



## Northwest Louisiana Frequently Asked Questions

8:00 am	Opening Ceremonies at Main Stage Sponsor Tents Open   KidZone   Screenings   Community Partners Event Celebrations   DJ Shane Pons
8:45 am	Warm -Up
8:50 am	All Participants to Start Line Arch so we can proceed as group to the start line
9:00 am	5K and 1-Mile Survivor Walks Begin
12:00 pm	Event Ends

Health and safety is a top priority of the American Heart Association and as such, this event will be cashless. Collecting all donations online via the NWLA Heart Walk website pre-event is highly encouraged. Checks can be deposited through the Heart Walk mobile app, which can be downloaded for free via the Apple or Android app store. If you do have cash to turn in, you can deposit to your own account and make the donation online or you can reach out to Jill Lucero at [jill.lucero@heart.org](mailto:jill.lucero@heart.org) or 318-230-6956 for additional solutions prior to the event. For more information, visit the Resources section of your Heart Walk HQ or use the below links.

[Heart Walk App Intro](#)

[Mobile Check Deposit FAQ](#)

### Where do I park?

Parking is available on Commerce Street and in the Aquarium parking garage.

### 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. Tribute stickers are available for you to fill out and wear on your shirt.

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

There is no registration fee, but fundraising is encouraged. The average walker last year in the NWLA raised more than \$300!

### Where do the proceeds go?

Donations raised for the NWLA a 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 long is the walk?

Two routes (1-mile and 5k) are available, and all are handicapped- and stroller-accessible. Hydration stations are located along the way to provide water to participants.

### Can my kids walk, too?

Definitely! There will be many children's activities at the NWLA Heart Walk including children's games, face-painting, and more. We do ask that you supervise your children when they are in the Kids Zone.

### Can I bring my pet?

Pets are ALWAYS welcome, but we ask that you keep them leashed at all times and pick up after your pet. We do recommend providing water for your pet as well. This year we're even having a Canine Café sponsored by Willis-Knighton Health System.

### Are there any special benefits for Top Walkers (\$1,000+)?

Absolutely! To show our appreciation, our Top Walkers will receive a "Top Walker" medal to wear to the walk and a special gift from the Heart Walk team (via mail).

### Where do I turn in donations?

This year's event will be "cashless". For your convenience, cash collected can be deposited to a personal account and donations made online via a credit or debit card. Also, don't forget checks can be deposited via the Heart Walk mobile app.

### 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!

### 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.

### What if the weather is bad?

The event will be held regardless of weather. If it is raining, please bring your umbrella and other rain gear. If it is very cold, please dress warmly. If the weather poses a threat to people, it will be cancelled.

### Can I run the course instead of walking?

Yes, you may run the course. However, you will not be timed, and awards are not given for completing the course. We will make an announcement for all runners to move to the beginning of the Start Line, so they do not have to run past the walkers.

### What restroom facilities will be available?

Yes, facilities are located within the Festival Plaza pavilion area.

We appreciate your efforts to help us fund lifesaving science to keep hearts beating!

Your fundraising not only makes you a *relentless force* for longer, healthier lives, it also earns you points in your personal Rewards Center — points you can redeem for Heart Walk Hero Gear. It's our way of saying thanks and it's a great way to show your support for heart and brain health!

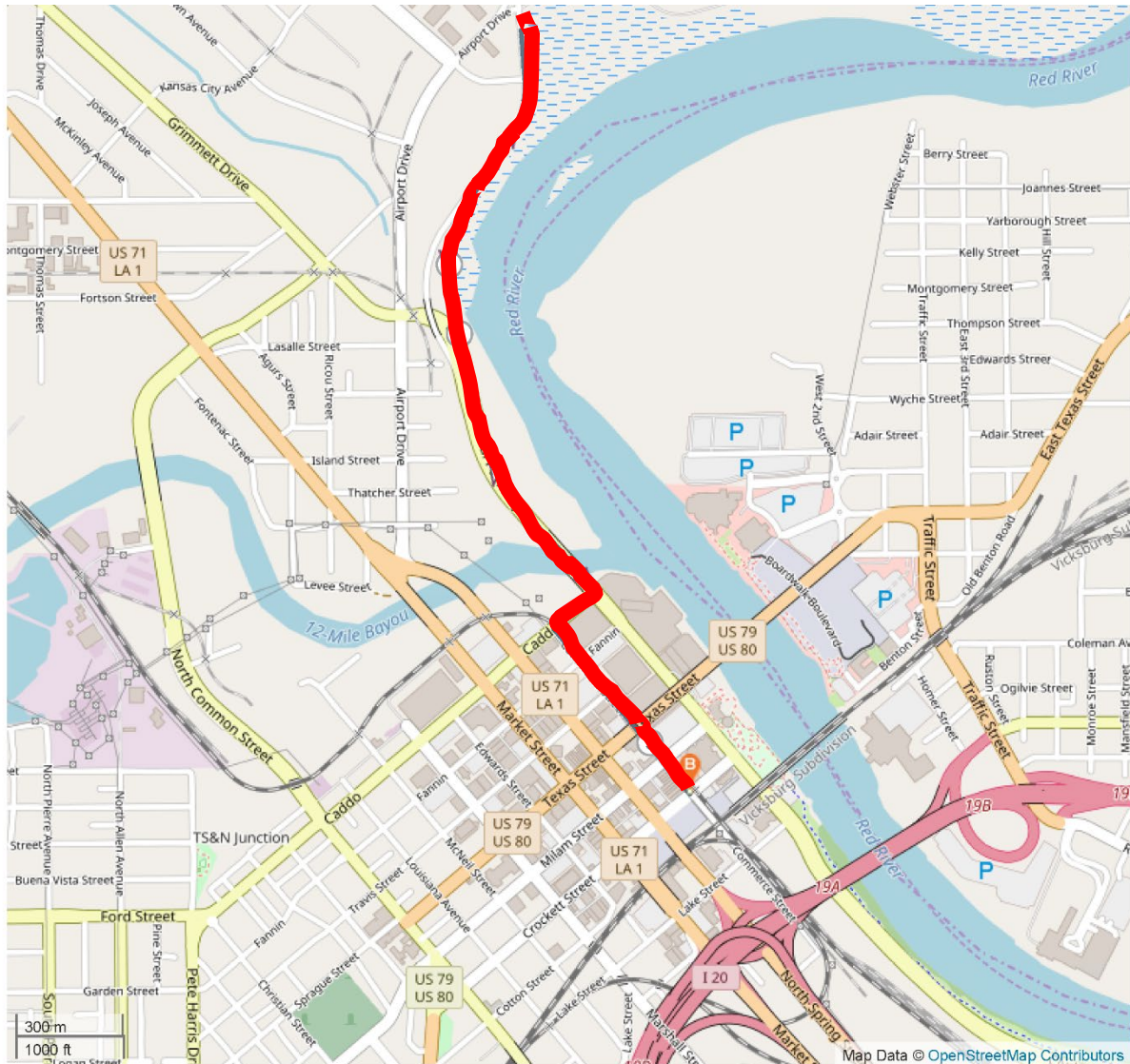
## Earn points by fundraising!

The more funds you raise, the more points you earn to redeem for Heart Walk Hero Gear. Once you reach a new fundraising milestone, additional points will automatically be added to your points balance. After redeeming your points, your balance will be adjusted accordingly. The total possible points to earn is 1,400. Points expire 6 weeks after the day of the Heart Walk.





American Heart Association®  
**Heart Walk®**



This is the walk route.  
Exit from Festival Plaza and walk North on Commerce Street to Caddo Street, turn right and walk to Clyde Fant Parkway. Turn left (North) on walk towards downtown airport to turn around point. Participants will return following the same route back to Festival Plaza.

Route Water Stop - ONE at the corner of Caddo @ Clyde Fant (1/2 mile point)

Route Water Stop - TWO Clyde Fant @ Jack Wells Blvd. (route turnaround point)

Route Water Stop - THREE Clyde Fant near Simms Blvd. (3/4 mile point)



## **NWLA Heart Walk**

### **Written Route Directions**

Exit from Festival Plaza and walk north on Commerce Street to Caddo Street. Turn right and walk to Clyde Fant Parkway. Turn left (north) and walk towards downtown airport. Make a U turn at Jack Wells Blvd. and walk back to Festival Plaza.