

2019 NAMIWALKS MINNESOTA

HOW TO REGISTER

Here are step-by-step directions on how to register. Go to <https://namiwalks.mn/2019>

RETURNING WALKER AND TEAM CAPTAIN

Teams will need to be recreated each year for the new event through registration. If you have registered for the walk in the past four years and have the same email address, you probably already have an account. If you have previously participated in an event, please use the *Been Here Before* box.

FIRST-TIME WALKER

Choose 'REGISTER NOW' – enter your name, email address, and a password.

NAMIWalks Minnesota

REGISTER NOW!

DONATE TO THIS EVENT

On this next screen you will choose which type of walker you will be. Here are the options:

Registration Type



Team Captain

You are a leader and an advocate for NAMIWalks. Be a Team Captain and lead others by example to the finish line!

Team Captain: Choose this option if you would like to start your own team. If you're not sure if you want to have a team or be a walker, the main difference is that as a team captain you can invite others to join your team, and you get to create a fun/meaningful team name. You can always be a team of one if you like!



Walker on a Team

Your joining a team and making a difference by fundraising for our cause.

Walker on a Team: Choose this option if you know of a team that you would like to join. If this is your first walk, NAMI Minnesota invites you to join our **First-Timers Team** – they are a group of current and past NAMI employees who will do their best to make sure you feel welcome and get you up-to-speed on everything “walk!” This is also our first year for the **Multicultural Team: United for Hope** which includes several Spanish-language speakers. If you are joining an existing team, you need to know the name.

You will search for your team on one of the next pages.

HOW TO REGISTER *cont.*



Walker, Not on a Team

You are walking but are not joining a team!

Walker, Not on a Team: This one is pretty self-explanatory. If you find a team that you want to join later, NAMI Minnesota staff can always add you to that team.



Virtual Walker

Be a "virtual walker" and raise money for NAMI's mission no matter where you are on Walk Day!

Virtual Walker: Everyone can help, regardless of physical ability, location, or anything else that might keep you from Minnehaha Park on walk day.



Volunteer

Lend a hand by being a volunteer!
You can help in lots of ways.

Volunteer: Our walk volunteers make our event possible! From raising spirits to moving tables, there is a lot of work that goes into our biggest fundraiser of the year. We can definitely use your help!



Walk Star, Team Member

Join a Team and be a STAR WALKER and advocate for NAMI! Take your fundraising to the next level. Raise a minimum of \$1,000 individually and receive our distinguished Walk Star Pin and other special honors on Walk Day!

Walk Star, Team Member: This is basically the same as registering as a **Walker on a Team**, with a little extra accountability. By choosing this category you're pledging to raise \$1,000 for your team.

You made it this far!

Now...

CONTINUE TO NEXT STEP

HOW TO REGISTER *cont.*

No matter which type you chose on the last screen, the system basically makes you choose *again*.

Please select a participant type.

Role*

Please select your role at this event.

Team Captain – choose **Create a Team**

Walker on a Team – choose **Join a Team**

Walker, Not on a Team – choose **Individual**

Virtual Walker – choose **Individual**

Volunteer – choose **Individual**

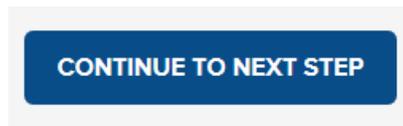
Walk Star, Member of a Team – choose **Join a Team**

After you've selected your role, one of three things will happen depending on the option.

Individual: the other types of roles will disappear. Select **CONTINUE TO NEXT STEP**.

Join a Team: A search button will appear and allow you to search for your team. You will need to know the name of the team to join.

Create a Team: please skip forward to the **CREATE A TEAM** section at the end of this document for further instructions.



HOW TO REGISTER *cont.*

FUNDRAISING GOAL

Please feel free to make this goal whatever will be comfortable and fun for you. Many people enjoy the challenge of an ambitious goal and sometimes it's a helpful way to encourage people to donate to you by saying that you're 'almost near your goal of X!' Some might find it pressuring or intimidating, in which case NAMI Minnesota would like to remind you that being an advocate for our cause on walk day is a very meaningful contribution. Many people choose \$100 as a placeholder goal. You can always change this later. **Almost half of the funds raised for the walk are contributions of \$40 or less.** Every amount truly helps.

- Donate today and improve the lives of those affected by mental illness.**
- Yes! I'd like to make a donation toward my fundraising goal.**
- Not at this time, though I may make a personal donation at a later date.

A personal contribution is one of the most effective ways to communicate to others your commitment to the cause of mental health equity. Even one dollar makes a difference. If every person who registered in 2018 and didn't donate had instead given just **ONE dollar**, we could hold **five more classes** for parents of children who are struggling with their mental health — teaching approximately **150 more moms and dads** how to help their kids by seeing the warning signs of suicide and/or knowing what simple steps to take in a mental health crisis.

Which best describes your connection to NAMI?

[Select...]

This question is optional and simply helps us understand where our outreach efforts are working most effectively.

Raise \$100+ and receive a t-shirt on walk day. T-shirts are first come first served.
What is your size?

[Select...]

This question is optional. If you are on a team, your team captain will be able to request a list of sizes to help them with t-shirt pickup. You may be asked this question again. You can also change your size later if you like.

Which NAMI affiliate are you walking in support of?

NAMI Minnesota

If you are not walking for a specific affiliate, please choose **NAMI Minnesota**.

How did you hear about us?

What is your birth year?

(ex: 1985)

These questions are both optional, and help us understand to whom our communications are most effective.

HOW TO REGISTER *cont.*

ADDRESS INFORMATION

This information will be used to mail you donation acknowledgements that are required by law. You will not receive any unsolicited mail from NAMI Minnesota.

Sign up for text alerts? 

These text alerts are automatically generated by this website and are only triggered by actions that people contributing to your team take. Many walkers like to know immediately that someone has made a donation. NAMI Minnesota will never send you a text directly.

Terms and Conditions for Participation

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

This liability waiver is required to participate in the walk.

Complete Registration



Please review your details and complete your registration below.

[Cancel](#)

After you click COMPLETE REGISTRATION, you are all set!

Congratulations and thanks for being a part of the movement to change the lives of those living with mental illnesses and the people who love them for the better!

CREATE A TEAM

Registration Type

Participant Type *



Team Captain

[Change](#)

You are a leader and an advocate for NAMIWalks. Be a Team Captain and lead others by example to the finish line!

Role *

Create a Team

[Change](#)

Choose Participant Type **Team Captain** and Role **Create a Team**. The next question is about **Team Type**. **The important thing to know is that most of these team types just help us know who is walking. For you, there's not a lot of difference.** You're not going to pick the "wrong" one!

Agency Team This option is for county or city teams, mental health agencies, or other nonprofits. This is a great option if none of the other categories are a good description of your group!

Alpha Kappa Alpha Team This is a particular sorority that supports NAMI as a national organization. If you are not a part of this sorority you can ignore this option.

Community Team Does your neighborhood or church support NAMI Minnesota as a group? Then this is the type for you!

Company Team If you are organizing your team for your business, choose this option. You will be asked to enter your company's name and information. Examples might be: Acme Hardware Company, The Bank of Minneapolis, or Diamond Dan Construction.

Family & Friends Team If you are not walking on behalf of an employer, company, or social community, this type could be for you. Many groups that walk in memory of someone choose this team type.

NAMI Affiliate Team This team type DOES affect where the money raised goes. Our affiliate groups are a vital part of the NAMI Minnesota network, and if you choose this team type, half of the money you raise will go to the NAMI affiliate in that area. Please do not choose this type if you are walking in support of NAMI Minnesota as a whole.

School Team Show your school spirit and walk as a high school, college, or even grade school team! Mental health education and advocacy can start at any age!

Super/Corporate Team These powerhouses are large groups of teams with super-generous fundraising goals. If your team will be a part of team **HealthPartners** or **Team MHealth-Fairview** ONLY, choose this option.

Team Name *	<input type="text" value="NAMliste"/>
Team Fundraising Goal *	<input type="text" value="\$ 10000"/>

Now is the fun part! Choosing your team name and fundraising goal! (Both of these can be changed later.) After that, please go to the top of [page 4](#) to continue.