



FAQs about the Mid-South Heart Walk and Red Dress Dash:

General Questions -

What time does the Heart Walk/RDD begin?

They both begin at 8:30am.

Where is the event located?

AutoZone Park 200 Union Avenue Memphis, TN 38103

What is the event route?

Click here to see an interactive map: [Mid-South Heart Walk and Red Dress Dash Route Map](#)

How do I register?

You may register either online or at race site on race day.

When/Where is packet pick up?

It will be on race day, April 28th from 7:00am-8:15am.

What should I wear?

ANYTHING RED! Tutus, t-shirts, dresses, pants, shoes etc. Make it fun and be creative!

What am I guaranteed to receive upon registering for the Red Dress Dash?

Incentives are guaranteed to the first 250 participants.

- Finisher medal
- Race t-shirt (different than Heart Walk prize t-shirt)

Day of event Q & As

Can I turn in money or make a donation at the event?

Yes. You can turn your money in at the **Registration and Donation Turn-In tent** located near the gated ballpark entrance. If you haven't registered online, you can sign a waiver to participate at this tent.

Will the 5k participants be running with the Heart Walk participants?

The Red Dress Dash participants will lead the event and Heart Walk participants will follow.

Is there a rain date in case of inclement weather?

No, the race will happen rain or shine.

When should I arrive?

Everyone should plan to arrive at a minimum of 1 hour prior to Walk/Race start time to account for parking, meeting with your Heart Walk teams or to pick up race information if applicable.

Where do I park?

There will be parking available at the Toyota Center Garage (195 Madison Ave Memphis, TN 38103) and various surrounding lots.

Follow this link for parking assistance: <http://www.downtownmemphis.com/getting-around/parking/>

Are baby joggers/baby strollers allowed in the race?

Yes, please start towards the end of the back of the group.

Are walkers allowed to participate in the Red Dress Dash?

Yes, but they will not be timed. In order to be timed, you have to pay the registration fee.

How do I get my Heart Walk T-Shirt and/or other Prizes?

Anyone who raises a minimum of \$100 or more will receive a Heart Walk prize t-shirt. The American Heart Association T-shirts and prizes will be ordered and delivered after the Heart Walk in May so be sure to mark your t-shirt size when you sign up online. Please remember that you can decline these as a donation back to the AHA.

I am a survivor of heart disease and/or stroke, is there any place specific I need to go?

Yes! Please come to the **Red Cap/Survivor Tent** first to sign up and receive your free red cap for CVD or a white cap for Stroke.

If I am walking as a tribute to someone, where do I get a Tribute Sticker?

Tribute stickers will be available in the **Tribute Sticker table**.

What time will the event be over?

All walkers generally finish walking by **11:00am** and the event closes at **approx. 12 noon**.

Should I bring my family?

Absolutely! The Heart Walk is a family event. We encourage you to bring your whole family. **The Kid's Zone** will include free activities for your children to enjoy throughout the duration of the event. Strollers are welcome, but we ask that you line up towards the end of the group.

Can I bring my dog?

Dogs are not allowed in AutoZone Park.

What if it rains?

THE WALK MUST GO ON! The walk goes on rain or shine unless it is significant weather event (tornadoes, severe flooding etc.). If it is raining, bring a rain jacket and an umbrella.

Who should visit the Top Walker/Survivor tent?

Any participant who has raised a minimum \$1,000 as an individual. They and one (1) guest can enjoy breakfast and special activities just for our Top VIP fundraisers. This area will also be open to our Survivors. If you are a survivor be sure to check out our survivor area to receive a custom heart & torch medal.

Will there be food at the event?

Yes, we will provide light refreshments & water at the park as well as water stations along the walk route.

If you have any additional questions, please reach out to:

Courtney Morrison @ 901.248.7954 or Courtney.Morrison@heart.org