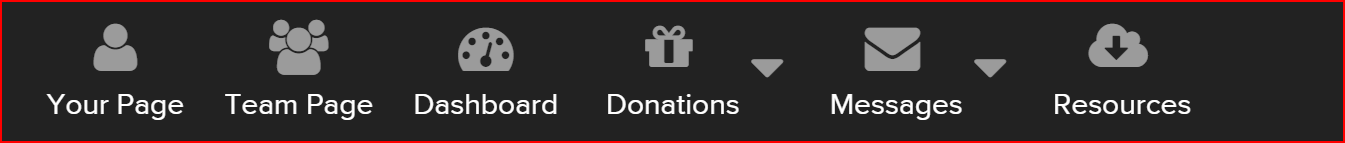
**How to register to be a walker and/or raise funds for the NAMI Grand Rapids Area “Tremolos” team:**

1. Go to the Tremolos walk web page: <https://www.namiwalks.org/index.cfm?fuseaction=donordrive.team&teamID=38458>
2. Click on “Join Our Team”. If you walked in previous years, select the “Been here before?” and put in your email address and password. If this is your first time as part of the team, complete the information and continue to the next step.
3. Once you have logged in, you will see several options in the top left area of the page.



This will let you customize your page, check our Tremolos team page so you can see who is on our roster of walkers, see our donation total, etc. You can also send a personal email message for donations to any people you want. You can either add contact names and emails individually or import them from a file.

1. Donations can be made electronically OR by cash or checks made out to “NAMI Walks”. You can add cash or checks under “Add Offline Donations”. These offline donations can be turned in to our team captain, Jeff Olds.
2. If someone donates to your walk electronically, you will receive an email notice with a link to thank them.

If you have any questions about registering, walking, or donating, please contact either Jeff Olds at (218) 259-2444 or [xena7080@aol.com](mailto:xena7080@aol.com) or Patty Holycross at (218) 259-5108 or [plholycross@gmail.com](mailto:plholycross@gmail.com).