



American Heart Association®

Heart and Stroke Walk™

# Day Of Walk

# Event Guide

2022 Central Massachusetts  
Heart and Stroke Walk

# 2022 Central MA Heart & Stroke Walk

Polar Park

100 Madison Street

Worcester, MA 01608

Park Opens at 9:30am

Welcome Program begins at 10:00 am

Walk begins at 10:15am

[www.CentralMAHeartWalk.org](http://www.CentralMAHeartWalk.org)

## Master Schedule

8:30am – 9:30am	Vendors/Sponsors arrive to drop off products and set up
9:30am	Polar Park opens to walk participants
9:30am-10:00am	Learn Hands-Only CPR, visit our sponsor tables, grab a snack, get your face painted and enjoy the view from the concourse
10:00am	Opening Ceremonies from Home Plate
10:15am	Walk begins around the Warning Track on the WooSox field.

# Directions and Parking

VENUE: Polar Park, 100 Madison Street, Worcester MA 01608. You will enter the stadium through Home Plate Gate D. Look for the Giant Red American Heart Association Arch!

PARKING: Parking is not available through Polar Park or the American Heart Association. There is ample public parking. There is a garage directly across from Polar Park. Please see the graphic below for details.



Welcome to the  
Green Island Blvd Garage

**PARKING RATES**

UP TO 1 HR	\$4
UP TO 2 HRS	\$6
UP TO 3 HRS	\$8
UP TO 4 HRS	\$10
UP TO 24 HRS	\$12
LOST TICKET	\$20
EVENTS	UP TO \$20

CREDIT CARD ONLY FACILITY



## Frequently Asked Questions

### Event Schedule:

9:30am	Polar Park opens
10:00am	Opening Ceremonies
10:15am	Walk begins

The Central MA Heart & Stroke Walk is a non-competitive walk that will bring together over 30 of the top companies and hospitals in the Central MA area. On average, 800 people from throughout Central MA participate each year.

### Frequently Asked Questions:

When and where is the event and how do I get there?

The 2022 Central MA Heart and Stroke Walk will take place on Sunday, June 12 at Polar Park, home of the Worcester Red Sox. The address is 100 Madison St, Worcester, MA 01608. Enter this address into your GPS for driving directions.

Is there parking available?

Parking is not provided by the American Heart Association or Polar Park. There is plentiful public parking near the park. The closest is Green Island Boulevard Garage, directly across the street from the park.

Do I have to pay a registration fee?

While we do encourage walkers to fundraise, this is a free event. There are no registration fees or donation/fundraising minimums.

How do I form a team?

Teams can be formed from groups of co-workers, friends, families or a combination of these. Your personal webpage makes it easy to recruit team members. Just log into your webpage, go to your Email Center, and select the "Join My Team" email template. A link to join your team is automatically included in the email!

To get started and create or join a team, [click here!](#)

Can I fundraise using my mobile device?

Yes! Our app, for both iPhone and Android, has everything you need and more. Connect with others through social media, email and text, manage your pages and even deposit checks! You can even pre-schedule posts ahead of time on Facebook and LinkedIn. This is also where the Move More Challenge activity tracker will show up 30 days before your Heart Walk date!

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

Yes, survivors are given red or white ball caps to wear during the Heart & Stroke Walk to show their triumph over heart disease or stroke.

Where do my donations go?

Your donations will support the American Heart Association's clinical, education, and research programs and 100% of your donations stay in the Central MA area. Every contribution will help bring us further along the path of reducing heart disease and stroke throughout our nation, our communities, and among our friends and family.

Are there prizes?

All walkers who raise over \$100 have the opportunity to redeem Heart Walk Hero Gear from our Heart Walk Rewards Center located in your Heart Walk Headquarters and in the Heart Walk App. There are so many cool options to choose and the best part is they will be shipped directly to you after you redeem them. The Rewards Center is available pre-Walk and up to 6 weeks post-Walk for redemption. We can't wait to see what you pick!

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 webpage.

## Walk Day

How long is the walk?

One time around the Warning Track is ¼ mile, so four times around is one mile, eight times around is two miles, and twelve times around is three miles.

Can my children walk, too? Can I push a stroller and/or bring my dog?

Absolutely – the Heart & Stroke Walk is family event. Strollers are welcome on the Warning Track, but please no bikes, skateboards, rollerblades, scooters, or similar vehicles. Unfortunately, dogs are not allowed at Polar Park, with the exception of service dogs.

Can I bike, rollerblade, or jog the walk route?

We request that everyone walk for safety purposes.

What can I bring into the park with me?

Per Polar Park policy, all bags will be inspected upon entrance into the park. Please see below for details:

All guests are subject to security checks upon entry of the ballpark, in line with our standards for Worcester Red Sox games

While we do not have any bag size restrictions, we do have the same list of prohibited items as a Worcester Red Sox game: guns, alcohol, glass bottles, pepper spray, pocket knives, and any other item or object deemed unsafe

Please note that smoking is prohibited in all areas of the ballpark, including outdoor event spaces. Smoking is only allowed outside of the Gate in which you entered for the event

## SAFETY & SECURITY

How do I turn in checks donors give me?

You can drop off your entire walker envelope at the registration tent the morning of the walk. Registration begins at 9:30 am. For your convenience, we ask that you pre-register by sending your donations to the following address below prior to the walk:

American Heart Association  
ATTN: Central MA Heart & Stroke Walk  
4217 Park Place Court  
Glen Allen, VA 23060

Is there a minimum donation amount?

Absolutely not! We welcome, appreciate, and encourage any and all donation amounts. The minimum online donation amount is \$25, and donations under \$25 can be mailed to our office at the address above. Please be sure to include a donation form or note so we know which team or participant to credit your donation to.

Will you send acknowledgment letters for contributions?

Yes, the American Heart Association will send a letter of acknowledgement to all donors of \$10.00 or more. Anyone who donates electronically and enters their email will receive an emailed receipt for tax purposes. Walkers are encouraged to send thank you emails to all of their donors. This can be easily managed using the email template "Donation Thank You" template in your webpage Email Center.

## Still Have Questions?

General Inquiries

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