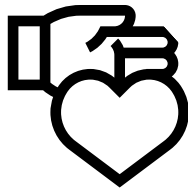


5K RUN/WALK

HOW TO PARTICIPATE

AS AN INDIVIDUAL

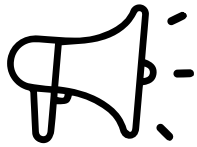
1



Sign Up To Fundraise

Go to givebutter.com/runwalk-for-heartfailure & click one of the blue/white **FUNDRAISE** buttons on the left. Fill out the form to create an account (or sign in if you walked last year). Follow the instructions to create your Fundraising Page. (Skip the “join/create a team” step.) When you’re done, click the blue **Share & Manage** link (to the right of your photo) to get your page URL.

2



Share To Your Network

Invite friends & family to visit your page and support you via email, text, and social media. (All participants have a required minimum fundraising goal of \$300.) Print & wear your race bib*. On social, be sure to tag the HeartBrothers & include both event hashtags in captions: [#heartfailureawareness](#) & [#heartbrothers5k](#).

3



Track & Submit Steps

Use any device or app** to track your progress from May 18-25. 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 to download a bib. Print it, pin it to your shirt, & share photos to social media while you get your steps in!*

***Visit heartbrothers.org/runwalk for the (4) free apps we recommend in our FAQs*