

## Help for participants - How to register

1. Visit [www.runfortheheart.ca](http://www.runfortheheart.ca)
2. Click on the blue button « I want to run! »

The image shows a screenshot of the website's header and a promotional banner. The header includes the logo for 'FONDATION INSTITUT DE CARDIOLOGIE DE MONTRÉAL' and 'COURS POUR LE CŒUR', along with navigation links for 'Contact us', 'Photos', 'FAQ', 'Français', and social media icons for Facebook, YouTube, and Twitter. A 'Log In' button is also present. Below the header, there are four menu items: 'Participate', 'Donate to a runner', 'Organizing a race?', and 'The cause'. The main banner features a photograph of runners on a path in a park, with the text 'Calling all runners and kind-hearted folks!' overlaid. At the bottom of the banner, there are three call-to-action buttons: a blue button with a runner icon and the text 'I want to run!', a red button with a dollar sign icon and the text 'I want to donate to a runner!', and a grey button with a diamond icon and the text 'I am an organizer!'.

FONDATION INSTITUT DE CARDIOLOGIE DE MONTRÉAL COURS POUR LE CŒUR

Contact us Photos FAQ Français f YouTube Twitter Log In

Participate Donate to a runner Organizing a race? The cause

Calling all runners and kind-hearted folks!

I want to run!

I want to donate to a runner!

I am an organizer!



- You can then choose the race for which you want to fundraise. If your race is not in our list of favourites, please scroll down to the bottom where you can choose your region in the drop down menu. Once your region is selected, click on your race, and then on next.

## Find your race

You've decided to take part in the [Cours pour le Cœur program](#)? Congratulations! The first step in registering is to choose the race that sets your heart aflutter!

### Some of our favourites

Want to run, but don't know where or when? Let us inspire you with our favourite races!

<p><b>Tour de l'Horloge du Vieux-Montréal</b></p> <p>April 6, 2016 Montréal</p> <p>Select</p>	<p><b>Scotiabank Charity Challenge</b></p> <p>April 23 and 22, 2016 Montréal</p> <p>Select</p>	<p><b>Tour du Lac Brno Merrol</b></p> <p>June 15, 16 and 17, 2016 Lac Brno</p> <p>Select</p>
<p><b>Demi-Marathon Mont-Tremblant</b></p> <p>August 12, 2016 Mont-Tremblant</p> <p>Select</p>	<p><b>The Color Run</b></p> <p>August 26, 2016 Montréal</p> <p>Select</p>	<p><b>Marathon et Demi-Marathon Oasis Rock 'n' Roll de Montréal</b></p> <p>September 20-21, 2016 Montréal</p> <p>Select</p>
<p><b>Demi-Marathon du Bois de Belle-Rivière</b></p> <p>October 8, 2016 Montréal</p> <p>Select</p>	<p><b>Demi-Marathon des Microbrasseries</b></p> <p>November 6, 2016 Montréal</p> <p>Select</p>	<p><b>Les Courses Virtuelles</b></p> <p>When you want Where you want</p> <p>Select</p>

You can also choose a race by region:

Regions:

- 30 KM des Rives de Boucherville
- Boston Marathon
- Color Run Montréal
- Défi des Cours Clinique dentaire Descôteaux



Next

You don't see your race anywhere? Don't worry! Contact Marie-Josée Carroll [marie-josée.carroll@icm-mhi.org](mailto:marie-josée.carroll@icm-mhi.org) ou 514 376-3330, poste 2451 and we will add it for you!



4. Please read and accept the waiver.



## Waiver

Please accept the waiver.

READ CAREFULLY.

In consideration of the acceptance of my application and of my registration as an entrant in the Cours pour le Coeur Project in support of the Montreal Heart Institute Foundation, I, acknowledge and agree as a participant on my own behalf and/or as the parent or guardian of the minor aged participants identified and for our respective heirs, administrators and executors, hereby waive, release, discharge and hold harmless the Montreal Heart Institute Foundation and all other organizations, sanctioning bodies and sponsoring companies from any and all causes of actions, actions, suits, claims and demands for damages, liability, indemnity, expenses, interest fees and costs, including legal fees in respect to injury, loss or damage of every nature and kind to my or the minor's listed, person or property however caused, resulting from our participation in my selected Sport event as a spectator or participant.

I warrant that I and each of the minors identified are physically fit and in the proper physical condition to participate in the selected sport event.

I acknowledge that I have carefully read this Release, Waiver of Liability, Indemnity and Consent Agreement, fully understand its terms without reservation, understanding that I have given up substantial rights by signing it, and have marked it freely and voluntarily without inducement, assurance or guarantee being made to me and intend my mark to be a complete, final and unconditional release of all liability to the greatest extent allowed by law.

I further agree to permit the Montreal Heart Institute Foundation to use any photographs and/or video of me or the minors identified taken in the course of our participation in the Cours pour le Coeur Project, and for the Montreal Heart Institute Foundation to use these photographs and/or video in any media, communications materials, website, special promotions from time to time and for as long as the Montreal Heart Institute Foundation may consider appropriate.

All personal information disclosed on this form is treated as confidential.

I accept the waiver.

« Previous

2

Next »

5. Next step: Are you running on your own, or as part of a team?



Want to run on your own or join a team? Listen to your heart!



If you are running as part of a team, in the next step, as team captain you will be able to invite your teammates to register. Please note that to be eligible for the reimbursement, all team members must be registered on the platform at the time of the race (and have raised the minimum funds).

In addition, all donations made to your team page will be equally divided between the team members, towards their goal. For example, Jason, Flavie, Jonathan and Marianne are co-workers. Their team objective is \$1,000. They asked their co-workers for donations and their boss has chosen to make a \$100 donation to the team, instead of 4 individual donations. In this case, the donation will be divided into 4 equal parts (\$25 each).



6. It's now time to enter your personal information. You can choose to register via your Facebook profile. If not, please enter all requested information.

## Information


To sign you up, we need a little information.

\* Denotes required information.

Log in with Facebook

Sign up using Facebook

Signing up using your Facebook Account will allow you to login with Facebook the next time you return. Your Facebook account data will never be used, distributed or stored without your consent.

 Log in with Facebook

Please enter all requested information.

### ♥ NAME

\* Title

\* First Name

\* Last Name

### ♥ ADDRESS

Home     Work

\* Country

\* Address

\* City

\* Province

\* Postal Code/Zip Code

\* Phone number  
(  )  Ext.

\* Email Address



7. You now have to create a username and password. Then click on next.  
*Note: These will be used every time you wish to log in to follow up on your fundraising, thank your donors, change your objective etc.*

### ACCOUNT INFORMATION

Your account username and password will allow you to login following registration.

1 \* Username

\* Password

\* Confirm Password

< Previous

2  
Next >

8. On this page, enter your personal objective and make the first donation\* to encourage your donors to be generous! Then, click on next.

### THERE'S NOTHING LIKE SETTING A GOAL TO GET YOU MOVING!

Enter the minimum amount you want to raise:

### LUCKILY, GENEROSITY IS CONTAGIOUS!

By making the first donation yourself, you'll set an example for your contacts and encourage them to follow your lead.

*If they wish, participants who donate to their own fundraising efforts may request a tax receipt after the event because we must deduct the value of the benefits received from the total amount of their personal donation before issuing a receipt.*

Donation Amount:

### PERMISSION QUESTION

I allow the Fondation De L'Institut De Cardiologie to sollicite me by email or mail.

### ADDITIONAL QUESTION

\* Where did you learn about our program Cours pour le Coeur.

< Previous

Next >



9. You're almost there! All you have to do now is click on the complete button!



## You're almost there!

Check the following information and press the Complete button.

### ♥ REGISTER

**Name:** Mrs MJ Carroll  
**Address:** 4100 rue Molson, suite 340  
Montréal  
Quebec  
H1Y 3N1  
CANADA  
**Email:** [marie-josée.carroll@icm-mhi.org](mailto:marie-josée.carroll@icm-mhi.org)

« Previous

Complete »

You are now registered to **Run for the Heart!** Our online platform will guide you in the next steps in personalizing your fundraising page.

For any questions, please contact Marie-Josée Carroll [marie-josée.carroll@icm-mhi.org](mailto:marie-josée.carroll@icm-mhi.org) ou 514 376-3330, ext 2451.