



American Heart Association®

Heart Walk®

2021 Greater Maryland Heart Walk Day of Event Program

Schedule at a Glance

Time	Activity
8:00 AM - 11:30 AM	Heart Walk Village festivities open
8:00 AM - 11:00 AM	Rolling Start for Walk Route
8:15 AM - 8:30 AM	Yoga Session 1 in the Heart Walk Village
8:35 AM - 8:50 AM	Yoga Session 2 in the Heart Walk Village
8:45 AM - 8:55 AM	Zumba Party 1 on Main Stage
9:05 AM - 9:15 AM	Welcome and National Anthem on Main Stage
8:55 AM - 9:10 AM	Yoga Session 3 in the Heart Walk Village
9:15 AM - 9:30 AM	Yoga Session 4 in the Heart Walk Village
9:30 AM - 9:40 AM	Heart Walk Celebration Ceremony
10:20 AM - 10:30 AM	Survivor Stories on Main Stage
11:00 AM - 11:10 AM	Zumba Party 2 on Main Stage
12:00 PM	Heart Walk Village closes

Location: Camden Yards Sports Complex Lot C

New This Year:

Rolling start for walking route
No company photos, but
instead MORE selfie stations
Heart Walk Playlist
STEM Kits for Kids
Bubble Machines

Returning Activities:

Dog Jog, Bubble Wrap Stomp,
Yoga, Survivor Celebration
Area, Memorial Tree, Survivor
Bell, Survivor Finish, Zumba
dance party!

**Don't forget to tag #MDHeartWalk on social media for your
photos to be displayed on the Social Media Screen!**



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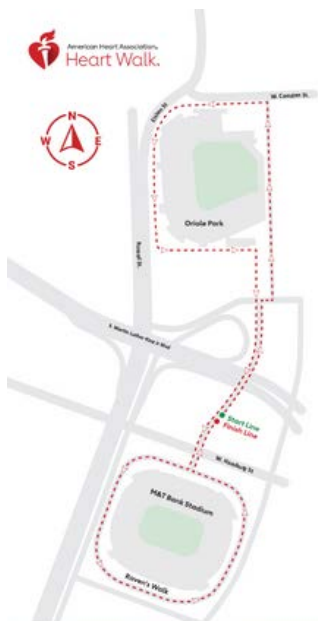
Heart Walk®

Get familiar with the Walk Route

How long is the walk?

There is both a 1-mile and a 2-mile route option.

Stay hydrated on the walk route by stopping at our Hydration Stations.



Donations

Onsite donations can be turned in at the Donation Collection Tent in the Heart Walk village. Walkers may continue to fundraise through December 31, 2021.

T-Shirts

Walkers that have individually fundraised \$100 or more can redeem their T-Shirt online by visiting their Heart Walk Rewards Center.

Prizes

Please visit your Heart Walk Rewards Center for more information on redeeming prizes. Prizes must be redeemed within 6 weeks of event date (November 27).

Food and Drink

There will be light breakfast available for all participants in the Eat Street Tent provided by JHH-Food & Dining Services. Hot Coffee will also be available for participants provided by Baltimore Coffee & Tea.

Survivor Finish

There will be a special Survivor Finish Line with an opportunity to ring the red Survivor Bell when heart & stroke survivors finish the route!

Survivor Items

Pick up survivor hats and caps in the survivor area.



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Frequently Asked Questions

Will the Heart Walk be in person this year?

Yes! Heart Walk will be in person at Camden Yards Sports Complex on October 16th. The health and safety of our survivors, participants, staff, and volunteers will be our top priority as we make decisions about day of event details. You also have the option to walk around your campus or in your local neighborhood. No matter where you choose to walk, participating and donating to Heart Walk will save lives.

Can I wear a mask to the Heart Walk?

Absolutely. Our events are mask-friendly. Vaccinated attendees will have the option of choosing to wear a mask, while those who are unvaccinated will need to wear a mask. Please do not attend an AHA event if you are not feeling well.

Is there parking for the event?

Yes, parking is provided and free of charge. Lot B General Admission Parking, Lot C VIP Parking.

Are dogs allowed at the event?

Yes, leashed dogs are allowed to attend the walk and may also participate in the Dog Jog.

What do we do if it rains that day?

Heart Walk is a rain or shine event.

What is the Heart Walk On Demand Playlist?

Get your groove on with us and be connected as one no matter where you walk with the new Heart Walk On Demand Playlist. The playlist is a great collection of music and mission messages to inspire every step! The playlist will be available the week of the Heart Walk, and you will have access to the playlist directly from the Heart Walk website.



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