

## How to join an existing team

Thank you for helping us shine a light on domestic and family violence. Every step you complete is a step towards a world without violence.

Before you begin, you will need the team name and unique code from your team captain.

Instructions for registering when your team captain has set up a team and you want to join:

1. Go to [darknesstodaylight.org/](https://darknesstodaylight.org/)
2. Click on the register button and select the 'Team' option
3. Create your account
4. Select how you would like to register
5. Create your account and fill in your personal details
6. Select shirt size. Please note all shirts are unisex sizing.
7. If you would like to self-donate now, this is great way to start your fundraising journey
9. Complete payment to finalise registration. If you have a promo code please enter this to cover the cost of your registration. Promo codes do not cover the cost of donations.
10. Complete your profile and begin sharing

## Join the Facebook group

We strongly encourage all participants to join the Darkness to Daylight Facebook group to stay up to date with event or weather updates.

Log into your Facebook account and at the top right hand corner search 'Darkness to Daylight Challenge', then select 'Join group'.

## Event format

### 1 - 30 May: The Virtual Challenge

Participants work as individuals or as groups to complete 100km.

### 31 May: The 10km Live Event

Participants and community members are invited to a central location to complete the final 10km as one. There will also be a 3km option at the live event.