



American Heart Association®  
Wall Street  
Run & Heart Walk™

# THE VIRTUAL EXPERIENCE



## GET READY!

Kick off your Heart Walk by coming together with your company, team, or family to celebrate crossing the finish line!

## RUN OR WALK WHEREVER YOU ARE

### Step 1: Plot your course

Whether you take to the streets down Main Street or through your local park, or cruise to the Statue of Liberty, find a safe 3-MILE course that you can traverse between 5/18-5/21.

### Step 2: Lace up and go!

Throw on your sneakers, grab a running or walking partner and complete the 2023 Wall Street Run & Heart Walk from wherever you are!

**\*Runners should use their preferred method of timing to record results\***

### Step 3: Runners, upload your times

On May 18th, all registered participants will receive an email with a confirmation code and instructions on how to submit their virtual race completion to Race Roster for the Digital Wall Street Run & Heart Walk. Please open this email from Race Roster and follow the instructions on how to upload your virtual result.

**Submissions will be open until Sunday, May 21st at 11:59PM.**

**\*Each participant will receive a custom code for their submission\***

**\*\*Walkers DO NOT need to upload their times\*\***

### Step 4: Get social

Be sure to share your pics and tag **#WhoRunsNYC!** Post your bib, finisher's certificate, and pictures of your route to enter our photo contest. Tag @AHANewYorkCity on Instagram and Twitter.

**FOLLOW US ON SOCIAL!**

**#WhoRunsNYC**

