

MDA Muscle Walk Registration Guide

Visit [Muscle Walk | Muscular Dystrophy Association \(mda.org\)](https://www.mda.org/muscle-walk)



MDA Muscle Walk. Walk to Empower. Walk to Live.

Be an MDA Walk Star in 2022! Move with MDA Muscle Walk to empower people living with neuromuscular disease to live life to their fullest potential.

Select Muscle Walk Location in your area or Muscle Walk Your Way from Events Listed and select Register

Event Schedule

Muscle Walk of Houston

Houston, TX
April 1, 2023

Muscle Walk of Missouri

St. Louis, MO
April 30, 2023

If you are returning from a previous event, choose to Login to your account under 'Been here before?' Otherwise, complete the required fields marked.



Been here before?

Login to your account to prefill the fields below with your information.

Name*

First Name

Last Name

Email Address*

[Privacy](#)

Please enter a valid email address.

Create Password*

Password requirements: 6-25 characters, no spaces.

[CONTINUE TO NEXT STEP](#)

[Cancel](#)

Select if joining as an Individual Participant or Muscle Walk Team Member

Registration Type

Participant Type*

Individual Participant

Muscle Walk Team Member

I am starting or joining a Muscle Walk team.

Virtual Participant

For Muscle Walk Team Member, choose whether you are Joining a Team or Creating a Team

Registration Type

Participant Type*

Muscle Walk Team Member

[Change](#)

I am starting or joining a Muscle Walk team.

Role*

Join a Team

Create a Team

[CONTINUE TO NEXT STEP](#)

[Cancel](#)

When creating a Team, select your Team Type

Team Type*

Community / School

Corporate / Healthcare

Friends and Family

MDA Registered Family

MDA Staff

Muscle Walk National Team

Enter your Team Name and Team Fundraising Goal. Do not enter a comma in your total.

Role *	Create a Team	Change
Team Type *	Community / School	Change
Team Name *	<input type="text"/>	
Team Fundraising Goal *	<input type="text" value="\$"/>	

Enter your Individual Fundraising Goal, select to make a personal Donation, participant type, and select your t-shirt size.

Registration Details

Your Fundraising Goal *

Make a Donation *

- Yes! I'd like to make a donation toward my fundraising goal.
 No thanks.

I am:

- An individual living with a neuromuscular disease
 A family member, friend, or caregiver of a person living with a neuromuscular disease
 A healthcare professional
 A sponsor
 MDA staff
 Volunteer
 Other

What is your t-shirt size? Event t-shirts will be awarded to anyone who raises \$100 on their personal page. *

Enter your contact information. Selecting to sign up for text alerts will allow you to be alerted of Muscle Walk updates.

Address Information

Street*

Apt/Suite/Other

City*


State/Province* [Select...]

Zip/Postal Code* 12345(-1234)

Country* United States

Phone* 123-123-1234

Mobile Phone (Optional) 123-123-1234

Sign up for text alerts? 

Would like to register additional participants from your family/friends? Click on 'Save & Add Another Participant'

Terms and Conditions for Participation

I Agree to the [Terms and Conditions](#)

[Cancel](#)

Add teammates information. If adding a minor, you can select to manage this participant.

Registration Type Participant 2

Name *

Use my address for this participant

Relationship to You *

I will manage this participant's fundraising page and receive email about their fundraising progress.

Complete teammates information and continue. You have the option to add up to 10 teammates or you can continue to Confirmation.

Jackson's Fundraising Goal *

Make a Donation *

- Yes! I'd like to make a donation toward Jackson's fundraising goal.
 No thanks.

What is your t-shirt size? Event t-shirts will be awarded to anyone who raises \$100 on their personal page. *

Terms and Conditions for Participation

I Agree to the [Terms and Conditions](#)

Review information and complete registration.

Complete Registration

Please review your details and complete your registration below.

[COMPLETE REGISTRATION!](#)

[Cancel](#)

Congratulations, you are registered for the MDA Muscle Walk and will be directed to your Dashboard. You can add a photo, story, and send emails to your network asking for support.

Thank you for being a part of Muscle Walk!