

## How to register for Ride for Heart as an individual:

1. Go to [www.rideforheart.ca](http://www.rideforheart.ca) and click **Register**. When you are presented with a pop-up, click **Register as an individual**.



### Ways to participate

Ride, walk or run by yourself, or as a team with friends, family, or colleagues.

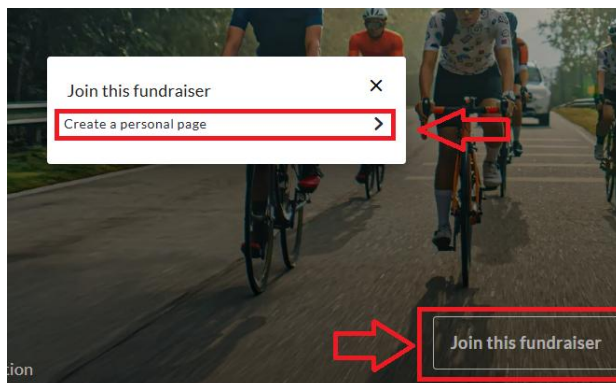
Start a team

Join a team



Register as an individual

2. Click **Join this fundraiser**, then **Create a personal page**.



3. Complete all form prompts, check **Agree to waiver**, then click **Create**.

Additional questions

Registration type \*

Corporate Challenge Registration

Address \*

123 new Street

City \*

Hamilton

Province \*

Ontario

Telephone number \*

999-999-9999

For your Ride for Heart activity challenge, are you planning to: \*

Walk

☒ Agree to waiver [\[View\]](#)

Cancel Create

Note: When asked to **Sign up or log in**, enter your email and follow the prompts to either create a new account or use your Ride for Heart password to continue.

4. This will take you to your new Ride for Heart fundraising page!

We encourage you to take the time to customize this page using the **Manage my page** menu to let people know why you're raising funds for Heart and Stroke research. Thank you again for being a supporter and good luck with your Ride for Heart.

