Together, Let’s Put the Mission in Motion.
Here are some easy steps to get your Carry Forward® Virtual 5K started:

**JOIN**
- **Step 1:** Select the “Register Now” button. You will be prompted to supply your name, email address, and create a password.
- **Step 2:** Register as an individual, join an existing squad, or create a squad of your own.
- **Step 3:** Choose your participation level: FLAG, FITNESS, or FIERCE.
- **Step 4:** Pick your event day, time, and location.

**CUSTOMIZE YOUR PAGE**
- Customize your personal fundraising page with your images, videos, links, and stories of why you support wounded warriors.
- Set your squad fundraising goal on your goal tracker.
- Personalize your squad URL.

**INVITE**
- Share your page to collect donations and to recruit your family, friends, and co-workers to join your Carry Forward Virtual 5K squad.

**FUNDRAISE!**
- Lead by example and donate to yourself on your fundraising page.
- Ask friends and family to donate directly to your fundraising page.
- Plan a mini-fundraising event (bake sale, car wash, or karaoke night).
- Check out the A to Z FUNdraising Tool under the resources tab for additional tips and tricks.

**SHARE YOUR PROGRESS AND RECRUIT**
- Share your squad page on Facebook, Twitter, and LinkedIn to recruit members. Don’t forget to use #wwpcarryforward!
- Utilize the email templates in your dashboard to easily send out messages to your friends, family, and co-workers.
- Post event information at places you frequent the most (personalized posters available for download [here](#)).

**HAVE FUN AND GET READY!**
- The Carry Forward team will send out bibs, medals, and other fun gear to help make your day a great one!
- Start training for the big day.

★ Remember, every step you take empowers wounded warriors as they take on their next mission. ★

**CONTACT US** carryforward@woundedwarriorproject.org with any questions.