

Heart Mini-Marathon & Walk Virtual Participation

Thank you for virtually joining us with your company on March 19th. There are many ways to stay engaged in the Heart Mini campaign and mission of the American Heart Association! Check out these great resources below and on the Heart Walk app.



Register

Visit www.heartmini.org and select "register." You will be directed to answer a series of questions. After selecting which race you would like to participate in, you will be directed to a page where you can register as a virtual participant.



WEAR RED DAY

Whether in person or on a Teams/Zoom call, encourage all your co-workers to **wear red** and take photos as a group on National Wear Red Day, February 3rd! Use hashtag #cincygored or #heartmini



Shirt and Bib Delivered to You

Your t-shirt and bib will be delivered directly to the address you registered with -- no matter where you live! To guarantee your t-shirt and bib will be delivered before March 19th register by February 20th!



ACTIVITY TRACKER

Starting February 17, log your minutes of any type of activity in the Heart Walk app. Any activity is acceptable -if you're moving, it counts! Company, team and personal leaderboards will be updated in real time.



LOGGING YOUR RACE

You have the week before and after March 19th to run/walk your event from home. Download the Heart Mini Playlist to motivate you along the way and log your final time on the Heart Mini website.



KEY DATES

NOVEMBER 29

Giving Tuesday!

Spread the spirit of the holiday season by kicking off your fundraising

FEBRUARY 3

Wear Red & Rally Day!

Show your support for the American Heart Association and encourage others to match or join your efforts!

FEBRUARY 20

T-Shirt Deadline

Anyone registered on or by this date will have their Heart Mini shirt & bib mailed to them prior to event day! This is the final date that your company is eligible to have their shirts logoed! Remember, you must have met the requirements of raising \$5,000 as a company with at least 15 people registered!



Follow us on social media @theheartmini