



American Heart Association®  
Heart Walk®

## Frequently Asked Questions

Metro Atlanta Heart Walk

September 29, 2018

### Friday, September 28, 2018

12:00 p.m. — Set-up in Georgia World Congress Center Yellow Lot via Grey Street (with **VALID PASS ONLY**)

5:00 p.m. — All set-up complete

### Saturday, September 29, 2018

5:00 a.m. — Set-up in GWCC Yellow Lot via Grey Street (with **VALID PASS ONLY**)

**\*\* cars/trucks must be removed from lot prior to 6:30 a.m. \*\***

6:30 a.m. — **All vendor vehicles must be removed from the delivery area and parked in a lot or garage**

6:45 a.m. — Company Tents Open

8:00 a.m. — Opening Ceremonies at Main Stage

8:20 a.m. — All Participants to stage so we can proceed as group to the start line (near Grey Street)

8:30 a.m. — 5K and 1-Mile Survivor Walks Begin

9:15 a.m. — Post-Event Celebrations

11:30 a.m. — Vehicles allowed onto Grey Street (**with VALID PASS ONLY**) for breakdown

12:00 p.m. — Event Ends

### Where do I park?

Parking is **FREE** for all participants who raise \$1,000+! If you qualify for free parking, you will be emailed your pass before the event. Parking for the general public is available at several different paid parking garages and surface lots surrounding the Georgia World Congress Center's Yellow Lot. For more information on available parking, please visit <https://www.gwcca.org/parking-directions/> to pre-purchase discounted parking. Parking in the Blue Lot or lots on Marietta Street are the best option.

### What about taking Marta?



During large events like the Heart Walk, taking MARTA is encouraged. Getting to the Lot is easy when riding MARTA! Simply take the Green or Blue Line to the Vine City Station (this will drop you off on Northside Drive). Learn more about MARTA by visiting [www.itsmarta.com](http://www.itsmarta.com).

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

Yes, heart disease and stroke survivors are given ball caps to wear during the Heart Walk to show their triumph over heart disease or stroke. Tribute stickers are available for you to fill out and wear on your shirt.

### Do I have to pay a registration fee?

There is no registration fee, but fundraising is encouraged. The average walker last year in Atlanta raised more than \$300! Any participant who raises \$100 or more will receive an Atlanta Heart Walk T-shirt.

### Where do the proceeds go?

Donations raised for the Metro Atlanta Heart Walk will go to the American Heart Association, funding lifesaving heart disease and stroke research, as well as community programs and advocacy efforts. For more information on the American Heart Association, visit [heart.org](http://heart.org).

## Frequently Asked Questions (continued)

### How long is the walk?

Two routes (1-mile and 5k) are available and all are handicapped- and stroller-accessible. Hydration stations are located along the way to provide water to participants.

### Can my kids walk, too?

Definitely! There will be many children's activities at the Metro Atlanta Heart Walk including children's games, face-painting, and more. We do ask that you supervise your children when they are in the Kids Zone.

### Can I bring my pet?

We recommend that you do not bring your pet. Our event site is located in a parking lot and the asphalt tends to get very hot, sometimes too hot for dog's paws!

### Are there any special benefits for Top Walkers (\$1,000+)?

Absolutely! To show our appreciation, we are providing our Top Walkers with enhanced benefits to enjoy at the 2018 Metro Atlanta Heart Walk. Benefits in the Top Walker Area includes breakfast and a special Top Walker T-shirt!

### Where do I turn in donations?

There will be a money turn-in station at the "Donation Collection" tent, located near the stage. To save time, it may be easiest for Coaches to collect all walker envelopes and turn in all team money at once.

### How do I get a Heart Walk T-shirt?

If you have raised at least \$100, you will be able to visit the T-shirt tent to pick up your official Heart Walk T-shirt.

### If I can't make it to the walk, can I still participate?

If you can't attend the event, you can still participate as a virtual walker. Sign up online and fundraise right from your personal webpage. Try to encourage your donors to give by credit or debit card online, or mail checks to the American Heart Association using the donation form link on your personal donation Web page.

### What is the deadline for prizes?

Donations must be received by the American Heart Association no later than December 31 to be eligible for prizes at your company's Awards Celebration in January.

### What if the weather is bad?

The event will be held regardless of weather. If it is raining, please bring your umbrella and other rain gear. If it is very cold, please dress warmly.

### Can I run the course instead of walking?

Yes, you may run the course. However, you will not be timed and awards are not given for completing the course. We will make an announcement for all runners to move to the beginning of the Start Line so they do not have to run past the walkers.

### What restroom facilities will be available?

Porta-lets will be on-site throughout the event.