Training Portal Log In Page: <a href="http://trainingportal-mileage.rhcloud.com/login.zul">http://trainingportal-mileage.rhcloud.com/login.zul</a>

Once you have registered in the portal, you will receive an email that contains your username and password. Please key in the information to log in. You will need to change the password during your first log in.



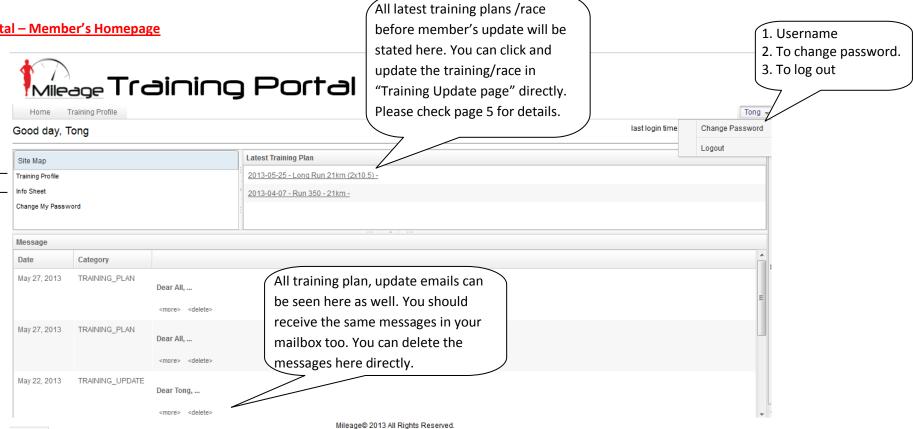
Mileage Login
Username/Email:
Password:
Login

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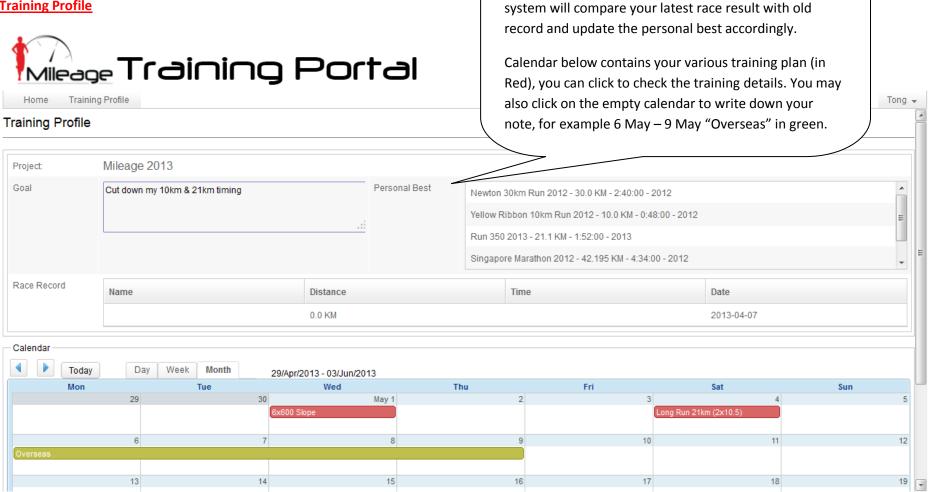
## **Training Portal – Member's Homepage**

Link to member's training profile. Please check page 3 for the details.

Info Sheet, please check in to fill up all the details. Check page 4 for details.







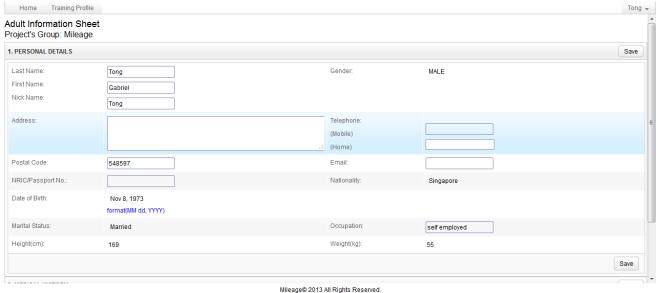
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This page will keep track of your races, personal best of different distance but you have to fill up the official formal distance like marathon 42.195km. Then the

3 | Page

## Member's Information Sheet - Screen 1





Member's Information Sheet - Screen 2

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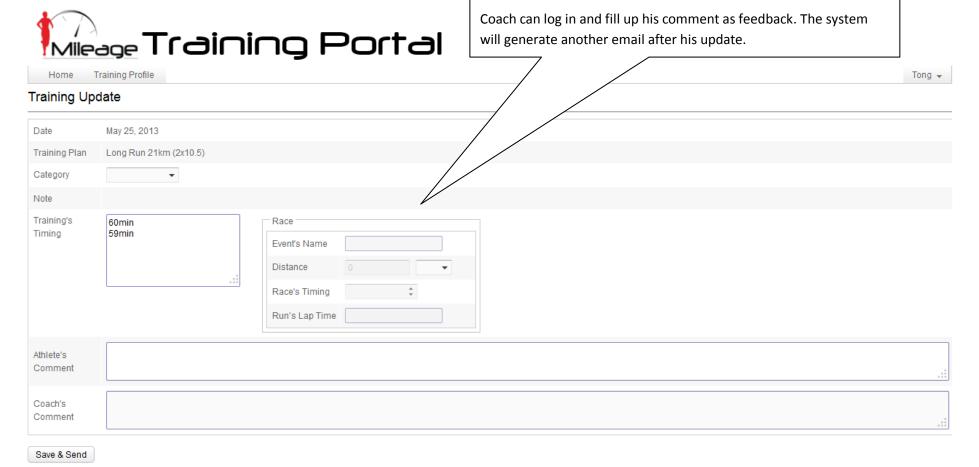


There are total 4 sections to fill up, please remember to click "Save" button on top right of the section bar to save the information.

After you fill up the specific section, you can click on the top bar of the section to close the section window like screen 2.

The default is only 1 Emergency contact and 1 Personal Best to be filled up but you can click the "Add" and "Add Personal Best" button to key in more after you fill up the first one.

## **Training Update Page:**



athlete and coach.

You will be able to key in your "Training" or "Race" Timing and your comment here. Once you have updated the necessary information, click "Save & Send". The system will generate an email to both

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