



American Heart Association

Heart Walk®

## Frequently Asked Questions

Southwest Louisiana Heart Walk

November 10, 2018

### 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 and 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 SWLA raised more than \$200! Any participant who raises \$100 or more will receive a SWLA Heart Walk T-shirt a few weeks after the walk.

### Where do the proceeds go?

Donations raised for the Southwest Louisiana 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 [www.heart.org](http://www.heart.org).

### How long is the walk?

Two routes (1 mile and 5k) are available. A hydration station will be located at the half way point of the 5k route.

### Can I bring my pets?

Yes, pets are allowed. Be a responsible pet owner and clean up after your pet.

### Can my kids walk too?

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

### Are there any special benefits for Top Walkers (\$1000+)?

Absolutely! To show our appreciation we are providing our Top Walkers with enhanced benefits to enjoy at the SWLA Heart Walk. Benefits include VIP parking and breakfast in the Top Walker Area.

### Where do I turn in donations?

There will be a money turn-in station at the Donation Collection tent. 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 receive your t-shirt approximately 4 weeks after the date of the Heart Walk.

### 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 online, or mail checks to the American Heart Association using the donation form link on your personal donation web page.

### 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.