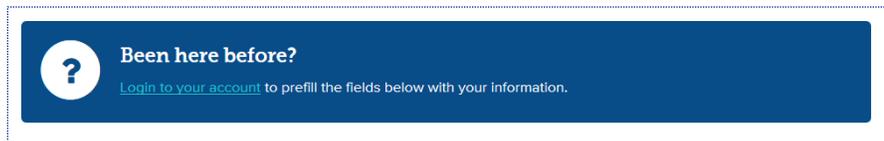


2019 NAMIWALKS MINNESOTA

HOW TO REGISTER: RETURNING TEAM

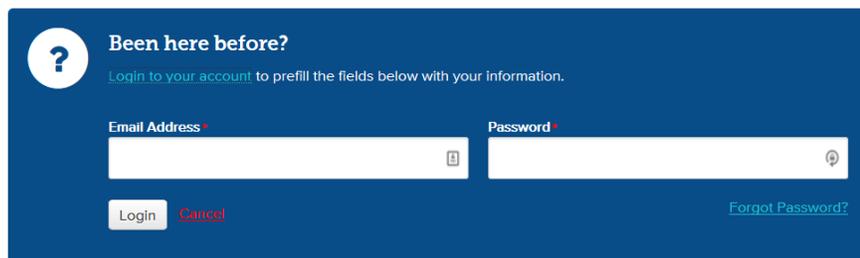
Teams will need to be recreated each year from scratch for the new event through registration. If you have registered for the walk in the past four years and have the same email address, you probably already have an account. If you have previously participated in an event, please use the *Been Here Before*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

1. Go to <https://namiwalks.mn/2019>
2. Use the *Been Here Before* box and click [Login to your account](#).



? **Been here before?**
[Login to your account](#) to prefill the fields below with your information.

The box will expand to allow you to enter your **Email** and **Password**. If you do not remember your password, choose *Forgot Password* to reset your password.



? **Been here before?**
[Login to your account](#) to prefill the fields below with your information.

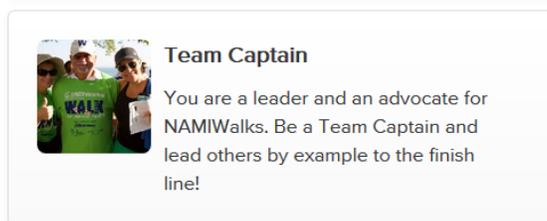
Email Address

Password

Login Cancel [Forgot Password?](#)

3. Choose the registration type: **Team Captain**.

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!

4. Choose **Create a Team**.

Please select a participant type.

Role*

Please select your role at this event.

2019 NAMIWALKS MINNESOTA

HOW TO REGISTER: RETURNING TEAM *cont.*

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](#)

5. Choose your **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 or corporation's name and information. Examples might be: Wonka Industries, Olivia Pope & Associates, Diamond Dan Construction, or the Weyland-Yutani Corporation.

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.

6. Now is the fun part! Choosing your team name and fundraising goal! (Both of these can be changed later.) If you chose a Company Team you will add that information here.

Team Name*

Team Fundraising Goal*

2019 NAMIWALKS MINNESOTA

HOW TO REGISTER: RETURNING TEAM *cont.*

7. Fundraising Goal – this is your personal goal, not the team, which was entered on the previous screen. 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, and being a team captain is very important and helpful too! 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.

8. 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.

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.

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

Which best describes your connection to NAMI?

[Select...]

10. 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.

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

What is your size?

[Select...]

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

Which NAMI affiliate are you walking in support of?

NAMI Minnesota

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

How did you hear about us?

What is your birth year?

(ex: 1985)

HOW TO REGISTER: RETURNING TEAM *cont.*

13. 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.

Sign up for text alerts? ⓘ

14. This liability waiver is required to participate in the walk.

Terms and Conditions for Participation

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

15. After you click Complete Registration, you are all set!

Complete Registration



Please review your details and complete your registration below.

COMPLETE REGISTRATION!

[Cancel](#)

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!