

# Triangle Heart Walk



American Heart Association  
Heart Walk.

At PNC ARENA: 1400 Edwards Mill Rd, Raleigh, NC 27607  
on September 25th, 2022, from 11:00 A.M.-1:30 P.M.

## Frequently Asked Questions

### What time does the walk start?

- Festivities will start at 11 a.m. with a short program from the stage at 11:45 a.m. and the walk kicking off at 12:00 p.m.

### Where do I park?

- Parking proximity will be on a first come, first served basis. Please follow PNC Arena traffic officers to assigned parking spots and enter from Edwards Mill Rd. Parking is free. Top Walker and Tailgating parking passes will be sent via email directly to those participants who qualify. There will also be handicap and accessible drop off zone right next to the arena.

### How long is the walk?

- There is an accessible 1-mile and 3-mile route option

### Do I have to register and pay a registration fee?

- Registration is not required and there is no registration fee, but fundraising is encouraged by signing up to be a walker at [www.triangleheartwalk.org](http://www.triangleheartwalk.org)

### Are strollers and pets allowed?

- The heart walk is a family event for the entire family! The route is stroller and handicap accessible and pets that are friendly and leashed are welcome. The Festival area and much of the route is on black top, though, so please plan accordingly for your pets.

### Will there be restrooms on site?

- Yes, there will be restrooms open near the arena as well as port-a-johns located on either side of the arena. There are no restrooms along the route, though.

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

- Yes, heart disease and stroke survivors are given ball caps to wear during the Heart Walk to show their triumph over heart disease or stroke. If you have a cap from year's past, bring it with you and we will give you a commemorative pin to add to it! Survivors will also be invited to a VIP area in PNC Arena between 11 a.m.- 12:30pm.

### Where do I turn in donations?

- Donations can be turned into the Donation Collection area. We also encourage you to deposit checks on the Heart Walk App.

### Where do the proceeds go?

- Donations raised for the Triangle Heart Walk will go to the American Heart Association, funding lifesaving heart disease and stroke research, as well as community programs and advocacy efforts. For more information on the American Heart Association, visit [heart.org](http://heart.org).

### How do I get a Heart Walk T-shirt?

- If you have raised at least \$100, you will be able to log-in to your Heart Walk headquarters online and navigate the rewards center where you can choose a t-shirt or other great prizes! All prizes must be redeemed by November 4th, 2022.

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### 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 Web page. And don't forget to engage with us on social media.

### When is the last day to turn in donations?

- In order to receive credit for prizes, donations must be received by November 4th, 2022. To submit donations after the walk, please make a donation on our website at [www.TriangleHeartWalk.org](http://www.TriangleHeartWalk.org).

### What is there to do at the Heart Walk?

- Festivities will be taking place in the PNC Arena Parking lots off of Stephen Stroud Way between PNC Arena and Carter-Finley Stadium between 11:00 a.m. -12:00 p.m. Here is a list of things to check out:
  - **LexisNexis Spirit Tent**- Get pumped and jazzed to start walking!
  - **Fujifilm Diosynth Biotechnologies Tribute Tree**- Add a heart leaf to the tribute tree to let us know who you are honoring with your walk.
  - **Community Impact Tent**- Check out some of the community organizations we are working with to make an impact in the Triangle Community with funds raised from events like the Heart Walk.
  - **Survivor and Top Walker Areas**- Survivors and Top Walkers are invited to check in at the Survivor and Top Walker Tent to receive access to an exclusive cool down area in PNC arena. Survivors can also pick up their survivor caps, capes and commemorative pins.
  - **Pinnacle Financial Partners Hydration Station**- Refuel for the route with a cold water and fruit!
  - **Duke Heart Top Dog Area**- Bring your pup over for a fun photo booth session and to learn about the healthy benefits of owning a pet!
  - **Kids Zone**- Hop over to the Kids Zone to participate in some fun fitness activities and plant your own herbs that can help you replace sodium in your diet.
  - **RTI International Dance Zones**- Listen for the music as you enter the dance zones along the route and show us your best moves while you walk
  - **WakeMed Survivor Lane**- We invite all of our survivors to use the survivor lane as they approach the finish line and ring their bells as they cross the finish line!
  - **Company Photos**- Photos will be taken on a first come, first served basis on the stairs of PNC Arena behind the Kids Zone with the exception of the following:
    - Fujifilm 11:20am
    - Duke Health 11:30am
    - WakeMed 11:30am (at their tent)
    - LexisNexis 11:40am

Still have questions? Email [TriangleNC@heart.org](mailto:TriangleNC@heart.org)

## #TriangleHeartWalk



@americanheartnc



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@AHANorthCarolina