26th Annual Sacramento Heart & Stroke Walk

Register to walk today ~ www.SacramentoHeartWalk.org

Saturday, September 24, 2016
William Land Park
8:30 am

Make a Difference!
The Heart & Stroke Walk is the best way for companies and individuals to get involved in the fight against the No. 1 and No. 5 killers of men and women—heart disease and stroke.

The Heart & Stroke Walk promotes physical activity and heart-healthy living, while also celebrating our heart disease and stroke survivors.

Every dollar raised brings us closer to our goal. Walk with us to save more lives!

Event Features
- 5K Route
- 1 mile Route
- Health Expo
- Snack Booths
- Survivor Caps
- Live Entertainment
- Team Photos
- Kid’s Zone

Become a Top Walker and join us in the VIP Tent to enjoy
- Hot breakfast and refreshments
- Chair Massages
- Comfortable VIP Seating

For more information or to register, please visit www.sacramentoheartwalk.org
Contact us at 916-446-6505 or Jessica.Fat@heart.org
**HOW TO REGISTER ONLINE...**

**2016 Sacramento Heart & Stroke Walk**
**Saturday, September 24th, 2016**

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**Step 1: Log On**
Visit your Start! Sacramento Heart Walk webpage at: [www.SacramentoHeartWalk.org](http://www.SacramentoHeartWalk.org)

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**Step 2: Register**
- Click on “Register” and then “I agree” to the waiver.
- **Team Leaders:** Select “Start a Team” and follow the instructions.
- **Walkers:** Select “Join a Team” and follow the instructions.
- **Independent Walkers:** Select “Join as an Individual” and follow the instructions.

Fill out the Registration form. (If you participated in the past, use your old login and password to auto-fill the form!)

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**Step 3: Personalize your Webpage**
- After logging in, click on the “My Webpage” tab.
- Click upload under “Webpage Image” to import one or two personal pictures or video messages.
- Add a personal message in the “Edit the text” section.
- Don’t forget to click “Submit” when you’re done!

If you are a Team Leader, you can also customize your team’s page. Simply click on “Edit Team Page.”

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**Step 4: Send e-mails**
- Click on the “Email” tab.
- Put a greeting such as “Hello” in the left-hand column and your personal email address on the right hand column.
- Email templates are provided to get you started, but personalize them so that people know what motivates you to support the American Heart Association.
- Click “Send Email” when are finished personalizing your email.
- The email message you receive in your personal inbox will automatically include a direct link back to your personal Heart Walk page. Just forward that email (with the link) to your family and friends.

Online donors will receive an instant, system-generated receipt for taxes, along with a thank you email. This secure process ensures that no personal information will be shared.

**Did you know?** Heart Walk participants who send emails raise almost 3 times as much as those who don’t.

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**Step 5: Track your progress**
Visit your Start! Webpage regularly to check on your progress, run reports (in the “Reports” tab) on your or your team’s progress and send follow-up emails to friends and family.

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For more information or questions Contact the Heart & Stroke Walk Team
Jessica.Fat@heart.org
Phone: 916-446-6505