



Together, Let's Put The Mission In Motion.

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

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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:** Set your fundraising goal.
- **Step 4:** Make your own donation to start your campaign.
- **Step 5:** Link your fundraising page to Facebook/Start a Facebook Fundraiser.



2



CUSTOMIZE YOUR PAGE

- Customize your personal fundraising page with your images, videos, links, and stories of why you support wounded warriors.
- Personalize your squad URL.



3



GET THE WORD OUT

- Visit the Resources tab on the Carry Forward website to check out all the tools available to get the word out about your Carry Forward 5K!



4



FUNDRAISE!

- Lead by example and donate to yourself on your fundraising page.
- Ask friends and family to donate directly to your fundraising page.
- Connect your page to Facebook to get to your goal quicker.
- Check out the **A to Z FUNdraising Tool** on the Fundraising tab on the Carry Forward website for tips and tricks.



5



DOWNLOAD, SHARE, AND RECRUIT

- Download the Carry Forward 5K Mobile App to stay connected to your fundraising page, seamlessly ask friends and family for support and track your fitness progress!
- Share your squad page on social channels 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.
- Need help sharing the word on your social channels? Check out the Resources tab on the Carry Forward website to help you get started.



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HAVE FUN AND GET READY!

- An official Carry Forward participant kit, complete with a drawstring bag, bib, flag, and more, will be available at a packet pick-up location the week of the event, or on-site the morning of the 5K.
- Start training for the big day. Engage your squad in our **Couch to Carry Forward Challenge** to get 5K ready in just 4 weeks!
- Don't forget to join the Carry Forward Facebook group to share your training and your 5K day.



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

CONTACT US

carryforward@woundedwarriorproject.org with any questions.