

Where good sports  
connect

**The Exchange** - this tutorial will show you how to create and post ads and connect with other Masters Women CAN group members.

# Masters Women CAN assumes no responsibility

Transactions on The Exchange are private between members.

Masters Women CAN assumes no responsibility or liability for any loss, damage or injury that could result from a transaction or trade through this Exchange.



# Easy as 1-2-3

1. Use the [Masters Women CAN Group Facebook](#) page. You can link to it from *The Exchange* page on the website or start in Facebook.
2. Create a post in the Group page using the “[Sell Something](#)” icon. Use keywords in your post title (e.g. wanted, for sale, training connect) and descriptive, yet non-confidential information.
3. Use [Comment](#) and [Reply](#) on the post to connect with a member who has created a post or reply to members who are interested in your post.

See specific steps and examples on the following pages

From the website click **The Exchange** on the navigation menu

Think about how you are looking to connect, e.g., sell gear, loan gear, meet up to train, etc,

Then click

GET STARTED

You will be forwarded to the Facebook group to create a post.

If you are not a member of the group yet, simply request access!



## The Exchange

### Gear and Equipment Wanted

Are you looking to buy, rent, borrow or trade?

### Gear and Equipment Available

Do you have equipment to sell, rent, lend or trade?

### Sport Skills Exchange

Are you looking to learn a new skill or sport?

Are you willing to teach a new skill or sport?

### Training Connect

Looking for a training partner for a workout or a season?

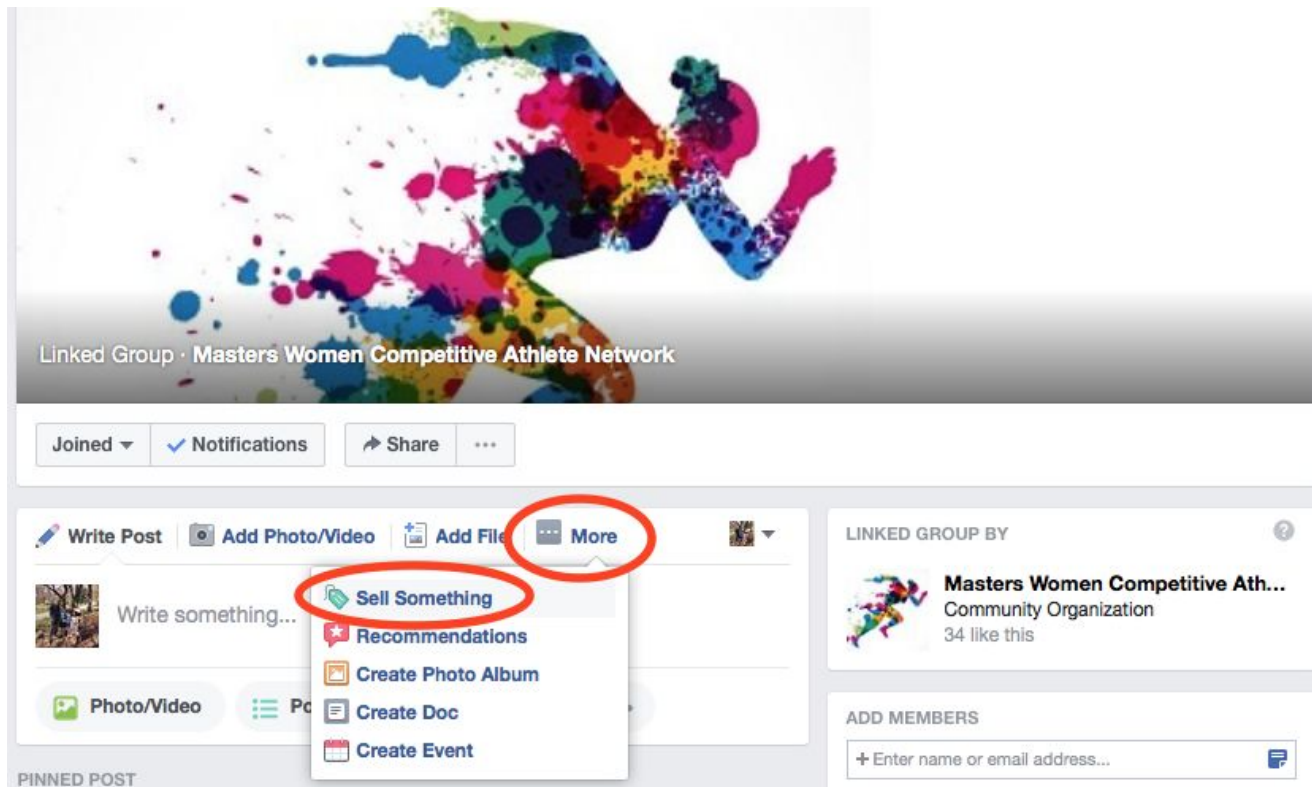
Are you travelling and looking to keep up your training sessions?

### How To

The "Get Started" button will take you to the Masters Women CAN Facebook Group. [Watch the video] to find out how to create and post ads and connect with other Masters Women CAN group members.

GET STARTED

In the **Write Post** window, click **More**, then **Sell Something**



The image shows a screenshot of a Facebook group page for "Masters Women Competitive Athlete Network". The group cover features a colorful silhouette of a runner. Below the cover, the group name and "Linked Group" status are visible. The navigation bar includes "Joined", "Notifications", "Share", and a three-dot menu. The "Write Post" window is open, displaying options: "Write Post", "Add Photo/Video", "Add File", "More", and a profile picture dropdown. The "More" option is circled in red, and its dropdown menu is open, with "Sell Something" also circled in red. Other menu items include "Recommendations", "Create Photo Album", "Create Doc", and "Create Event". To the right, the "LINKED GROUP BY" section identifies the group as a "Community Organization" with 34 likes. Below that is the "ADD MEMBERS" section with an input field for names or email addresses.

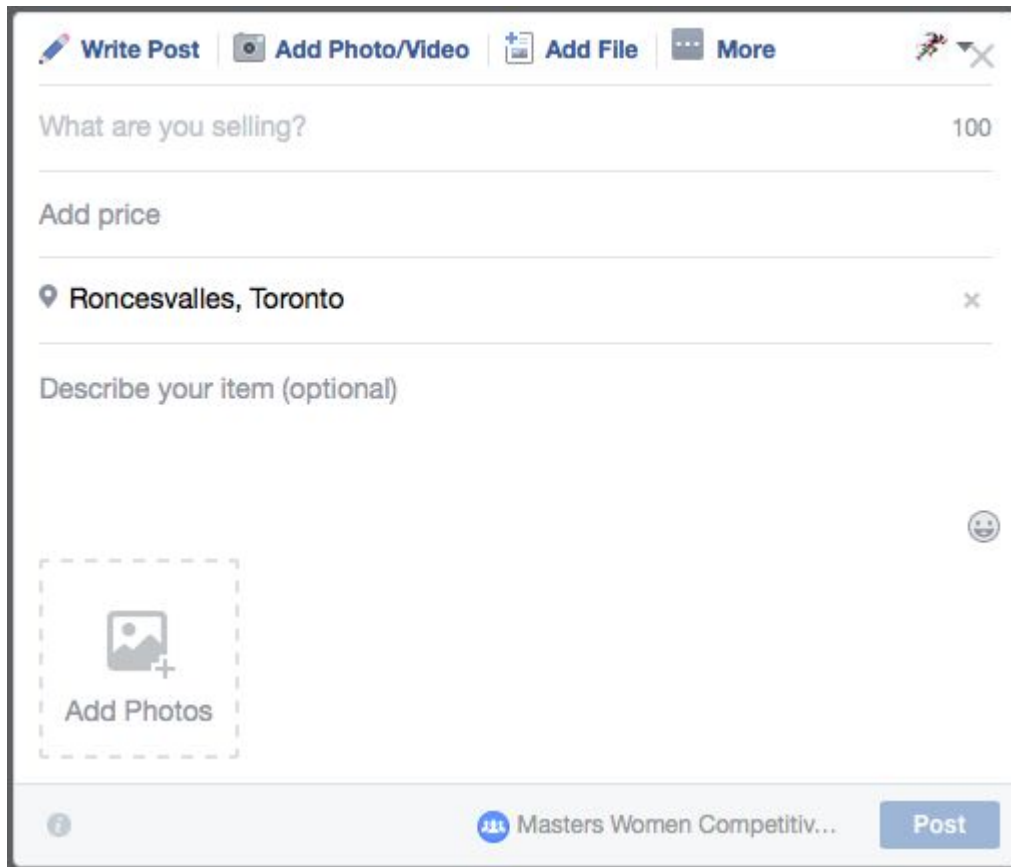


In the **Write Post** window,  
enter your details.

Click **Post** when finished







Examples are shown on the  
next pages.

WE RECOMMEND YOU DO NOT INCLUDE  
ANY CONFIDENTIAL INFORMATION IN THE  
POST. YOU CAN CONNECT WITH ANOTHER  
MEMBER THROUGH THE POST, THEN MOVE  
TO PRIVATE OR OFFLINE MESSAGING.



The screenshot shows the 'Write Post' interface for a marketplace listing. At the top, there are navigation options: 'Write Post' (with a pencil icon), 'Add Photo/Video' (with a camera icon), 'Add File' (with a document icon), and 'More' (with a three-dot menu icon). Below this is a text input field with the placeholder 'What are you selling?' and a character count of '100'. Underneath is another text input field labeled 'Add price'. The location is set to 'Roncesvalles, Toronto' with a location pin icon and a close button. Below the location is a text input field for 'Describe your item (optional)'. At the bottom left, there is a dashed box containing a photo icon with a plus sign and the text 'Add Photos'. At the bottom right, there is a smiley face emoji icon. The bottom bar shows a profile picture icon, the name 'Masters Women Competitiv...', and a blue 'Post' button.

## Gear and equipment wanted sample

 Write Post  Add Photo/Video  Add File  More  


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Gear and equipment wanted: cross country skis 55

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\$0


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 Toronto, Ontario ×



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Looking to borrow or buy cross country skis. Need it all - skis, poles, boots! Women size 8.5.











Add Photos

  Masters Women Competitiv... Post

## Gear and equipment available sample

 Write Post  Add Photo/Video  Add File  More  


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Gear and equipment available: Cervelo triathlon bike 48

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\$500


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 Pittsburgh, Pennsylvania ×



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2004 Cervelo Soloist, 50cm, Ultegra components, complete bike GUC  
(good used condition)











  
Add Photos

  Masters Women Competitiv... Post



## Sports Skills Exchange: Can teach sample

 Write Post  Add Photo/Video  Add File  More  


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Sports skills exchange: rowing - double 61


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\$0

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 Victoria, British Columbia x



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Interested in learning to row? I am happy to take you out in a double.  
Leave a comment below and let me know when you are in Victoria,  
and we can try to connect. | 









Add Photos

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  Masters Women Competitiv... **Post**

## Sports Skills Exchange: Looking to try

 Write Post  Add Photo/Video  Add File  More  


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Sports skills exchange: looking to try archery 54


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\$0

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 Buffalo, New York ×



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I am interested in trying archery. I've got great hand-eye coordination and am a quick learner. Let me know if you can help by leaving a comment and I will PM (private message) you. | 









Add Photos

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  Masters Women Competitiv... **Post**

## Training Connect sample:

 Write Post  Add Photo/Video  Add File  More  


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Training connect: downtown Boston, Sep 10-20, 2017 49

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\$0


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 Boston, Massachusetts ×

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I am staying at a downtown hotel in Boston Sep 10-20, 2017. Looking to connect for workouts (run, cross train, pretty open to anything low-org and no equipment required). Please leave a comment and let me know if you are interested in connecting!





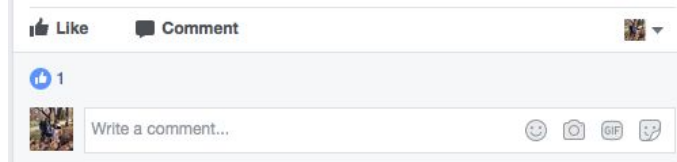
Add Photos

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  Masters Women Competitiv... **Post**

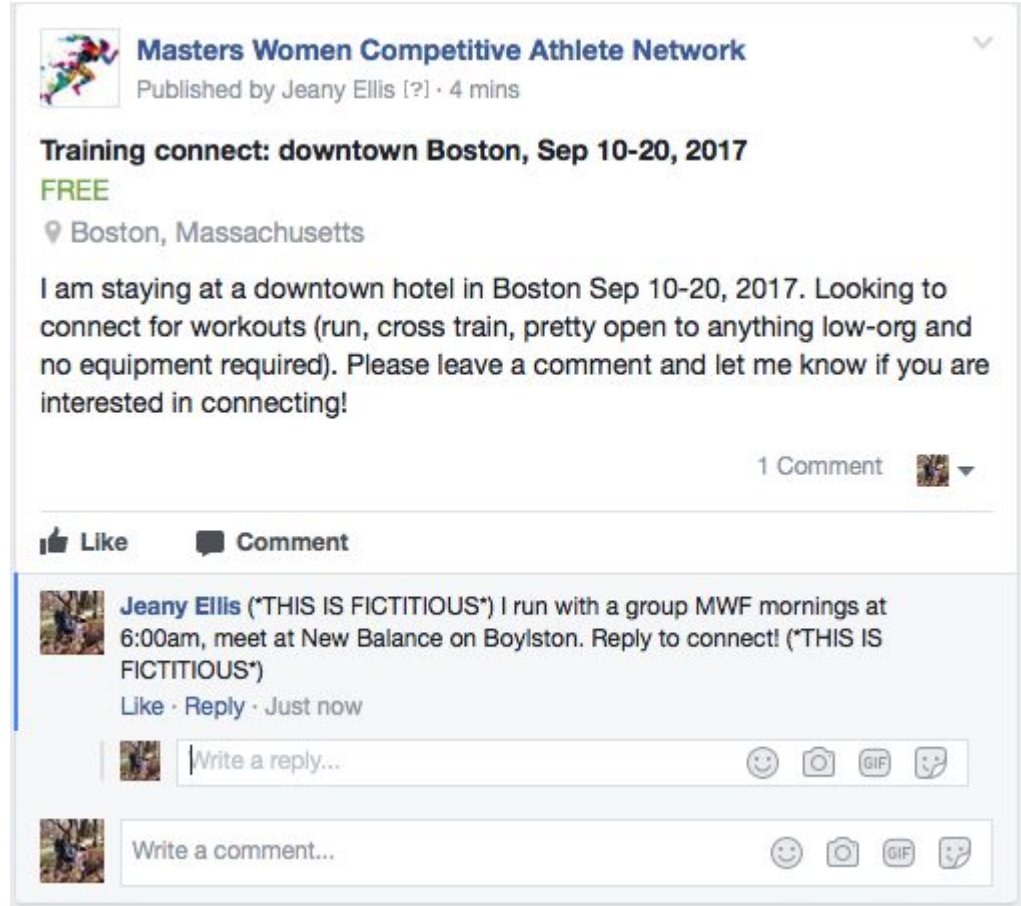
Connect!

Members of the group then  
Comment on the post



As the poster you can **Reply** to  
comments.

Move to a personal message  
offline if you prefer, and also to  
complete a transaction.



# Recap

1. Use the Masters Women CAN Group FB page
2. Create a post
3. Use Comment and Reply on the post to connect with that member

WE RECOMMEND YOU DO NOT INCLUDE ANY CONFIDENTIAL INFORMATION IN THE POST. YOU CAN CONNECT WITH ANOTHER MEMBER THROUGH THE POST, THEN MOVE TO PRIVATE OR OFFLINE MESSAGING.

