

To Register

- Go to Parkinsonoklahoma.com
- Click on the walk of your choice
- Click to register, start a team, or join a team
- Click JOIN AS A NEW PARTICIPANT if you have never participated
- Follow the prompts, it will default to your email address for the user name

To Add Your Contacts

- Log in
- Click on “Participant Center” red box at top
- Click on “Add contacts” right side bar in blue
- Click on “Import contacts”, right side, first box under contacts
- Use Gmail or yahoo very easily to import all or import some of your contacts.
- Then, next and finished.

For help with Hotmail, etc. Contact us at 405.810.0695 or okcwalk@parkinsonoklahoma.com

To Post your page to Facebook or Twitter

- Go to parkinsonoklahoma.com
- Click on OKC Parkinson’s Rally Walk & 5k
- Search for your page by first name and last
- Look to the social media bar on the left side of the screen
- Click on the Facebook, Twitter, or + logos (for Pinterest, Google +, etc. to post your walk page and ask people to join you in your efforts!

To Send email Invitations

- Go to parkinsonoklahoma.com
- Click on OKC Parkinson's Rally Walk & 5k
- Log in to your participant center
- Scroll down to select "Send an email"
- Select which one you want to compose, Next
- Edit as needed, Next
- Select contacts, Next
- Send!