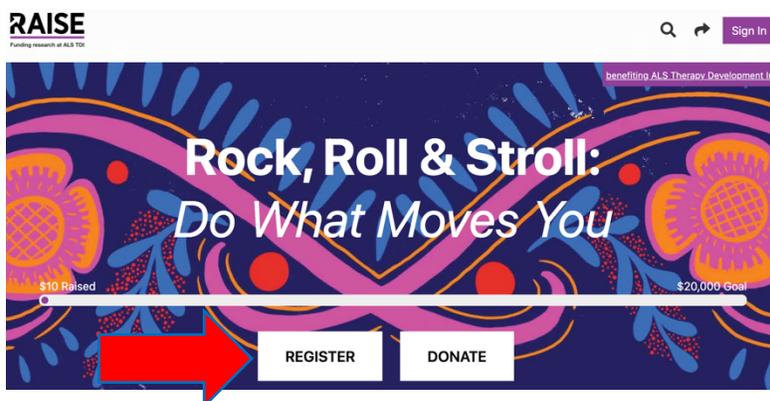
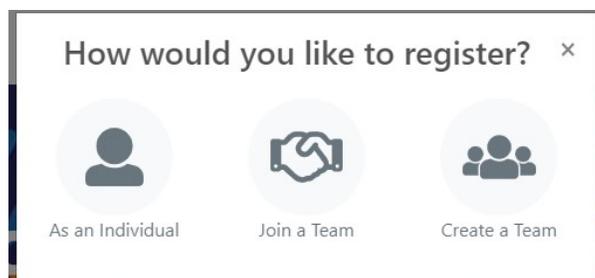


## Registering for the Rock, Roll & Stroll

1. Go to the Rock, Roll & Stroll RAISE website: [als.net/rockrollstroll](https://als.net/rockrollstroll)
2. Choose the “Register” option.

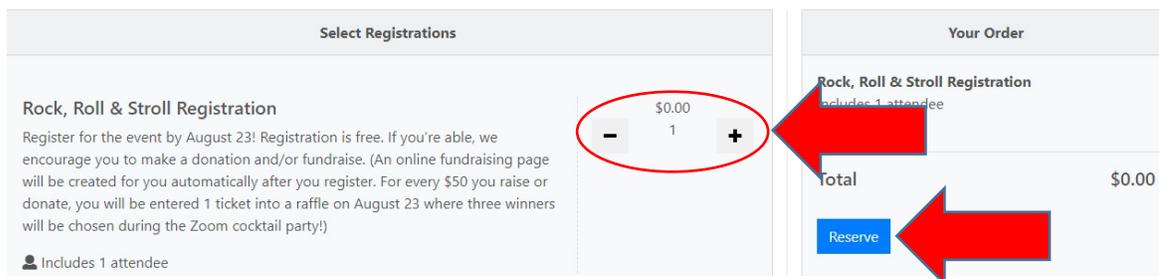


3. Select “As an Individual” if you are not creating a new team or joining an existing team. Choose “Join a Team” if you would like to register as a participant of an existing team. Select “Create a Team” if you are creating a new team.



Rock, Roll & Stroll participants can partake individually or be part of a team. The team component is designed to increase awareness and fundraising efforts. Team captains create a team when they register; a team fundraising page will then automatically generate. Team members select a team when they register; this links their individual fundraising page to the team fundraising page.

- **As an Individual:** Click “As an individual” if you are registering as an individual. Next, add one registration to the cart by clicking the “+” sign. (If you are registering more than one person, such as a family member who lives with you, click the “+” sign for the number of individuals you are registering.) Then click “Reserve”.



- **Join a Team:** Click “Join a team”. Then, search for the name of the team you are joining and select the team. Next, add one registration to the cart by clicking the “+” sign (see above). (If you are registering more than one person, such as a family member who lives with you, click the “+” sign for the number of individuals you are registering.) Then click “Reserve”.

- **Create a team:** Click “Create a team”. Then, enter your new team name, fundraising goal, and page headline. Then hit “continue”. On the next page, add one registration to the cart by clicking the “+” sign (see above). (If you are registering more than one person, such as a family member who lives with you, click the “+” sign for the number of individuals you are registering.) Then click “Reserve”.

4. Fill out your personal information and click “next” once complete.
5. Kick off your fundraising with a personal gift on the Optional Donation page. Credit your donation to your personal fundraising page by choosing your name in the drop-down menu. You can also click through the Optional Donation page without donating and continue to the next page of registration. (Please note that you will be asked to re-enter your personal contact information if you skip the optional donation.)

6. If you chose to donate now, complete payment information on the Registrations Payment page and press “continue” once complete.
7. Verify that your information is correct on the Registration Confirmation page. Then press “confirm”.
8. Registration is now complete – you should receive a confirmation email shortly!
9. If you want to view or customize your fundraising page now, click the “View” button from the confirmation web page. *If you have questions, please email: [events@als.net](mailto:events@als.net).*