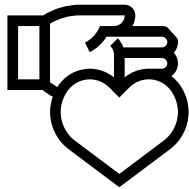


# 5K RUN/WALK

## HOW TO PARTICIPATE

### AS A TEAM CAPTAIN

1



### Sign Up To Fundraise

Go to [givebutter.com/runwalk-for-heartfailure](https://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) & choose the "Create your own team" option.

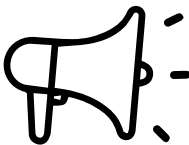
2



### Set Up Your Pages

Follow the instructions to set up your two Fundraising Pages: Team and Individual. You will be asked to **add only a logo (400x400) and \$ goal** for your team page. you can personalize your Individual page more with a **photo (400x400), \$ goal, AND short story** about why you're participating. Click the blue **Share & Manage** link (to the right of your photo) for your Individual URL.

3



### Share With Your Team

Email your team members the event URL ([givebutter.com/runwalk-for-heartfailure](https://givebutter.com/runwalk-for-heartfailure)), your team name, and our PDF "HOW TO PARTICIPATE AS A TEAM MEMBER". **\*Every member must 'Join' your team so their funds can be allocated correctly.**

**Questions? Contact Emily Lalone at [emily@lalonemarketing.com](mailto:emily@lalonemarketing.com).**

Visit [heartbrothers.org/runwalk](https://heartbrothers.org/runwalk) for all resources, FAQs, & event materials.