

Frequently Asked Questions

Northwest Georgia Heart Walk & 5K Run
November 4, 2017

Where do I park?

Parking is available in the Cobb County Parking Deck and in lots around the Square. Visit the City of Marietta's website to see a full map of parking location that are free on weekends.

Do I have to pay a registration fee?

If you are only planning on walking, there is no registration fee, but fundraising is encouraged! The average walker last year in Northwest Georgia raised more than \$300! Any participant who raises \$100 or more will receive a Northwest Georgia Heart Walk T-shirt.

If you are planning on running, there is a \$40 registration fee. Here's how to register:

1. Online

Now through Thursday, November 2, at www.MetroAtlantaHeartWalk.org, then click "Register" at the top of the page. Click "Join as an Individual" or you can join an existing team. Under "How will you participate?" choose "Northwest Georgia 5K Runner" There will be a registration fee of \$40.

2. In Person

On Thursday, November 2, at Big Peach Running Company. (Find the location nearest to you at www.bigpeachrunningco.com.)

3. Late Registration (\$55)

At the Heart Walk/Run on Saturday, November 4th, you may register at the packet pick-up table directly in front of the stage.

If I register for the Heart Run, where do I pick up my race number?

Packet pick-up will be at the Kennesaw location of Big Peach Running Company on Thursday, November 2, from 4:00 p.m. to 7:00 p.m. You may also pick up your packet at the Heart Walk/Run on Saturday, at the 5K Run Check-in tent to the right of the stage.

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.

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

Yes, survivors are given red 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 in honor of someone you are walking for and can be worn on your shirt.

Are there any special benefits for Top Walkers (\$500+)?

Absolutely! To show our appreciation, we are providing our Top Walkers with new enhanced benefits to enjoy at the 2017 Northwest Georgia Heart Walk. Benefits in the Top Walker Area, located inside the Strand Theatre, include breakfast items, fun games and a special T-shirt!

Where do I turn in the money I have raised for the AHA?

Please turn in your money at the Donation Collection tent.

Where do the proceeds go?

Lifesaving donations raised for the Northwest Georgia Heart Walk will go to the American Heart Association, funding heart disease and stroke research, as well as community programs and advocacy efforts. For more information on the American Heart Association, visit heart.org.

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 in Glover Park to pick up your official Heart Walk T-shirt.

Can I bring my pet?

Sure! We just ask that you clean up after them.

Can I bring my family?

Yes, the walk is an event designed to be fun for the whole family and we will have special activities for children, including a Kids' Zone located in the park and a special movie playing inside the Strand Theatre.

How long is the walk?

The walk is 5K (3.1 miles); a 1 mile route is also available. Please refer to the day-of-event map to see the full walk route.

Can I run the course instead of walking?

Yes, you may run the course. Please see the information above about registering for the Heart Run.

Will food be provided?

Snacks will be provided for all of the participants. Water will be distributed along the walk route and at the food tent to keep all walkers well hydrated.

What restroom facilities will be available?

Participants will have access to portable restrooms located near Sugar Cakes Patisserie.

What about the weather?

The walk is a "rain or shine" event. Be sure to check the local weather forecast and dress appropriately.

Please contact your local Heart Walk team with any other questions at AtlantaHeartWalk@heart.org or call (678) 224-2065.