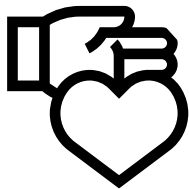


5K RUN/WALK

HOW TO PARTICIPATE

AS A TEAM MEMBER

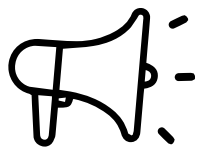
1



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). Choose the "Join an existing team" option and find/join your Team's page in the drop-down. Follow the instructions to create your Page. 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 Networks

Invite friends & family to visit your page and support you via email, text, and social media. **All participants have a 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. Print it, pin it to your shirt, & share photos to social media while you get your steps in!*

***We recommend (4) free apps in our FAQs at heartbrothers.org/runwalk.*