



Heart Walk®

Local Cause Sponsor:

2017 Twin Cities Heart Walk – Frequently Asked Questions

1. What day is the walk?

Saturday, April 29 – Target Field, Minneapolis

7:00 a.m. – Gates open & activities begin. There will be all sorts of companies giving away freebies, conducting health screenings, providing hands-only CPR training, and more. We have a Kid's Zone featuring fun activities. This is your chance to see Target Field like you never can on a game day and learn something heart healthy along the way!

8:45 a.m. – Take your seats for mascot race and opening ceremony.

Walk begins following the opening ceremony.

2. How much does it cost to participate?

There is no registration fee and no minimum pledge, however fundraising is encouraged to help fund the mission of the American Heart Association. The average walker in the Twin Cities raises about \$200. There are also great prizes you can earn the more you fundraise. To see the prizes click [here](#).

3. Will there be any Twins players there?

WE WISH! The Twins have to be on the road in order for us to make an event as large as the Heart Walk happen at Target Field.

4. Can we bring our dogs to the walk?

Unfortunately, pets are not allowed in Target Field or along the route unless they are a service dog.

5. How long is the walk?

We have a distance for all abilities. There are 1 and 3 mile route options.

Alternatively, for those who require a shorter distance please meet at Hrbek's Pub (directly off the main concourse) for a shorter walk at approximately 10:15 a.m. or immediately after everyone has exited Target Field for the 1 or 3 mile.

6. Does the walk go on rain or shine?

Yes. Please plan accordingly.

7. Are survivors recognized at the walk?

Absolutely! To honor you, we have a survivor area sponsored by Boston Scientific. It is in Hrbek's pub right off the main concourse. You can gather there to receive your special Survivor Red Cap, Red Cape, and/or Event Year pin.

8. Will there be food and beverages available?

We will have **FREE** bottled water available on the concourse and the route. We will also have **FREE** snacks on the plaza of Target Field.



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9. How do we get to Target Field?

Further information on getting to the Heart Walk will be posted to the website soon.

Ramps A, B, and C, which are the main ramps that feed into Target Field, have a \$5.50 parking rate for the entire day.

10. What if my company wants to bus walkers to Heart Walk?

If you are interested in bringing your walkers to Heart Walk via bus, there is an opportunity to purchase a parking permit for Saturday, April 29 to park your bus in Ramp B. To get further information on utilizing this opportunity, please contact your Heart Walk Director.

11. Is there first aid?

Absolutely. There are medical professionals at Target Field and along the route for this event.

12. Who sponsors your event?

This event would not be possible without support from our incredible sponsors. [Follow this link](#) to view the list of companies helping us further our mission in the community!

13. I would like to form a walk team; how do I do that?

Wonderful; we are glad to have you! Please visit www.TwinCitiesHeartWalk.org. If you have any questions or need help setting up your team please contact us at (855) 229-4424 or TwinCitiesHeartWalk@heart.org.

14. I want to volunteer, not walk. How do I do that?

We are thankful to have you! Please contact Sara Bender at sara.bender@heart.org to learn more.

15. Where do I go if I have additional questions regarding the 2017 Twin Cities Heart Walk?

You can contact your Heart Walk Director or for help with the following items, please call toll free (855) 229-4424 or email TwinCitiesHeartWalk@heart.org.

Password Reset, Email Address Book Import, Sending Emails to Family and Friends, Uploading Photos and Videos, Implementing Social Networking, and other general questions on your fundraising webpage.