

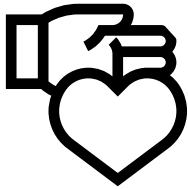
# HEART BROTHERS FOUNDATION™

## 5K RUN/WALK

### How To Participate

#### AS A TEAM MEMBER

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#### 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 own Fundraising Page & choose the "Join an existing team" option to find/join your Team's page in the drop-down.

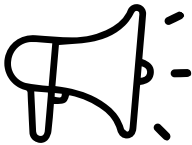
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#### Register to Walk / Run

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 Team Fundraising page. (Type the team name into the search bar if you have trouble finding it.)

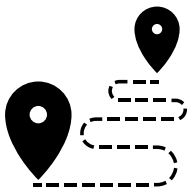
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#### Share to Your Networks

Invite friends & family to visit your Team's Fundraising page and support you. (Every participant has an individual minimum fundraising goal of \$250 after the \$30 registration fee.) Print & wear your race bib\*. On social media, tag the HeartBrothers & include both event hashtags in all captions: #heartfailureawareness & #heartbrothers5k.

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#### 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 & pin it to your shirt, then share photos to social while you're out getting your steps in!

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