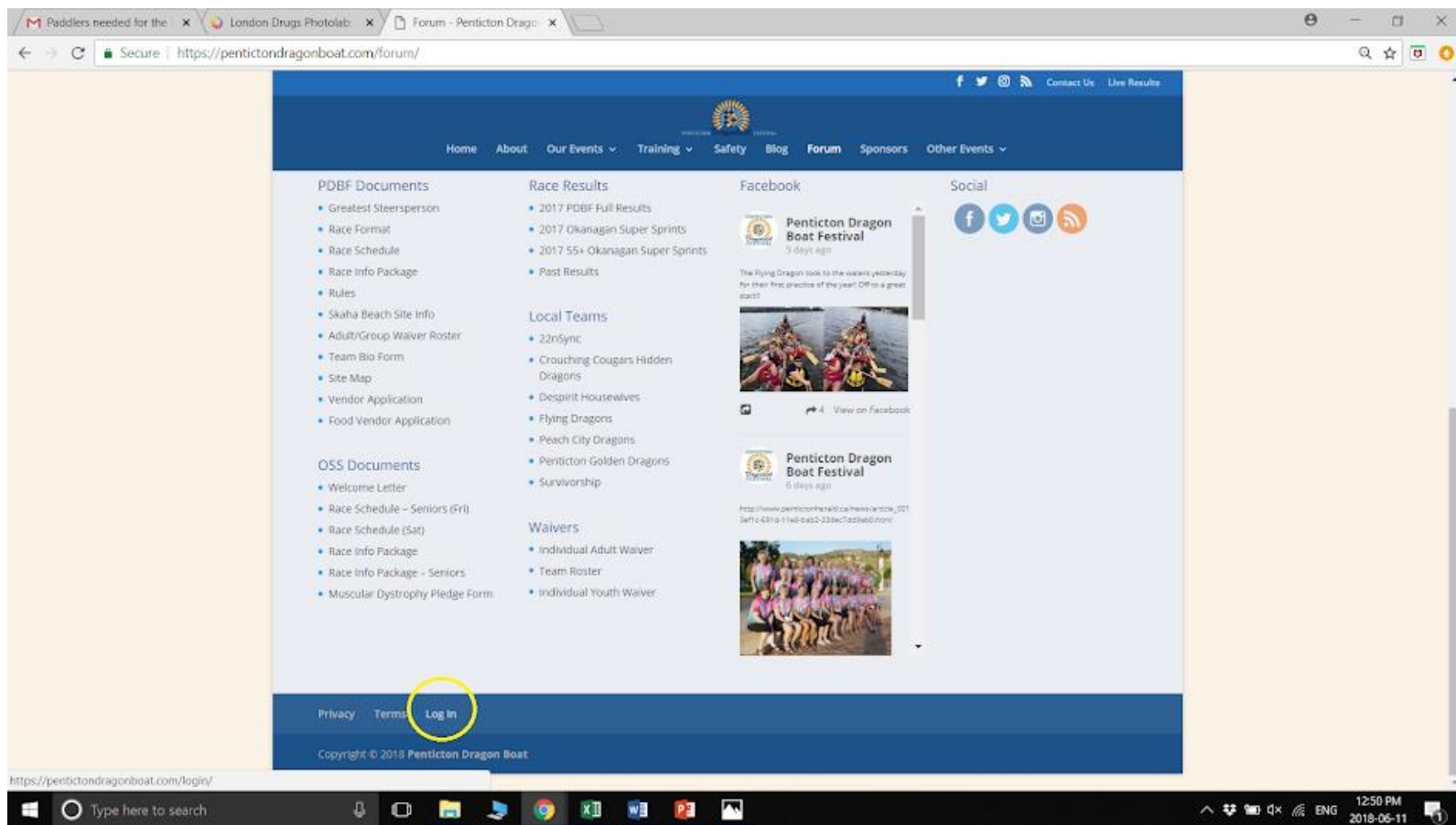


# How do I make a posting to the forum?

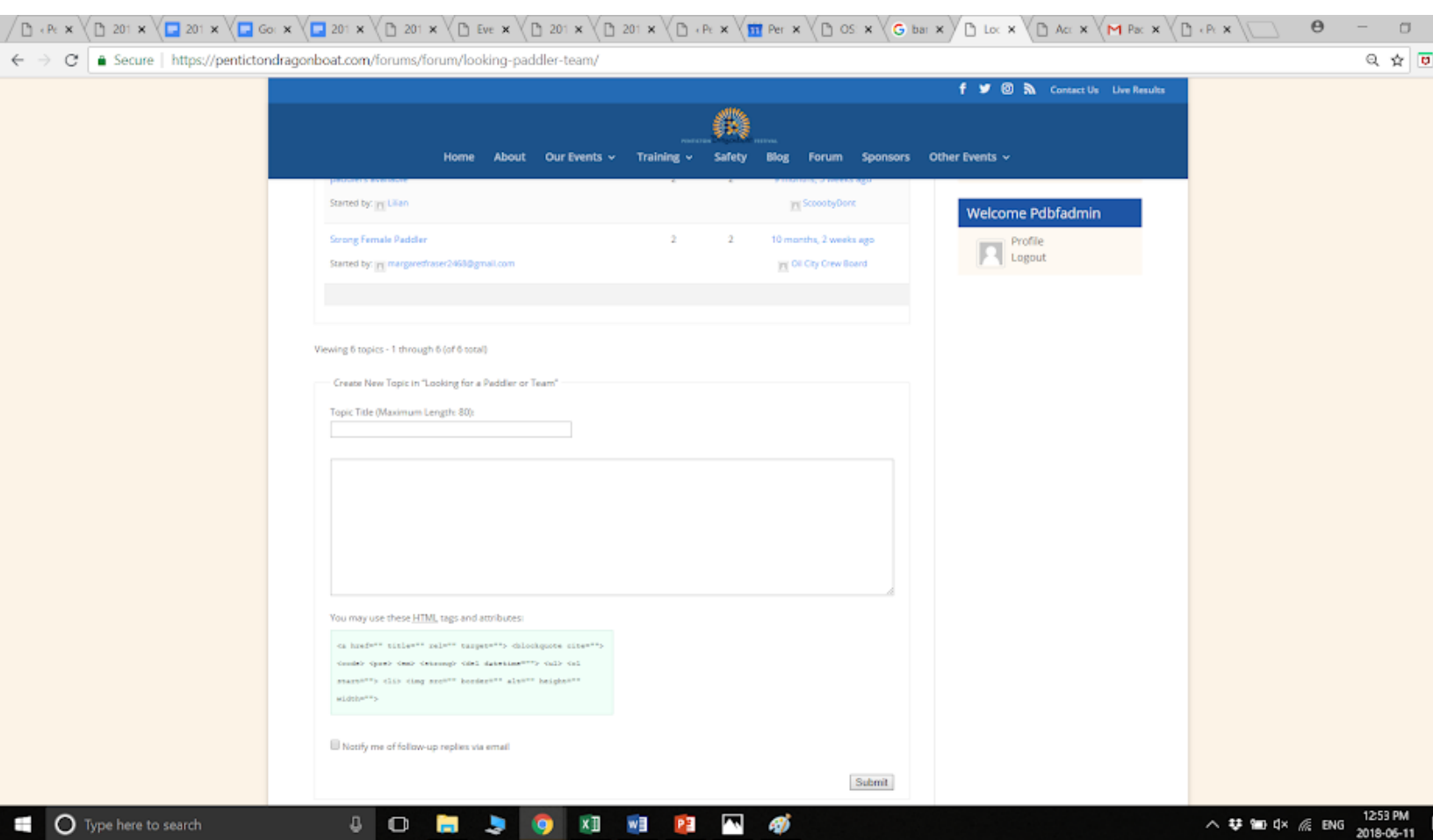
Please note that you have to be \*logged in, to create new topics. You can log in from any tab on the website (including the home page). Simply scroll down to the bottom of the page and you will see the log in option on the left. It will look like this:



\*If you are not already registered just click 'register' on the log in page

Once you are logged in:

- 1-Click the 'Forum' tab on the home page
  - 2-Click 'Looking for Paddler or Team'  
(or whichever listing is appropriate)
  - 3-Scroll down (Here is where you should be able to create a new topic).
- It will look like this:



For forum help, please contact  
[admin@pentictondragonboat.com](mailto:admin@pentictondragonboat.com)