WALKING RUNNING IN SAN DIEGO;

Step 1: Register in the HALF marathon or FULL marathon. (see link in email)

- HALF Marathon registration fee is $95, these funds cover the cost of the marathon and are not shared with IBPF
- FULL Marathon registration fee is $125, these funds cover the cost of the marathon and are not shared with IBPF.

Step 2: Let us know that you have registered so we can include you as a runner for our team "Stigma Busters".

- Email team coordinator Debbie Brown @ dbrown@internationalbipolarfoundation.org (see link in email)
- for team sign up and to receive the pre-marathon Training Schedule and other team announcements.

Step 3: Create your IBPF "Stigma Busters" Page and become a fundraiser. Whether you raise $50, $500 or $5,000 … it all adds up!

- Log In: create a User Name (your e-mail address) and Password
- Display Name: (usually your first and last name together)
- Title: International Bipolar Foundation
- Tagline: Stigma Busters
- Welcome Message (edit the below sample to fit you)

> I'll be running in the Carlsbad Marathon on January 19 to raise funds to educate and inspire people to learn the facts about bipolar disorder and break the chains of stigma. 1 in 4 adults lives with a mental health condition, but only 1 in 3 receives treatment. When it comes to mental health conditions, silence is not golden. Silence breeds stigma, and stigma hurts. It prevents people from seeking life-saving treatment and support. The funds I raise will support the International Bipolar Foundation, a San Diego based not-for-profit and official marathon charity, whose mission is to eliminate Bipolar Disorder through the advancement of research; to promote and enhance care and support services; and to erase associated stigma through public education. The goal of the International Bipolar Foundation is to continue to make a difference in the lives of those affected by bipolar disorder. With the help of donations from supporters such as you we will continue to see the changes and improvements. Thanks again for your generous support of our efforts!

- Set Color Scheme. You decide, but you can use AG DEMO 2
- Upload picture for your page and put in an image caption.

Once you've done this … you are off and running. Follow directions on how to invite friends to support your efforts, if you have need assistance setting up your page please feel free to call Debbie with IBPF at (858) 764-2496.