



# Racing Hearts 5k/10k Strava Challenge

**March 1, 2018 - March 18, 2018**

# Racing Hearts 5k/10k Challenge

## Why join us with Strava?

### Heart Routes



- Santa Clara - 3.1 miles
- Palo Alto - 3.7 miles
- Palo Alto - 6.2 miles
- San Francisco - 3.1 miles
- San Francisco - 3.3 miles
- San Francisco - 7.6 miles

**Celebrate heart wellness  
& heart safety together!**

**Cheer everyone from  
anywhere!**

**Sign up starts:  
February 22, 2018**

# Racing Hearts 5k/10k Challenge

Steps: 1, 2, 3

**STRAVA**

**1. Create a FREE Strava account on your smartphone**



**2. Locate and join our Racing Hearts 5k/10k Challenge(s)**



**3. Walk/run in support of heart wellness & heart safety**

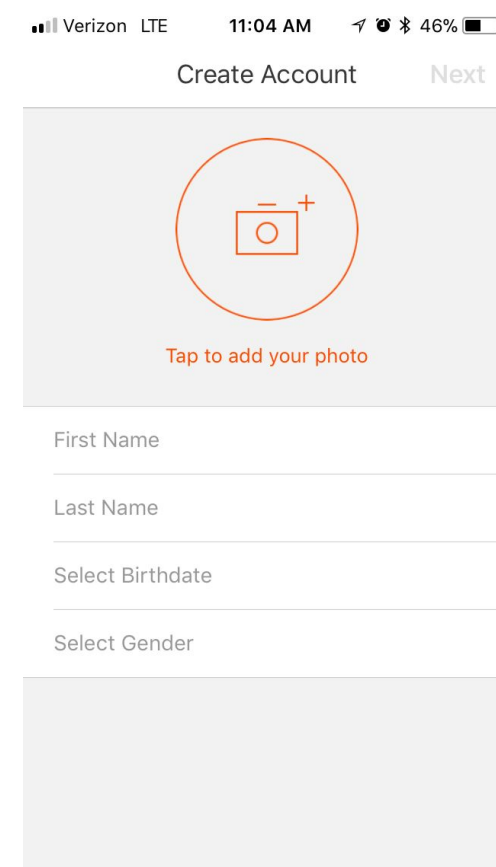
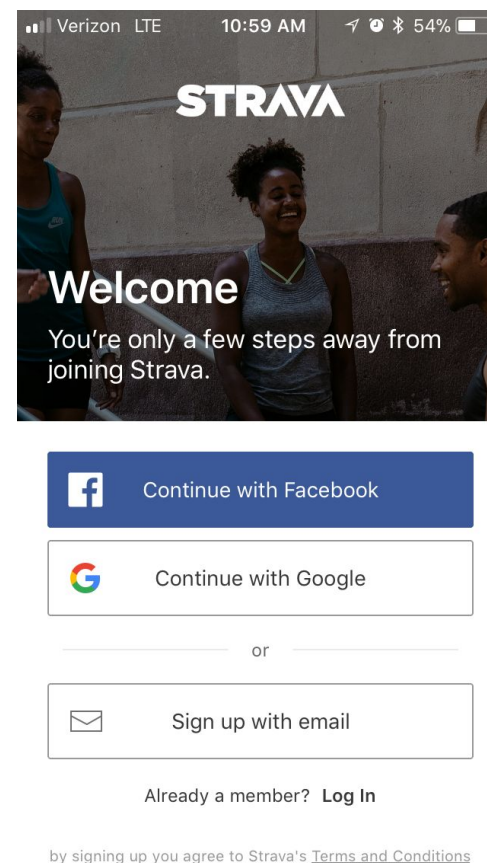
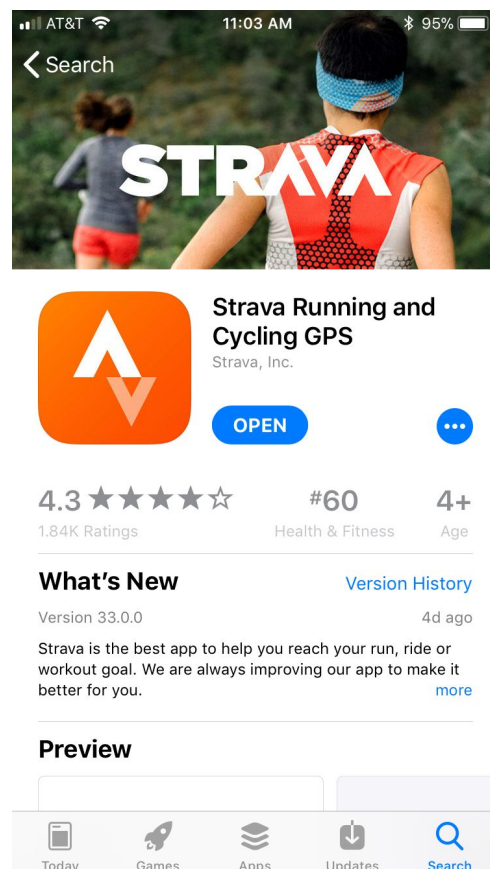
# Racing Hearts 5k/10k Challenge

## Sign up with Strava

Locate Strava app (iTunes or Google Play Store)

Install and create FREE account

Allow Strava to use gps location while using the app

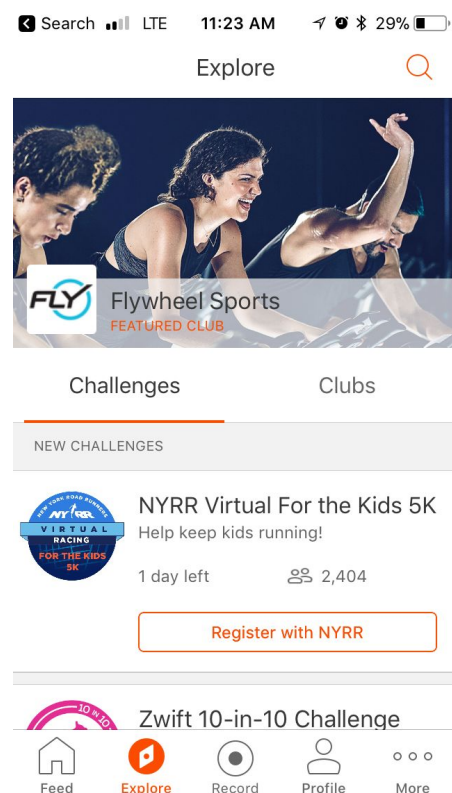


# Racing Hearts 5k/10k Challenge

## Join the Challenge



You can join one or both Challenges!

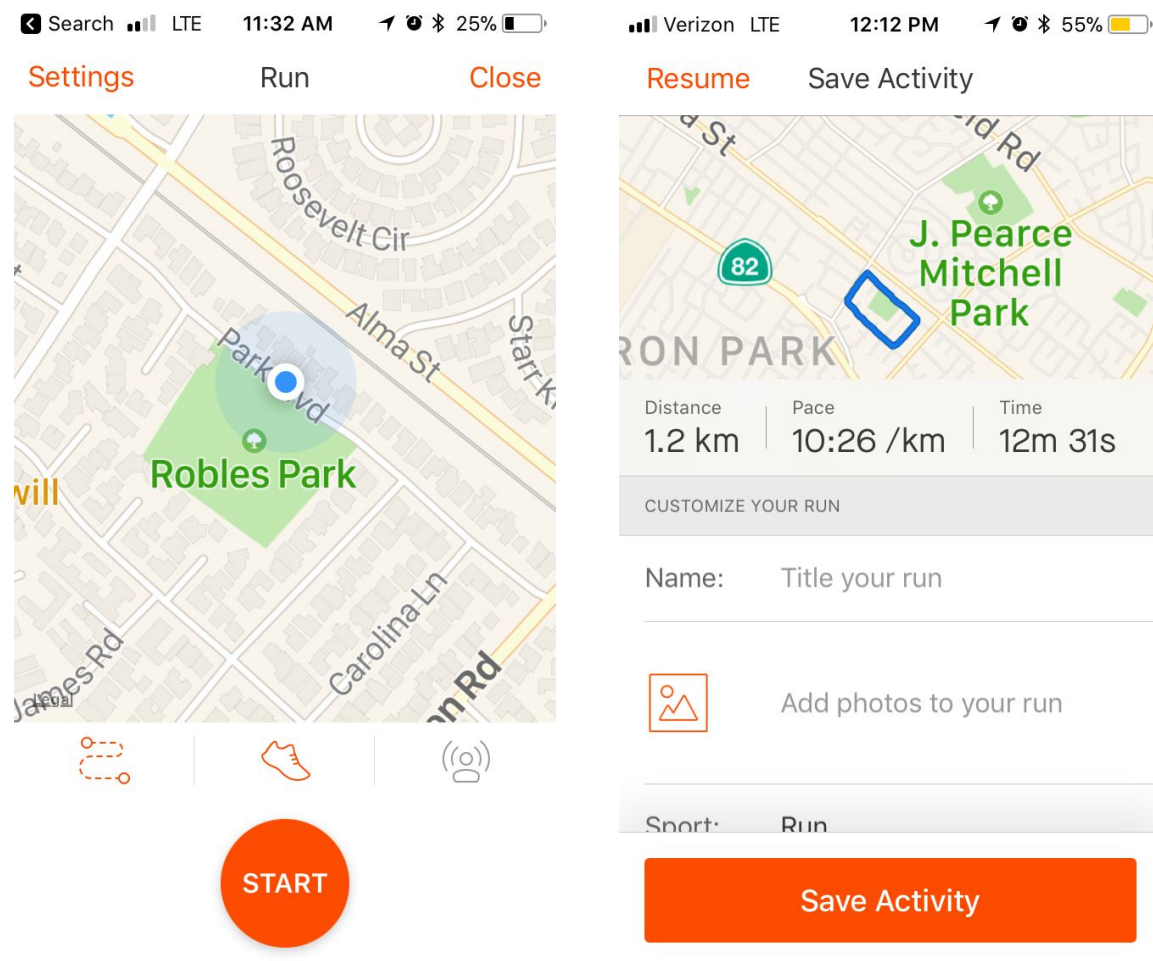


1. Locate the Racing Hearts Challenge(s) in the “Explore” tab (iPhone) or Click on “Challenges” tab on the main menu (Android)
2. Locate the Racing Hearts Challenge(s) and click “Join” to participate



# Racing Hearts 5k/10k Challenge

## Walk/Run for Heart Wellness



- After joining the Challenge, Open the app, hit “Record Activity”, “Start”, then walk/run at least 3.1 miles (5k) or 6.2 miles (10k). Click “Save Activity” when finished.
- Anywhere/Anytime between March 1 - March 18 your walk/run will automatically count towards our Racing Hearts Challenges.
- Invite Family and Friends to join!

# Racing Hearts 5k/10k Challenge

Support us!



**Register Today**

**Create a Team!**

**Donate or Fundraise**

For More Information: [Click Here!](#)

# Racing Hearts 5k/10k Challenge

## Join Us!

**Racing Hearts 2018**

**Sunday, March 18<sup>TH</sup>**

**Family Wellness Festival**

**PALO ALTO CITY HALL • 2-4PM**

**Family Fun**  
Face Painting  
Live DJ  
Photo Booth

**Food / Goodie**  
Salad Bar • Kind Bars  
+ more yummy

**FREE ADMISSION**

**Community Demos**  
Learn CPR • AED Training  
Fire Truck Tours  
EMT Tours

**CITY OF PALO ALTO** racing hearts **PALO ALTO FIRE DEPARTMENT** Malwarebytes PREMIER PROPERTIES Palantir WHOLE FOODS MARKET patagonia

For More Information: [Click Here!](#)