

HOW TO REGISTER AS A PARTICIPANT



**Start: Access Site from zcares.org/stand-up
Click 'Get Started Today'**

1

*From the event site
Click Register Here*

18 Miles for Mental Health

Pledge to run, walk, or bike 18 miles (or more!) during the month of October to help raise funds for Z-Cares #StandUp for youth mental health campaign

DONATE

REGISTER HERE

2

*Choose to Join a
Team, Fundraise on
your own or create
a team*

Join the campaign



Join a team



Fundraise on my
own



Create a team

3

*Follow the prompts
to complete your
registration*

Welcome, enter your email
address to get started

Email address *



Finish

