

# 5K RUN/WALK

## How To Participate

### In Four Easy Steps

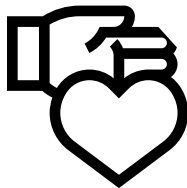
1



### Register to Walk / Run

Click the red **REGISTER OR DONATE** button at the top right of our event page. Follow the instructions to complete your \$30 registration.

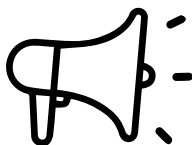
2



### Sign Up to Fundraise

Click the blue/white **FUNDRAISE** button in the left-hand Team section of our event page. Sign up as a fundraiser, join or create a team (not required), & set up your fundraising page.

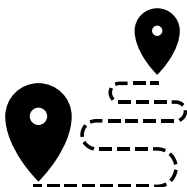
3



### Share to Your Networks

Invite friends and family to visit your—or your team's—fundraising page and support you. (Minimum goal of \$250 per participant after registration fees.) On social, please tag the HBF & ensure your captions include both hashtags: #heartfailureawareness & #heartbrothers5k.

4



### Track & Submit Your Steps

Print & wear your race bib\*. 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](http://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](http://heartbrothers.org/runwalk).*