



# Virtual 5K Getting Started Guide

## Together, Let's Put The Mission In Motion.

Here are some easy steps to get your Carry Forward® Virtual 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.



# 2

### 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 with your event details including the date, time and place.
- Personalize your Squad page link.



# 3

### INVITE

- **Remember you don't have to do it alone!** Share your page on social media to recruit your friends and family to join your Carry Forward Virtual 5K Squad. Check out the social toolkit resources on the Carry Forward website for images you can share on your channels!
- 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.



# 4

### 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.



# 5

### 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.
- Planning to participate with a large group like your school, company, or community? Contact us to learn more about hosting your own stand-alone event in your city.
- Have additional questions? Visit our FAQ page on the Carry Forward website to learn more.



# 6

### HAVE FUN AND GET READY!

- Within 3-4 weeks after registering, we'll mail registered adults an official Carry Forward participant kit complete with an event T-shirt, drawstring bag, bib, medal, and more to get you ready for your 5K. Registered children will receive a participant kit complete with a bib and medal!
- 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!



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

QUESTIONS? ★

Contact us at [carryforward@woundedwarriorproject.org](mailto:carryforward@woundedwarriorproject.org)