



City Series Getting Started Guide

Together, Let's Put The Mission In Motion.

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

1 ★

REGISTER

- **Step 1:** Select the “Register Now” button.
- **Step 2:** Register as an individual, join an existing Squad, or create a Squad of your own.
- **Step 3:** Set your fundraising goal and make the first donation to kickstart your campaign.
- **Step 4:** Link your fundraising page to Facebook/Start a Facebook fundraiser.



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CUSTOMIZE YOUR PAGES

- Customize your personal fundraising page with your images, videos, links, and stories of why you support wounded warriors.
- If you are a Squad Leader, customize your Squad page.
- Personalize your Squad page link.



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GET THE WORD OUT

- Visit the Carry Forward website for resources available to help you raise awareness for your Carry Forward 5K!
- Utilize the pre-written email templates on your dashboard or the Carry Forward 5K mobile app to quickly send messages to your friends, family, and coworkers inviting them to join your Squad.



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FUNDRAISE!

- Lead by example and donate to yourself on your fundraising page.
- Utilize the email templates on your dashboard or the Carry Forward 5K mobile app to quickly send messages to your friends, family, and coworkers inviting them to donate.
- Connect your page to Facebook to reach your goal quicker.
- Check out the **A to Z FUNdraising Tool** on the Carry Forward website for tips and tricks.



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ADDITIONAL TIPS

- Download the Carry Forward 5K mobile app to stay connected to your fundraising page.
- Additional resources can be found on the Carry Forward website to help grow your Squad and increase your impact for wounded warriors.
- Have additional questions? Visit our FAQ page on the Carry Forward website to learn more.



6 ★

HAVE FUN AND GET READY!

- Official Carry Forward participant kits will be available at a packet pick-up location the week of the event, or on-site the morning of the 5K. Participant kits for registered adults are complete with an event T-shirt, a drawstring bag, bib, and more and registered children will receive a bib. All medals are waiting for you at the finish line!
- You can amp up your Carry Forward 5K by participating in one of the three categories, Flag, Fitness, or Fierce, to show your support for our nation's bravest. Visit the Carry Forward website to learn more!
- Check out the Event Info page for details on your Carry Forward 5K event as the event approaches.



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

QUESTIONS? ★

Contact us at carryforward@woundedwarriorproject.org