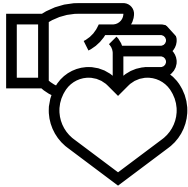


# 5K RUN/WALK

## How To Participate

### AS AN INDIVIDUAL

1



### Sign Up to Fundraise

Go to [givebutter.com/heartbrothers-runwalk](https://givebutter.com/heartbrothers-runwalk) & click one of the blue/white **FUNDRAISE** buttons on the left. Create a Username & Password to log-in. Follow the instructions to create your Fundraising Page & skip the "Join or Create a Team" step.

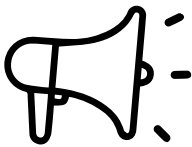
2



### Register to Walk / Run

Go back to [givebutter.com/heartbrothers-runwalk](https://givebutter.com/heartbrothers-runwalk) & click the red **REGISTER OR DONATE** button at the top. Follow the instructions to purchase a runner/walker ticket & "credit" the \$30 to your Fundraising page. (Enter your name in the search bar.)

3



### Share to Your Networks

Invite friends & family to visit your Fundraising page and support you. (Every participant has an individual minimum fundraising goal of \$250 after registration fees.) Print & wear your race bib\*. On social media, please tag the HeartBrothers & include both event hashtags in any captions: #heartfailureawareness & #heartbrothers5k.

4



### Track & Submit Your Steps

Use any device or app\*\* to track your progress from May 7-13. Take a screenshot of your completed distance and upload it to your Fundraising page. **Feel great! You've contributed to Health & Hope!**

*\*Visit [heartbrothers.org/runwalk](https://heartbrothers.org/runwalk) to download our branded race bib. Print it & pin it to your shirt, then share photos to social while you're getting your steps in!*

*\*\*We recommend (4) free apps in our FAQs at [heartbrothers.org/runwalk](https://heartbrothers.org/runwalk).*