



American Heart Association.
Heart Walk.

2025 Greater Maryland

HEART WALK

October 4th | Camden Yards, Lot C

Building a Community of Lifesavers

9 out of 10 people who have a cardiac arrest outside of a hospital die. You can change that. If someone went into a cardiac arrest in front of you, would you know what to do? Are you ready to act?

Every walker who joins, every dollar donated means more research, more people trained in lifesaving CPR, and more lifesaving moments for everyone, everywhere.

Thank you to our 2025 Greater Maryland Heart Walk Sponsors

Live Fierce. Life is Why. sponsor



UNIVERSITY of MARYLAND
MEDICAL SYSTEM

Platform sponsor



LIFEBRIDGE HEALTH.

CARE BRAVELY

Event sponsors



JOHNS HOPKINS
MEDICINE

compass
healthcare



MedStar Health

ACME Paper | Baltimore Ravens | BGE | BRG | Clark Construction | Fidelity Building Services Group | FutureCare | Kelly Benefits | Kennedy Krieger
KPMG | Oceaneering | Rescue One, Training for Life, Inc. | Stanley Black and Decker | Wegmans | Whiting Turner Contracting



Your Heart Walk **MADE EASY!**

Participating in the Heart Walk is about

**COMING TOGETHER
GETTING HEARTS PUMPING
HONORING SURVIVORS**

**RAISING LIFESAVING FUNDS
SPREADING AWARENESS
HAVING FUN ALONG THE WAY**

Greater Maryland Heart Walk is on Saturday, October 4th
at the Camden Yards Sports Complex, Lot C!



START (OR JOIN) A TEAM!

Register today at www.greatermarylandheartwalk.org for instant access to fundraising tools and rewards. By offering flexible options for participation, we're going to reach more people than ever!



RAISE FUNDS & SAVE LIVES

Start fundraising fast with Facebook. Log into your Heart Walk HQ to connect your fundraiser and follow the steps to invite your friends, share updates and collect donations.



LET US CELEBRATE YOU!

The more funds you raise, the more points you earn to redeem for Heart Walk Hero Gear and show your support of the American Heart Association all year long!



American Heart Association®

Heart Walk®

IT ONLY TAKES A FEW STEPS TO SAVE LIVES LIKE *JAVION*



JAVION,
Cardiac
Arrest
Survivor

At 13, Javion collapsed during basketball practice, suffering sudden cardiac arrest. His coaches performed CPR and used an AED to shock his heart back into rhythm, saving his life. By giving to the American Heart Association, you are contributing to, witnessing, and progressing life-saving science while saving lives like Javion.

The AHA is committed to funding early-career investigators, whose work is vital to the future of heart and brain health.

**22 MILLION
PEOPLE
TRAINED**

In CPR every year

**19+ MILLION
PATIENTS
BENEFITED**

From a Quality Care Initiative
for High Blood Pressure

**\$6.1 BILLION
INVESTED**

in Research Funding since 1949
which is more than any non-
profit organization except the
federal government

**14 NOBEL
PRIZE
WINNERS**

and other notable brain and
cardiovascular scientists had
their careers launched thanks
to funding from the AHA

**2 OUT OF 3 APPLICATIONS
RECEIVED**

equal to 1,530 applications
worth about \$412.5 million
were not able to be funded

**598 NEW
RESEARCH
PROJECTS**

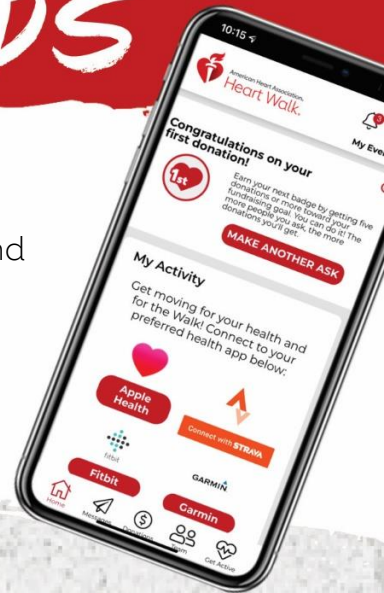
in the last year which totaled
to \$135.8 million



Move more, **RAISE FUNDS**

THERE'S AN APP FOR THAT!

Download the Heart Walk App to join the [Move More Activity Challenge](#) and kick off your fundraising. You now can track your minutes of exercise right from your phone! Through the Heart Walk app you'll be able to log in and start tracking **30 days before the Heart Walk event!**



MOVE MORE ACTIVITY CHALLENGE

You can now track your minutes of exercise and participate in fun activity challenges right from your phone through the Heart Walk app!

"SET IT AND FORGET IT" MESSAGES

Pre-written Emails, Text Messages or Social Media posts makes it easy for your friends and family to support you and our mission with a donation!

MY PERSONAL IMPACT GOALS

Total Raised
\$_____

Teammates to Recruit
#_____

This year,
I WALK FOR _____



HEART WALK DAY!



GET SOCIAL

Share your WALK with the world on social media using #MDHeartWalk. There are many photo stops throughout the Heart Walk festival area.



KIDS ZONE

Ready. Set. PLAY! We've got balloon artists, face painting, coloring pages, sand art, and so much fun for the entire family!



WHY DO YOU WALK?

Pick up a "I'm Walking for..." Bib sticker to wear while you walk and visit our Memorial Tree to celebrate WHY you're walking. What a great way to show a loved one that you are walking in their honor!



CELEBRATE SURVIVORS

Survivors are the HEART of every walk. If you or your child are a survivor, show everyone your triumphs. At the Heart Walk, survivors are given commemorative red (heart) or white (stroke) ball caps to wear during the walk.

To celebrate our child Heart Heroes, we will offer special SUPERHERO CAPES for young survivors.



HEART WALK DAY!



PHOTO BOOTH

Don't forget to swing by the 360 photo booth to strike a pose with your friends, family and co-workers throughout the day to remember your Heart Walk experience!



HEALTHY FOOD DRIVE

We're excited to host a Healthy Food Drive sponsored by Johns Hopkins Medicine at this year's Heart Walk! Bring non-perishable, heart-healthy items ([check out this list](#)) to support local families in need. Donations will go to the Johns Hopkins Bayview Medical Center Emergency Food Pantry. Together, we can take steps for healthier hearts and healthier communities.



FINISH STRONG!

No matter where your finish line is, finish strong. Be sure to share your pics with #MDHeartWalk, cool down with us at the Main Stage with line dancing!

TOP WALKERS (Raise \$1K+)

Individuals (not teams) that raise \$1,000+ will have access to the VIP Tent and receive access to a special event parking close to the Heart Walk village. There will be hot breakfast and special treats for our superstar walkers! Make sure to keep the fundraising going to receive your Top Walker jacket in time for the walk!



CELEBRATE SURVIVORS



Our **SURVIVOR LANE** celebrates the journey heart disease and stroke survivors have taken to be at the Heart Walk. Be filled with joy as volunteers, family and friends all participate in our cheering section as you cross the finish line.

SAVE LIVES AND EARN SWAG

Your fundraising not only makes you a relentless force for longer, healthier lives, it also earns you points in your personal Rewards Center —points you can redeem for **Heart Walk Hero Gear**. It's our way of saying thanks and it's a great way to show your support of heart and brain health!

REWARD MILESTONES AND LEVELS

\$100
HERO

\$250
MEDALIST

\$500
WARRIOR

\$1,000
LIFE
SAVER

\$2,550
ADVOCATE

\$5,000
CHAMPION



Log in to your Heart Walk HQ on your PC or HW App to visit the [Rewards Center](#).

HEART WALK DAY!

OCTOBER 4, 2025

WALK WITH US!

Heart Walk celebration will open at **8:30 am** on the **Camden Yards Sports Complex, Parking Lot C** in Baltimore, MD. Everyone can join in for an exciting morning of movement and fun. We'll have a stage program with music, warm-ups, kids' activities and even a healthy food drive!

The tents and festivities are located on in Parking Lot C between M&T Bank Stadium and Camden Yards. All tents and meet-up areas will be located in Lot C, also known as the tailgating lot.

SCHEDULE OF EVENTS:

8:30 am - Tents Open and Festivities Begin

- ♥ Team photos begin (companies have been pre-assigned times – see last page)

9:30 am - Opening Ceremonies

- ♥ Emcee: Tom Rodgers, WBFF Fox 45
- ♥ Special guest including 2025 Heart Walk Chair, Jeremy Gruber of Rescue One Training for Life
- ♥ National Anthem

10:00 am - Walk Steps Off

- ♥ Stage festivities and tents will remain open until 11 am

11:00 am - Cool-Down

- ♥ Line Dancing Cool Down at 11 am

Throughout the day, please make sure to visit the Tribute Wall, Photo Booth, Kids Zone, Dog Jog, Coffee Station, and visit our CPR tent for demonstrations and more! Don't forget to also say hello to our amazing sponsors!

Vendor breakdown begins at 11 am. Please pick-up all materials from your tent.

DAY OF LOGISTICS

TRANSPORTATION

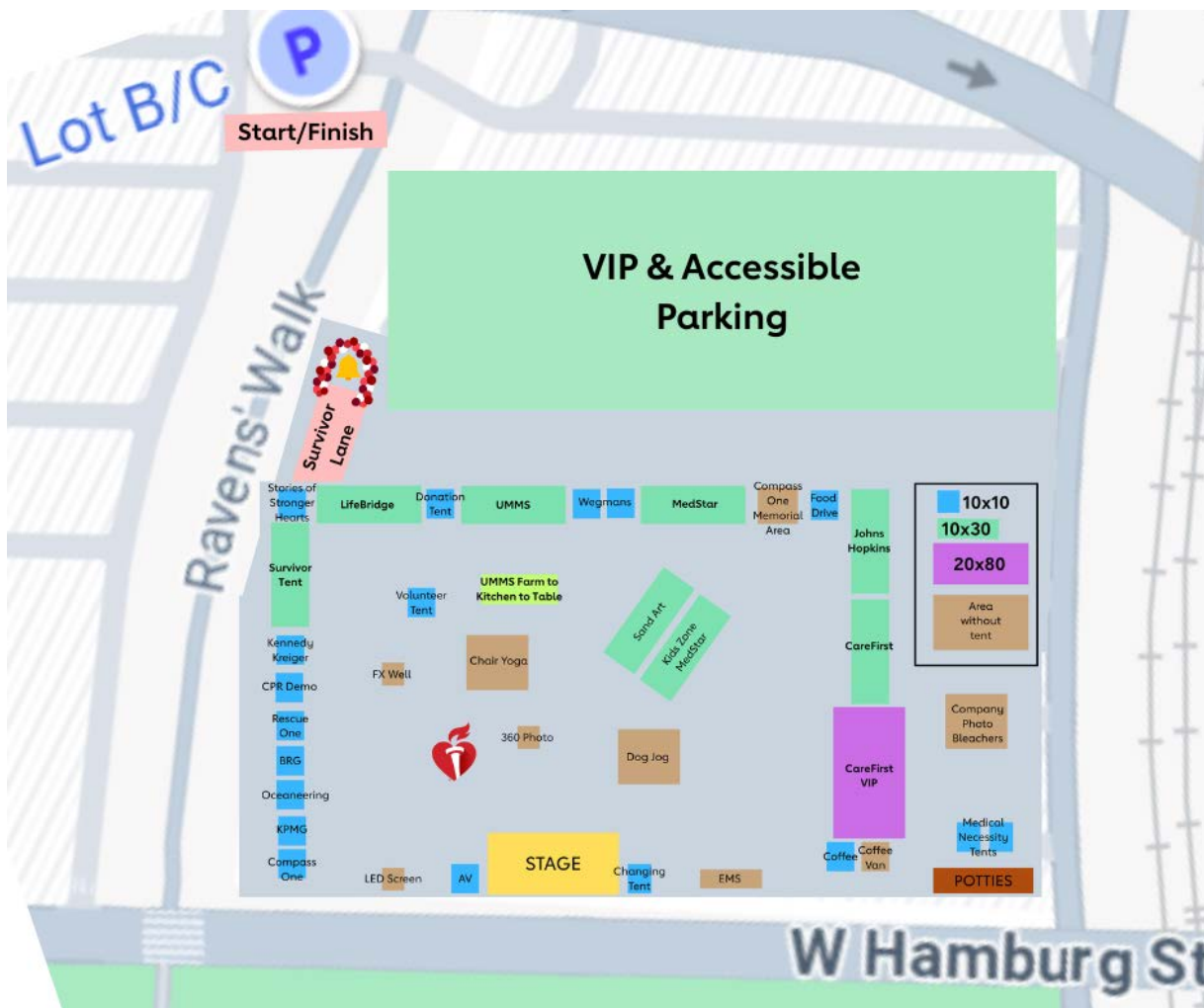
There will be parking available on-site in parking lots B and C at the Camden Yards Sports Complex. VIP and handicap parking spaces will be reserved directly next to the Heart Walk Village. Please follow the direction of the parking staff when you arrive. The address for this event is 333 W Camden St, Baltimore, MD 21201.

Metro or ride sharing is strongly encouraged.

REGISTRATION & DONATION DROP OFF

Heart Walk does not require you to check in when you arrive.

Only participants who need to turn in checks or cash donations will need to go to the donation drop off tent.



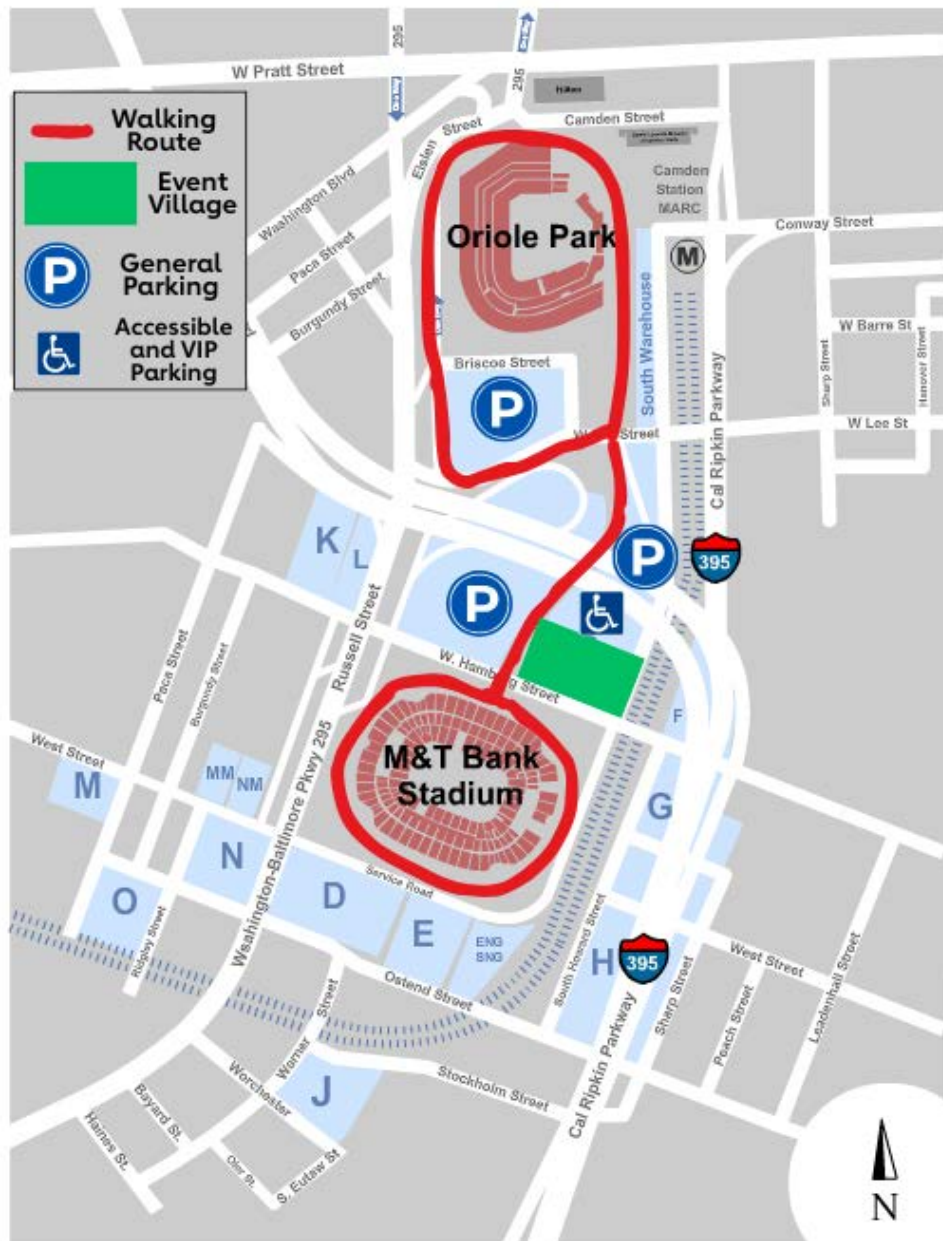
ROUTE MAP

♥ Participants have the choice to walk around both stadiums (just under two miles), just M&T Bank Stadium or just Camden Yards (just under one mile each). Survivors can finish their walk route at Survivor Lane (40 feet long) and celebrate by ringing the bell at the end!

♥ There will be a water station located in the Camden Yards portion of the walk, as well as in the Heart Walk Village.

♥ Strollers, wheelchairs and friendly pets on leashes are welcome.

♥ The route map is shown below.



TENTS & FESTIVITIES

FOOD AND DRINK

♥ There will be water, fruit, and light snacks for all participants at the Wegmans tents and Coffee provided by Baltimore Coffee and Tea.

TRIBUTE AREA

♥ Heart Disease & Stroke survivors: Pick up red hats (Heart Disease) and white hats (Stroke) and capes for kids in the Survivor Tent.

♥ Pick up a "I'm Walking for.." bib sticker to wear while you walk in the Survivor Tent or in the Oceaneering tent.

♥ Make sure to stop by to sign our Compass One Memorial Tree to remember loved ones and honor them on walk day.

WHAT TO DO

♥ If you need assistance, ask one of our volunteers or visit the Volunteer Tent.

♥ If you need medical attention, please visit the EMS staff next to the stage.

♥ Take a selfie; post your photos on Instagram, Facebook and Twitter/X with the hashtag #MDHeartWalk and visit various photo stops throughout the festival.

♥ Play at the Kids Zone sponsored by MedStar Health. There will be a variety of fun activities as well as face painting.

♥ Visit Executive Row showcasing our Executives with Heart members in front of the VIP Tent sponsored by CareFirst BlueCross BlueShield.

♥ Strike a pose and take a picture in our giant life-sized heart and torch in the center of the village. Be sure to share with your friends on social media using #MDHeartWalk.

♥ Stop by the CPR Demonstrations tent for more information on our life-saving mission and to learn Hands-Only CPR.

♥ Your four-legged friend will have a "ball" when you visit the Dog Jog area.

♥ For our survivors, we want to cheer you on through the finish line at our Survivor Lane.

TEAM PHOTOS

TEAM PHOTOS

♥ If your company leader requested a group picture, please arrive at the Team Photo area 5-10 minutes prior to your assigned time slot. The Team Photo schedule is below.

♥ Please post your personal Heart Walk pictures and tag us by using #MDHeartWalk.

♥ If you do not see your company listed below, Team Photo B Location will also be open between 8:30 – 10:00 am for walk-ins.

- 8:00 A: ST Engineering and Luminis
B: CRGA Design and Hendersen-Webb Inc.
- 8:10 A: COPT and Cigna
B: St. Agnes Hospital and Wegmans
- 8:15 A: Kennedy Krieger Insititute and C-HIT
B: KPMG and Fidelity Building Services Group
- 8:25 A: Rescue One and Truist
B: Wallace Montgomery and Hatzel & Buehler
- 8:35 A: Oceaneering and Encompass Health
B: Clark Construction and Clinical Associates
- 8:45 A: Long & Foster and Cigna
B: Cordish Companies and Morgan Stanley
- 8:55 A: MedStar Heath
B: Miles and Stockbridge and Mercy Medical
- 9:05 A: CareFirst BlueCross BlueShield
B: Whiting Turner and CVS
- 9:15 A: University of Maryland Medical System
B: FutureCare and MARQUIS Health
- 9:25 A: LifeBridge Health
B: BRG and Furniture Solutions Group
- 9:35 A: Johns Hopkins Medicine
B: Crothall, BWI, and Baltimore Orioles