



American Heart Association®

Heart Mini-Marathon & Walk™

HOW TO PARTICIPATE VIRTUALLY



- 1 Head to www.heartmini.org and click the big red "Register" button.
- 2 Choose "Start a Team" or "Join a Team." Have you participated in this event before? If so, log in to your account. If this is your first Heart Mini, click "No" to create your account.
- 3 Enter your unique team name and choose your company from the drop down list.
- 4 Select your registration type based on the event you wish to run/walk.
- 5 Update your team and personal fundraising goal to encourage your network to contribute!
- 6 Fill out your account information and shirt size. Click YES to participating virtually. All participants who register by 2/14/25 will have their shirt and race medal sent directly to them in the mail.



Your registration is complete! This will take you to your Heart Mini HQ where you can share your "why," manage donations and send email or Facebook solicitations!

ARE YOU PARTICIPATING OUTSIDE OF GREATER CINCINNATI?

Download the Heart Walk app to participate in the Move More Challenge the month leading up to the Heart Mini! Log your minutes of activity for points. Utilize this challenge to keep yourself accountable or create a competition between your team to see who can earn the most points!

Huddle your coworkers, family and friends to run and walk in your local park or neighborhood! Make sure to send in your team pictures!

Want to see how you would have stacked up against the Cincinnati racing competition? Track your Half Marathon, 15K or 5K race and upload your time to the Heart Mini website between March 8-23.

Questions? Contact heartmini@heart.org