**Walker Instructions**

**Objective:** Raise awareness of national wellness month while simultaneously raising funds to support MHA of GA in their mission to enhance the mental wellness for all Georgians through Education, Advocacy and Outreach.

**Responsibility of a walker/runner:** Raise awareness, solicit sponsors, collect pledges, and ensure your sponsors receive a mask, if applicable. There is no obligation to solicit sponsors to participate in the walk, but it is highly encouraged.

*Everything you need to know to walk for mental wellness!*

<table>
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<th>Registration:</th>
<th>Register to walk at <a href="https://www.mhageorgia.org/walkathon/">https://www.mhageorgia.org/walkathon/</a>. Registration is $20 and includes a custom MHA of GA reusable face mask. You must register by Aug 18th to be guaranteed that your mask will ship by the 19th with an expected delivery date of Aug 26th.</th>
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| **For individuals who want to register and create their own team** | - Select “I want to get tickets AS A TEAM  
- Click Create a Team (YOU MUST HAVE AN EVENTBRITE ACCOUNT OR YOU CAN CREATE ONE FOR FREE)  
- Once you are logged into Eventbrite, select your team name.  
- Select “Walker/Runner Registration”  
- Complete the registration via paypal – no account required and credit card works here as well  
- Once you registered, you will be provided with a custom link to invite other participants to join your team. |
| **For individuals who want to register and join a team** | - Select “I want to get tickets AS A TEAM”  
- Type in the team name that your Team Lead provided. Click Continue  
- Complete the registration via paypal – no account required and credit card works here as well |
| **For Individual walkers who don’t want to start or join a team** | - Select “I want to get tickets AS AN INDIVIDUAL  
- Select Walker/Runner Registration  
- Complete the registration via paypal – no account required and credit card works here as well |
| **For Sponsors that require making the donation online** (requires walker to confirm payment with sponsor once complete) | - Select “I want to get tickets AS AN INDIVIDUAL  
- Select “Sponsor a walker/runner”  
- Complete the registration via paypal – no account required and credit card works here as well |
When and Where: You can walk anywhere you’d like, any time between 8/24 and 8/31. If you’re joining a team, speak with your team leader for details on any coordination.

What to wear: We ask that all walkers always wear appropriate face coverings. If the MHA face mask is available in-time for your walk, we encourage you to wear that mask.

Can I post pictures? Absolutely, a big part of this walk is to raise awareness! Tag the organization using #mhaofga when you post!

How do I raise money? Using the pledge form on the registration site, you solicit friends, family, local businesses, clients, etc. to sponsor your walk. Go even further by convincing others to walk with you and get their own sponsors!

They can sponsor you with cash, venmo, check, etc. If they require a payment directly to the organization, they can write a check made out to Mental Health America of Georgia with your name in the memo field or they can go online to the registration page to submit a payment as a sponsor (they will list you as the runner/walker there).

How are pledges collected? Each walker/runner is responsible for collecting the pledges from their sponsors and ensuring they receive a mask if their pledge exceeds $20. See below for pledges over $250.

After the walk is complete:
1) Scan your pledge form to Taimere Wood at taimere@mhageorgia.org
2) Collect any outstanding pledges (cash, venmo, check, etc.) and aggregate them into a single payment to MHA submitted by either method below:
   a. (Preferred) Check made out to Mental Health America of Georgia and mailed ALONG with a COPY of the pledge form to: 2250 N Druid Hills Rd. NE, Suite 275, Atlanta, GA, 30329
   OR
   b. By going to the registration page and submitting a payment as if you were sponsoring yourself as a walker

Once your payments and pledge form are received, MHA of GA will send you the number of masks to be disbursed to your sponsors. MHA will not mail masks directly to your sponsors.

Any sponsor pledge in excess of $250 will require a receipt be issued by Mental Health America of Georgia. Reach out to Taimere Wood at taimere@mhageorgia.org for guidance on obtaining the receipt for your sponsor.

What will the donations be used for? Proceeds from the walk-a-thon will be used as unrestricted funds to fulfill MHA of Georgia’s mission of enhancing mental wellness for all Georgians through education, advocacy and outreach.

Winner Prize! The walker who raises the most funds will get a product from the Dagne Dover collection (www.dagnedover.com). Dagne Dover designs a variety of purpose built work, travel and leisure bags.