

# First Coast Heart Walk FAQs

Sunday, November 19<sup>th</sup>

Activities begin: 8 a.m.

Walk begins: 9:30 a.m.



Healthy For Good™  
Heart Walk®

## Where do I park?

Parking is free for all attendees in Lot J and the surrounding parking lots of Everbank Field.

## Will there be food?

All participants will be provided with fruit and water at the Food tents located inside the park. There are easily-accessible water stations along the walk route.

## Restrooms:

Portable toilets are located on the Southeast side of the park near the front gates. There will also be portable toilets along the route near the water stations.

## First Aid:

The First Aid tent is located in the UF Health tent. Should something happen on the route, please flag a Police Officer for immediate assistance.

## Where do participants turn in donations?

There will be a money turn-in station at the “Donation Turn-In” tent, located next to the stage. To save time, it may be easiest for team captains to collect all walker envelopes and turn in all team money at once.

## Is there any special recognition for survivors of heart disease and stroke?



Yes, heart disease and stroke survivors are given ball caps to wear and child survivors are given ‘Heart Hero’ capes during the Heart Walk to show their triumph over heart disease or stroke. Survivors can pick up their caps and capes at the Survivor tent.



## How long is the walk?

The Heart Walk is a 3-mile route that starts at Metropolitan Park and loops through downtown Jacksonville. We also have a 1-mile survivor route. Please see the map for the exact walk route.

## Can I bring my dog?

The First Coast Heart Walk is dog friendly! To earn Top Dog barking rights take your pet’s photo at our Top Dog tent. After the Heart Walk, vote for your favorite dog on our Facebook page. Please clean up after your pet, dog bags will be provided. Dog water stations will be located around the park and in the Top Dog tent. Please bring only dogs that are comfortable and friendly in large crowds and fit enough for a three-mile walk.

## When do I get my Heart Walk t-shirt?

Individuals that fundraise \$100 or more will receive a Heart Walk t-shirt. Shirts are ordered 2 weeks post event and will be distributed via team captains approximately 4-6 weeks after the event.

## Where do I meet my team?

We will have 4 Rally Towers- purple, orange, green, and teal located throughout the park. Corporate companies without a tent or sponsorship have been assigned a Rally Tower and we encourage our teams to use these as a meeting landmark for participants. Not a corporate team? Pick a color and have your team meet there.