



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 5/16-5/19.

Step 2: Lace up and go!

Throw on your sneakers, grab a running or walking partner and complete the 2024 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 16th, 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 the email from Race Roster and follow the instructions on how to upload your virtual result.

Submissions will be open until Sunday, May 19th 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](#)

