



# Together, Let's Put the Mission in Motion.

Here are some easy steps to get your Carry Forward® Virtual 5K started:

## 1 ★

### 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.



## 2 ★

### 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.



## 3 ★

### INVITE

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



## 4 ★

### 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.



## 5 ★

### 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](#)).



## 6 ★

### 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.