



How to Register for Team Quest4ALS

Go to: www.teamquest4als.org (select the location you'd like to join)

1. Click the race you'd like to join (Las Vegas, Philadelphia, Denver etc.)
2. It will take you to the race registration page. Scroll down to the "Fundraising Commitment Levels" option, under Join Team Quest4ALS. Determine your travel needs and select from the three fundraising options.
3. Once you've determined your option, click fundraise.
4. You have the option to sign up as an individual, join a team or create your own team
5. Box will appear (below): Come up with a Team Name, Set your fundraising goal, personalize your team page headline and personalize your URL. Tip: URL should be short and recognizable to your contacts.

A screenshot of the 'Create your team' form on the Team Quest4ALS website. The form is a white modal box centered on a dark background. At the top of the modal, it says 'Create your team'. Below this, there are four input fields, each with a red asterisk indicating a required field. The first field is 'Team name *' with a placeholder 'Name your team'. The second field is 'Set your fundraising goal *' with a placeholder '\$ 50,000'. The third field is 'Your Page's Headline *' with a placeholder 'Help us raise money for ALS research!' and a character count '0/180'. The fourth field is 'Set your Team Page's Short URL (optional)' with a placeholder 'Start typing' and a character count '100 / 100'. Below the URL field is a 'CREATE TEAM' button. In the background, a progress bar shows '\$0 Raised' and '\$1,000,000 Goal'. Other text visible in the background includes 'Marathon Half 10k 5k', 'BECOM', 'WELCO', 'One', 'ALS!', and 'ALS!'.

5. Set your fundraising goal (depending on your travel needs – please select from the fundraising levels from the race page.

**what should your fundraising goal be? Scroll down to fundraising minimum and take the number of runners you'd like to recruit. Example: \$2,500 fundraising goal x 5 runners = \$12,500*

6. Choose your team photo and personalize your Team Page! To personalize your page, head up to your profile (top right hand corner) and click on the “Manage” button. That will take you to the Fundraising Page Dashboard. Once there, go to the Details Tab. Here you will have the option to Upload a new photo.

7. Congratulations! You’ve created your team page! Now share the personalized URL with friends and family and ask them to JOIN your team or to make a donation!

Inspire Hope. Improve Lives.

Cross the finish line and make every mile count for ALS research!
