



Healthy For Good™  
Heart Walk®

## Hello Heart Walk Participants! Below is everything you need to know about the 2018 Denver Heart & Stroke Walk on Saturday, June 2<sup>nd</sup>!

We look forward to seeing you on Saturday, June 2<sup>nd</sup> outside Mile High Stadium. Within, you'll find everything you need to know about where to go and what to do.

### Location:

The tent and festivities are located in the Sports Legends Mall, south side of Mile High Stadium located between parking lots A and C (Gates 9 and 10). The run and walk routes will take us around and inside the stadium as well as neighboring areas. Please refer to map for more details. Please click here to find the [route map](#). The festival map is attached.

### Schedule of Events:

- 8:00am – 12pm:** Healthy for Good Expo
- 8:00am:** 5K Run (\$50 registration fee)
- 8:45 am:** Yoga in the End Zone (\$50 registration fee)
- 10:00am:** 5k Walk and Survivor Mile

### Registration/Donation Drop-off:

Heart walk does not require you to check in when you arrive. The only participants who need to check in are:

- Those registered for the 5K run
- Those registered for Yoga in the End Zone
- Turn in checks/cash or make a donation at the Donation Station (located at 5K Run & Yoga check-in)

### Route

Walkers have the choice to walk the 5k course or 1-mile Survivor Mile. Please be on the lookout for the mile turnaround points as well as other course markers for turns. Water stations, restrooms, and music will be located along the route. Strollers, wheelchairs and dogs are welcome! **Bring your furry friends because dogs are allowed in the stadium!**

### Food and Drink

There will be water along the route provided by Swire Coca-Cola as well as in the Expo area. Subway samples and Egglund's Best samples will be provided at the respective sponsor booths. Additionally, fruit will be provided by King Soopers inside of the Healthy for Good Zone (located inside the Healthy for Good Expo area).

## Parking

Please plan to enter the stadium from Federal Blvd (suggestion is to take Colfax to Federal if coming from the south or Speer N to Federal if coming from the North). All Stadium parking lots will be open for free parking except for Lot A, Lot B, and Lot Z (VIP Parking). There will be parking attendants available to assist with parking and will likely direct you to Lots E, F, G, J or the closest available spot. Please use Federal to get to access to the stadium parking lots as other exits will experience temporary closures. Light Rail is also encouraged!

## Photo Times and Social Media

Company photo times are listed below **please arrive at the Company Photo area 5-10 minutes prior to your assigned time slot**. If your company does not have a photo time, there will be numerous areas throughout the expo for photo opps. Additionally, teams can coordinate a team photo on the stadium entrance stairs following the Heart Walk. All photos will be posted to our facebook page following the event, so please follow us @AHADenver

- Please post your personal Heart Walk pictures and tag us by using #DenverHeartWalk
- Don't forget to use our custom Heart Walk SnapChat Filter! Take screenshot and post to social media with our hashtag!
- Individuals and small groups that would like a picture can visit the selfie stops located throughout the festival area and finish line.

Company	Time
Whiting Petroleum	8:00:00 AM
Mercer	8:05:00 AM
Hunter Douglas	8:10:00 AM
Anthem Blue Cross and Blue Shield	8:15:00 AM
Lockton	8:20:00 AM
Walgreens	8:25:00 AM
AlloSource	8:30:00 AM
Ernst & Young	8:35:00 AM
Santander	8:40:00 AM
AMR	8:45:00 AM
AT&T	8:50:00 AM
TIAA	8:55:00 AM
DCP Midstream	9:00:00 AM
Centura Health	9:10:00 AM
Delta Dental	9:20:00 AM
CenturyLink	9:30:00 AM
SCL Health	9:35:00 AM
RK Mechanical	9:40:00 AM
UCHealth	9:45:00 AM
SM Energy	9:50:00 AM
JE Dunn	9:55:00 AM
Smile Generation	10:00:00 AM

\*\* QEP will be at 8:55 AM in alternative photo area

\*\* HealthONE will be at 9:05 AM in alternative photo area

\*\* Charles Schwab will be at 9:30 AM in alternative photo area

## **5K Run Race Results**

- Here is the results link where results are posted live during and final after the event:  
<http://halsports.net/event/the-heart-run-2/>

# Frequently Asked Questions

## **Where is the walk?**

Around Mile High Stadium, in the Sports Legends Mall (south side of the stadium). See the link for the [route map](#) for more specifics.

## **Is there a cost for parking? Any tips for parking?**

[Parking](#) is free for the Heart & Stroke Walk! Come early to get the best spots and parking attendants will direct you when you arrive in the stadium's parking lots. Plan to enter the stadium off Federal Blvd., and you will likely be directed to Lot E, F, G, J. VIP Parking (for our \$1,000+ fundraisers) will be in Lot Z, but you will need to show the attendant your VIP Parking Pass.

## **How long is the walk?**

The Heart Walk is a 5K/3.1 mile non-competitive walk. There will also be a 1-mile option that will go through the stadium.

## **What is the Schedule of activities?**

**8:00am – 12pm:** Healthy for Good Expo

**8:00am:** 5K Run (\$50 registration fee)

**8:45am:** Yoga in the End Zone (\$50 registration fee)

**10:00am:** 5k Walk and Survivor Mile

## **Are there any kids activities?**

Yes! There are kid's games and activities in the Kid's Zone including:

- Balloon animals
- Face-painting
- Parkour course
- and much more!

There is no extra charge for these activities so bring the whole family!

## **What activities are in the Healthy for Good Expo?**

- Visit the Delta Dental tent to see the tooth fairy and learn about the connection of oral care and overall health.
- Check out the Dr. Scholls' area to get your feet ready to walk!

- Find the AIG tent to learn all about F.A.S.T. and Stroke Awareness. Take pictures next to the FAST letters and poke your head through the F.A.S.T. picture wall for a heroic photo opportunity!
- Save a life by learning Hands Only CPR at the AMR and St. Joseph's Hospital booths.
- Stop by the Healthy For Good Zone sponsored by Centura Health
- Visit the Tribute Zone to view survivor stories, meet survivors, write your "why" on the Tribute Wall, and pick up your tribute gear.
- Visit the American Heart Association's booth to learn all about our advocacy efforts and programs.
- Enjoy Subway's sample sandwiches.
- Find some treats and water for your loyal pups at the Pet Zone, sponsored by Schlumberger.
- Stop by the DCP Midstream tent to learn about Healthy Food Access in the State of Colorado. DCP Midstream is partnering with the American Heart Association to help bring awareness to the issue of Access to Healthy Foods. We are partnering with Sun Valley Kitchen, just a few minutes from Mile High Stadium. **Walkers are asked to bring the following items to donate:**
  - Cooking spices and ingredients
  - Coffee
  - Creamer
  - Toiletries (travel sizes are great!)
  - Diapers
  - Shampoo
  - Canned goods and non-perishable items (preferably organic)

### **Are dogs allowed?**

Yes, leashed dogs are allowed. Water bowls will be available for drinking. Please plan to clean up after your pet. **NEW THIS YEAR** – Pets are allowed in the stadium during the 5K run, 5K walk and 1 mile walk!

### **Will food be provided?**

There will be snack size sandwiches provided by Subway, samples provided by Egglund's Best, and fruit provided by King Soopers in the Healthy for Good Expo area.

### **Will water be available?**

Yes, there will be water stations along the walk route provided by Swire Coca-Cola and within the festival area.

### **Where are the bathrooms?**

Outdoor port-a-potties will be available in the festival area as well as bathrooms inside the stadium during the 5K run, 5K walk, and 1 mile walk.

### **Is the event handicap accessible?**

Yes, the route is handicap accessible.

### **Are strollers allowed on the path?**

Strollers are allowed and we encourage you to bring the whole family.

### **What if it rains on the day of the event?**

The Heart Walk will go on rain or shine. In the event of severe weather conditions, we will notify participants via the website about the status of the event and there will be an emergency phone number.

### **Where do I check-in for the 5k run?**

We will have check-in for the run on Saturday, June 2<sup>nd</sup> at the 5K Run/Yoga Check-in booth. Please plan to arrive early so you are all good to go before the 8am 5K race starts.

### **Is the walk free?**

Yes! Everyone and anyone is welcome to attend the event and there is no cost. Donations and fundraising are encouraged!

### **Where can I get my picture taken?**

We will have several selfie stops throughout the festival area. Remember to use the hashtag #DenverHeartWalk and post to social media! We will also have a customized SnapChat filter for the duration of the event.

### **When is the last day to turn in donations?**

We are accepting donations until June 30<sup>th</sup>. Please make a donation on our website at [www.denverheartwalk.org](http://www.denverheartwalk.org), contact your AHA staff partner to coordinate pick up or mail cash or checks to:

American Heart Association / American Stroke Association  
1777 S. Harrison Street, Suite #500  
Denver, CO 80210

***Together we will make history in Denver and save countless lives in our community!***

***We can't wait to celebrate with you on June 2<sup>nd</sup>!***

**All of this information is available at [www.denverheartwalk.org](http://www.denverheartwalk.org)**