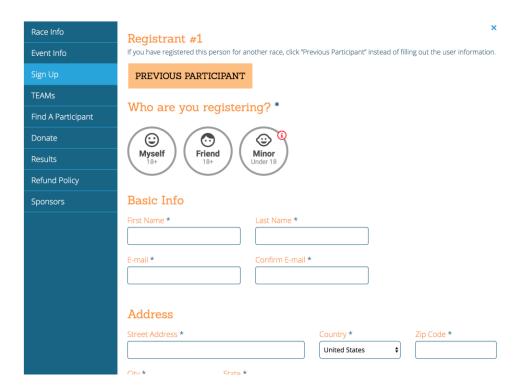
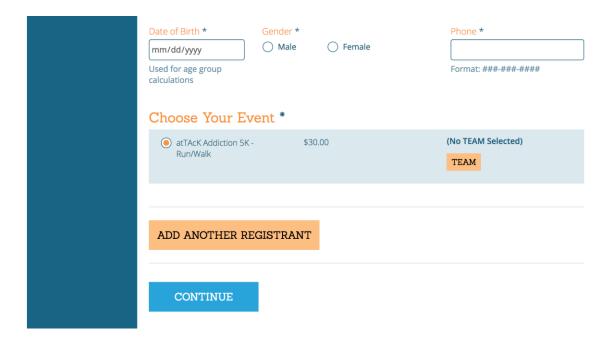
Go to: www.attack5k.com. Click the blue SIGN UP button.



Fill out your information:

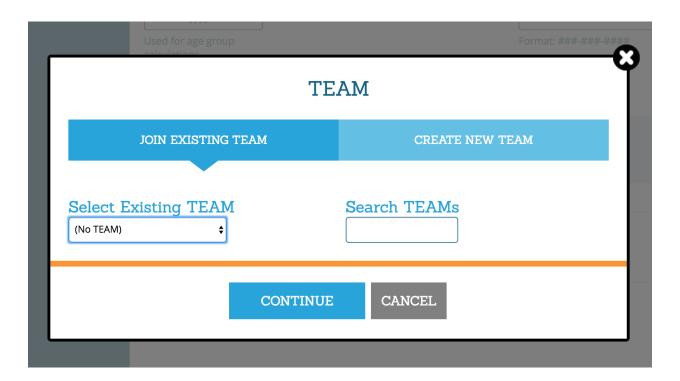


Under "Choose Your Event", click the orange circle button to the left of "atTAcK Addiction 5K-Run/Walk", then click the orange TEAM button:

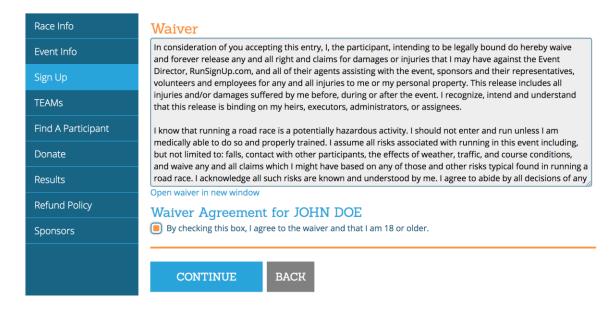


To join an existing team, click drop down box under JOIN EXISTING TEAM and scroll to appropriate team. Not affiliated with a team? Scroll down the team names and choose "No affiliated team".

To create a new team, click light blue CREATE NEW TEAM and enter the team name, then click CONTINUE.



Accept the waiver, then click CONTINUE.



Enter your t-shirt size and emergency contact information, then click CONTINUE.

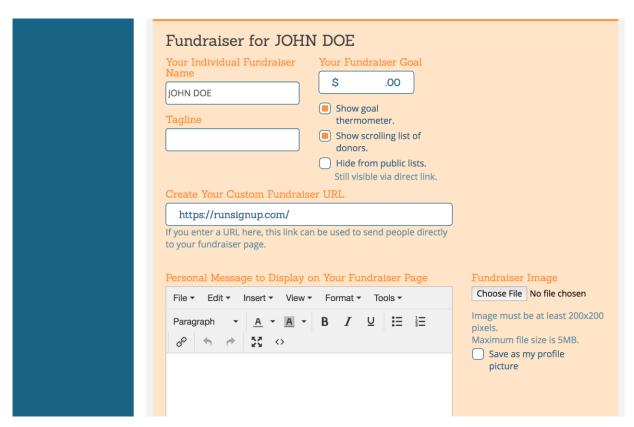


FUNDRAISING

If you choose to fundraise for Attack Addiction you will click on the blue BECOME A FUNDRAISER button:



Fill in details for your fundraising page:



TIPS FOR FUNDRAISERS:

- Set a realistic goal. People will be more inclined to donate if they think your goal is achievable. Start with \$250, for instance. You can increase the amount at any time.
- Add a suffix that corresponds with your or your team name in the "Create Your Custom Fundraiser URL" (e.g. https://runsignup.com/JohnDoe)
- Upload an image of the loved one you're fundraising in honor of, and write a brief description of him/her, along with the reason(s) you are walking in his/her honor. People will be more likely to donate if they feel a personal connection.
- Post your URL to your social media page(s) with a request for a small donation (no amount is too small!), and ask your friends to share the link.
- Whenever someone makes a donation, tag him/her in a separate thank you post and attach the donation link to it. This will encourage other friends to donate.

In order to complete your registration, you must click on the blue COMPLETE REGISTRATION button on the last page.

PLEASE NOTE: Making a personal donation does not register you for the event.

Once registered, share on social media and invite your friends to register!