

# 22nd Annual Sacramento Heart Walk

**REGISTER TO WALK NOW at: [www.SacramentoHeartWalk.org](http://www.SacramentoHeartWalk.org)**

## Make a Difference!

The Heart Walk is the best way for companies and individuals to get involved in the fight against the No. 1 and No. 4 killers of men and women - heart disease and stroke.

As the American Heart Association's premier national walking event, the Start! Heart Walk promotes physical activity and heart-healthy living, while also celebrating our heart disease and stroke survivors.

## Capitol Walk Details

Date: Thursday, September 20, 2012

Location: CA State Capitol, West Steps

Time: Walk begins at 11:30 am

Companies and families participate by forming teams of walkers who obtain pledges on behalf of the American Heart Association. Every dollar raised brings us closer to our goal. Walk with us to save more lives!



## Features

- 1 mile Route
- 3,000 Participants
- Health Expo
- Educational Booths
- Survivor Caps
- Live Music & Other Entertainment
- Team Photos
- VIP Tent for top walkers
- Sponsor Booths
- Kid's Zone
- Lifestyle Change Awards
- Prizes

**For information or to register contact Heart Walk Staff at 916-446-6505 or [Sacramentoheartwalk@heart.org](mailto:Sacramentoheartwalk@heart.org)**

# HOW TO REGISTER ONLINE...

## Step 1: Log On

Visit: **Sacramento Heart Walk**  
webpage at: [www.SacramentoHeartWalk.org](http://www.SacramentoHeartWalk.org)



## Step 2: Register

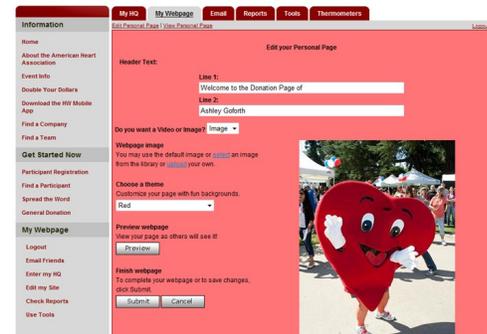
- Click on “Register” and then “I agree” to the waiver.
- Team Leaders:** Select “Start a Team” and follow the instructions.
- Walkers:** Select “Join a Team” and follow the instructions.
- Independent Walkers:** Select “Join as an Individual” and follow the instructions.

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

## Step 3: Personalize your Webpage

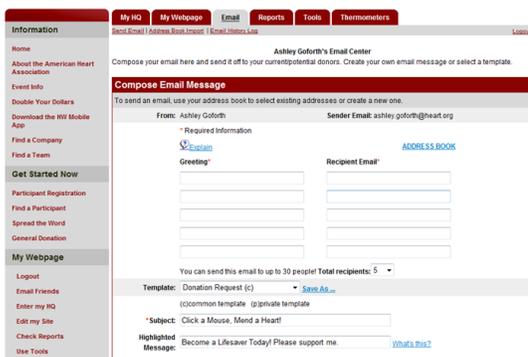
- After logging in, click on the “My Webpage” tab.
- Click **upload** under “Webpage Image” to import one or two personal pictures or video messages.
- Add a personal message in the “Edit the text” section.
- Don’t forget to click “Submit” when you’re done!

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



## 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.



## Step 5: Track your progress

Visit your Heart Walk 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.

Goal	Amount
Fundraising Goal	\$200.00
Amount needed towards goal	\$200.00
<b>Progress Towards Your Goal</b>	
Confirmed Amount Raised	\$0.00
Online Amount - online processing (ie. credit cards)	\$0.00
Offline Amount - (checks, cash, charge and inkind)	\$0.00