password' as shown below. To create your own password, go the next page in these instructions.

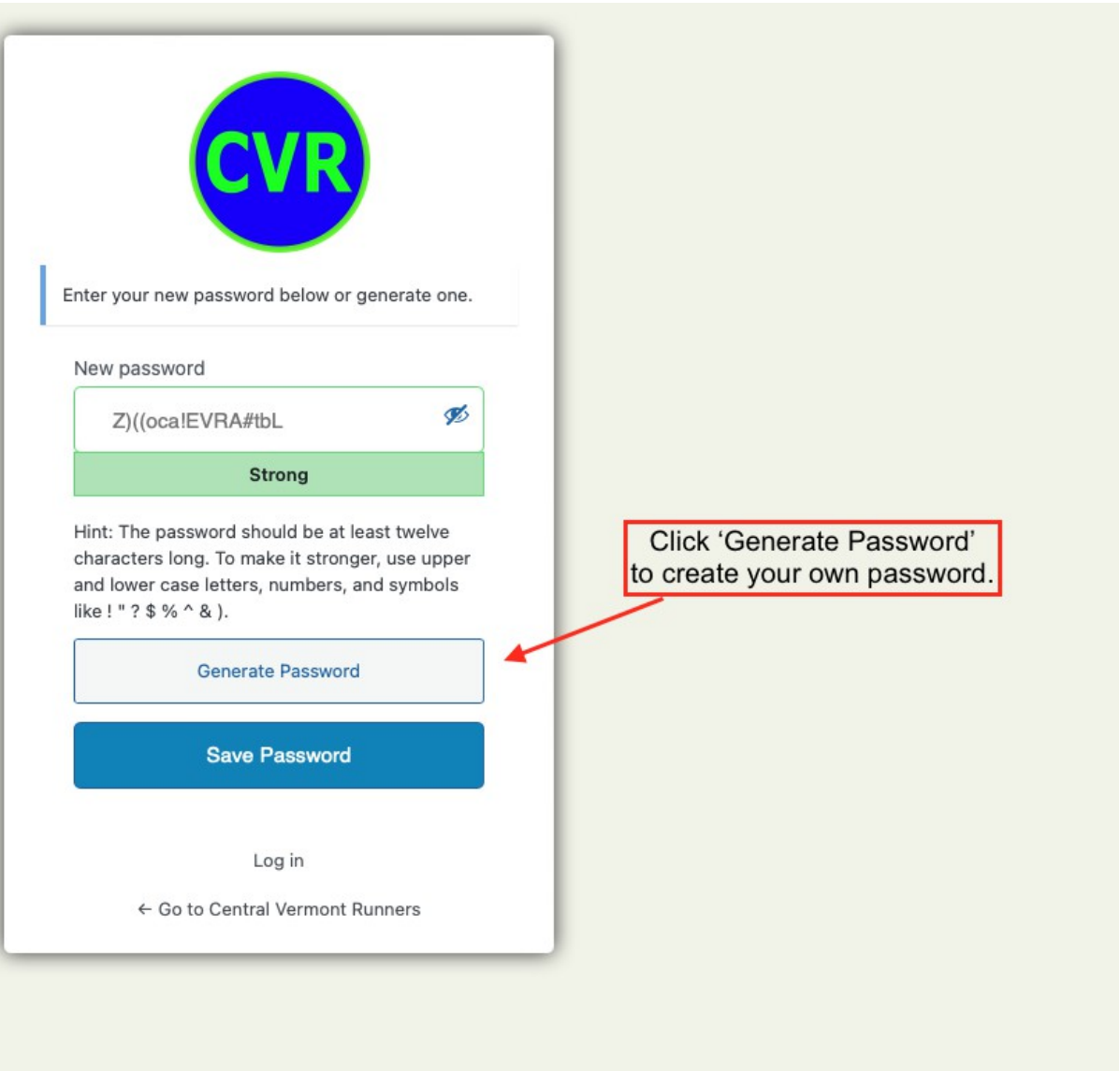


Log in now by clicking the 'Log in' link as shown below. The CVR website homepage should open. Skip to the homepage instructions later in this document.



Create your own password.


To create your own password, click 'Generate Password'.



CVR

Enter your new password below or generate one.

New password

Z)((oca!EVRA#tbL 

Strong

Hint: The password should be at least twelve characters long. To make it stronger, use upper and lower case letters, numbers, and symbols like ! " ? \$ % ^ &).

[Generate Password](#)

[Save Password](#)

[Log in](#)

[← Go to Central Vermont Runners](#)

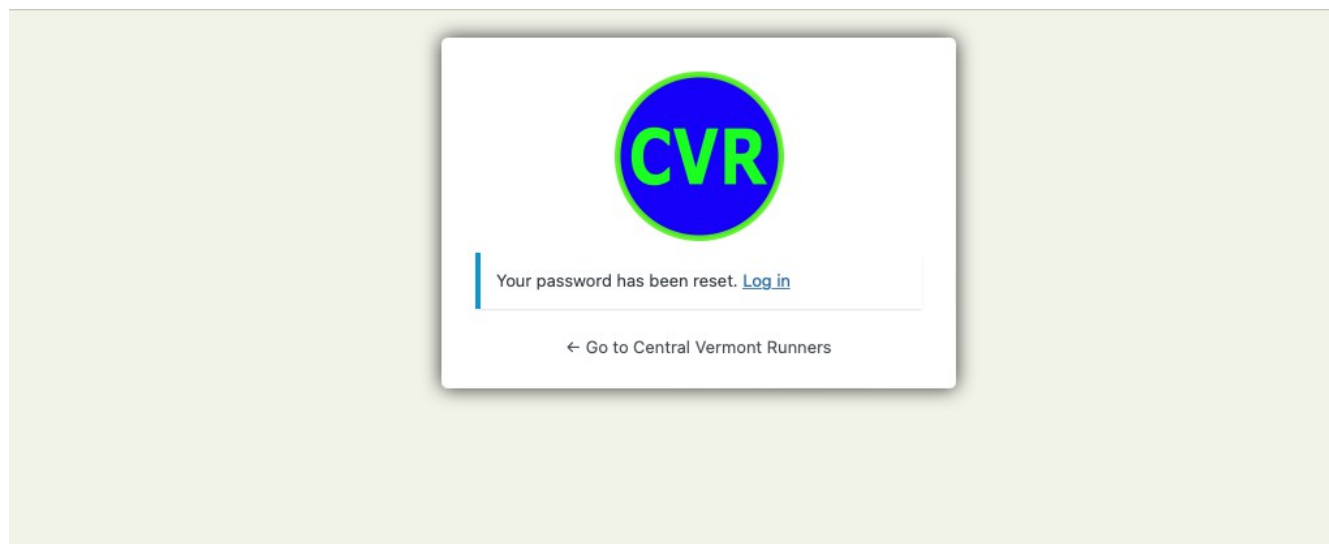
Click 'Generate Password' to create your own password.

The image shows a web interface for creating a password. At the top is a blue circle with the letters 'CVR' in green. Below it is a text box with the instruction 'Enter your new password below or generate one.' Underneath is a 'New password' section containing a text input field with 'test#password' and a red 'Weak' label below it. A checkbox labeled 'Confirm use of weak password' is checked. A red arrow points from a callout box to this checkbox. The callout box contains the text: 'If necessary, click the 'Confirm use of weak password' checkbox.' Below the checkbox is a hint: 'Hint: The password should be at least twelve characters long. To make it stronger, use upper and lower case letters, numbers, and symbols like ! " ? \$ % ^ & .'. There are two buttons: a light blue 'Generate Password' button and a dark blue 'Save Password' button. A red arrow points from a second callout box to the 'Save Password' button. This callout box contains the text: 'Then click 'Save Password''. At the bottom of the page are links for 'Log in' and '← Go to Central Vermont Runners'.

Enter your new password. If you want to use a weak password, click the 'Confirm use of weak password' checkbox. Then click 'Save Password'.


You will get the CVR log in page as shown below. **Your username is in the email you received from Wordpress.** See the screen shot at the top of these instructions to see where to find your username in the email.

Click 'Log in' and enter your username and password. If you click 'Go to Central Vermont Runners', you will return to the CVR home page without logging in.



CVR Homepage

On the CVR home page, click the 'Members' link in the top menu.



The screenshot shows the CVR homepage with a green header. The top navigation menu includes: Home, CVR Races, News and Notes, Results, CVR/ORO Race Series, Fun Runs, Events Calendar, Join CVR, Meetings, Newsletters, About, Members, Log in, and Contact Us. A red box highlights the 'Members' link, and a red arrow points to it from a text box that says 'Click the 'Members' link'. Below the header, there are three columns: 'Upcoming Events' (Leaf Peepers Half Marathon and 5K 10/2, Fallen Leaves 5K Series 11/5, 11/12, 11/19), 'Race Results' (Sodom Pond 4 Mile, Groton Forest Trail Run, Northfield Kids' Mile), and '2022 Race Schedule' (Millstone Snowshoe Race 2/12, Paul Mailman 10m/5K 4/16, Mutt Strut 4/24, Adamant Half Marathon 5/8, Barre Town Spring Run 5/21, Capital City Stampede 6/11).

You will see the membership menu:

CVR Members

[Volunteer for a CVR race.](#)

[Renew my membership at RunReg.](#)

[Update my information.](#)

[Demographics](#)

[Return to CVR homepage.](#)

Your membership has expired. Renew above now.

Your membership expiration date will be displayed.
The expiration message will
be displayed if your membership expires at
some point in the future.

Menu items:

Volunteer for a CVR race.

Volunteer online to work at a CVR race.

Renew my membership at RunReg

Renew your membership on the RunReg site.

Update my information.

Update your own personal information in the
CVR membership database.

Demographics

A breakdown of age, gender, etc. of members

Return to the CVR home page.

Leave the members menu and return to
<https://cvrunners.org>

Once you have set up your password and logged in for the first time, there are two ways to log in again later.

You can use this link to go to the login page: www.cvrrunners.org/wp-login.php/

OR you can go to www.cvrrunners.org Scroll down and look in the footer for the 'Log in to cvrunners.org' link



If you want to change your password in the future, click on the 'My Account Profile' link below the login link. You can also change your name and email address from this page. You have to be logged in to access your account profile.

