

**ClubRunner Member profile - uploading your photograph**

You are encouraged to upload a passport-sized photograph to your ClubRunner Member profile. This will help to connect newer members with others, putting a face to a name.

Firstly, make sure you have an electronic copy of a portrait photograph of yourself.

1. Log into ClubRunner:
	1. <https://www.crsadmin.com/gen/Login.aspx>?
	2. User name: first name.last name.13146
	3. Password: 13146
2. Click on **My ClubRunner** and **My Profile**



1. Click on **Update**
2. You will see the following screen.



1. Click on **Choose file** and select your photograph. Click **Save**.