

## Stoma Stroll 2019 Signup Instructions

New this year – **Each participant creating a page for the stoma stroll online must join a team.**

To do this, browse to [www.stomastroll.ca](http://www.stomastroll.ca) and find the team you want to join, click on it and click on the button “Join this Team”. Enter your email address and other required information. If you previously had registered as a participant, you will need to login with your password. Go on to create YOUR PERSONAL FUNDRAISING PAGE NAME. Several help documents are available once you sign up.

**What if there is no team for your city/support group?** Find out from your group who will be the leader and ask them to create a team. The leader does this: browse to [www.stomastroll.ca](http://www.stomastroll.ca) and click on the button that says “Create a Team”. Enter your email address and other required information. If you previously had registered as a participant or team captain, you will need to login with your password. Go on to enter YOUR PERSONAL FUNDRAISING PAGE NAME and YOUR TEAM'S NAME and select the city where you are walking. You can also choose Virtual Walk. If your city is not listed, please contact Peter Folk – [peter.folk@ostomycanada.ca](mailto:peter.folk@ostomycanada.ca) – and one will be created for you. Several help documents are available once you sign up.

Once a personal fundraising page and/or team page have been created, it can be customized by uploading a photo of yourself or your group. And you can enter your reason for joining the awareness walk.

Once your page is the way you like it, please remember to share it by email to your friends or share it on social media. There are sharing buttons on your page: Facebook, Twitter, Pinterest, and Email.