



**Mended
Little
Hearts**

A program of The Mended Hearts, Inc.

How To Do A Virtual Run/Walk



1. Register for the event. Go to the event registration page: <http://www.active.com/dallas-tx/running/races/roar-n-run-13-1-2014?keywords=na> and register for either the Roar 'N Run 13.1 or the Roar 'N Fun Run (one mile). When you register, you can also "Add another registration" and register family members or others whose registrations you are paying for. All those who register by December 31 are guaranteed a medal by February 7 when the event starts.
2. T-shirts. You can buy a t-shirt during the registration process for any adults for only \$15. We were no offered kids' sizes, so this option is available for adults only. All people who raise over \$100 when fundraising for this event will get a FREE Surgery Is Not A Cure t-shirt.
3. You have the option to create a team during the registration process. Bear in mind that if you create a team using your child's name (ex. Team Joshua), you may want to add a last initial because there could be many children with the same name.
4. You also have the option to fundraise. All funds raised will go to Mended Little Hearts to support our national programming. In order to expand and improve the services Mended Little Hearts provides, we need funds, particularly in this tough economic time. If you choose to fundraise, you can choose this option when registering. You will get a link over email to create a fundraising team or individual page that you can customize with pictures and text. Don't forget to put your fundraising goal on there.
5. We will send you CHD Facts every week after your register and every day during CHD Awareness Week. Please post these and mention the Roar 'N Run on your social media venues to create more awareness.
6. Start running, walking or jogging and keep track of your miles on February 7. You can do this outside, in a gym or anywhere you would like. You can do a little each day, do some every other day, or do it all at once—any way you choose.
7. You can keep track of your progress and post it to social media venues (you don't have to post it) using one of these apps or a different one that you like using.

- ♥ Map My Run
- ♥ Map My Fitness
- ♥ Map My Walk
- ♥ Mi Coach
- ♥ RunKeeper
- ♥ Route Tracker
- ♥ My Fitness Pal
- ♥ Lose It
- ♥ Runmeter GPS
- ♥ Run Helper

- ♥ %k Runner
- ♥ Runtastic GPS
- ♥ Nike + Running
- ♥ Strava Run

A sample post might be:

Today I completed 2.8 miles towards my goal of 13.1 for Congenital Heart Defect Awareness Week. Please support me as I work to complete 13.1 miles to raise awareness of the most common birth defect in the U.S. Please visit my fundraising page too at _____ and support my efforts. Thanks!

8. Once you have completed the event, take a picture of yourself and any other family and friends who completed it with you. Hold up your medals and smile. GREAT JOB!!! Please send us the picture if you want to over Instagram or on our Facebook page.
9. Celebrate your success. Reward yourself with something nice—even a hot bath or a good book. You did it!

Thanks, again, for your participation in this event!!