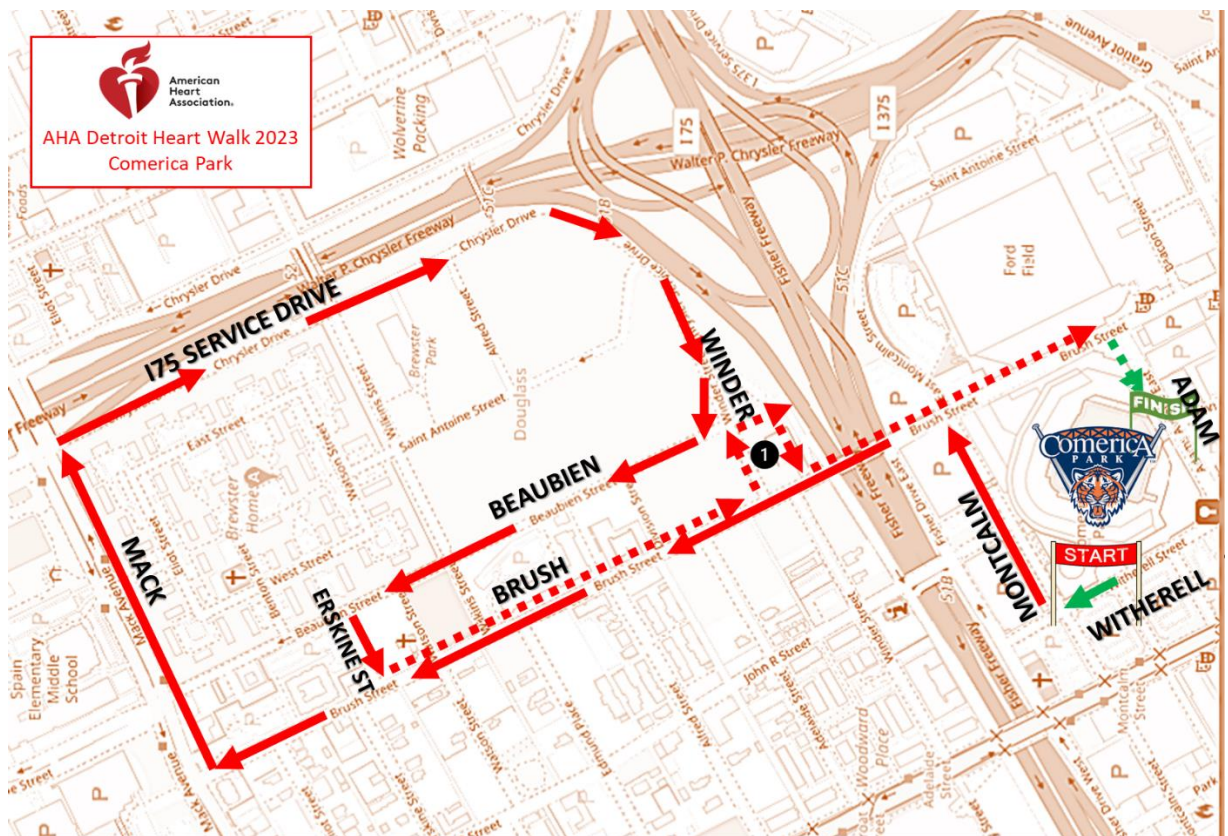


## 2023 Metro Detroit Heart & Stroke Walk/Run – Frequently Asked Questions

- Are dogs welcome at the walk?
  - Due to a last-minute change by Comerica, we are no longer able to welcome four-legged friends at Saturday's Detroit Heart and Stroke Walk at Comerica Park. While we love and will miss our furry friends, please leave them safe at home. Designated service animals will be permitted.
  - We are sorry for any inconvenience caused by this change, but we are excited to see you at Detroit's Heart and Stroke Walk/5K!
- What day is the Heart & Stroke Walk/5K?
  - Saturday, June 3<sup>rd</sup> at Comerica Park
    - 8:00 a.m. – 5K Check-in and festival grounds open to all
    - 10:00 a.m. – Opening Ceremony
    - 10:15 a.m. – 5K start time
    - 10:30 a.m. – Walk start time
- Where do I park?
  - The closest parking will be located at the McLaren 'The D' garage (90 E Fisher Service Dr, Detroit, MI 48201) and Tiger garage (250 Fisher Rd, Detroit, MI 48226). Each of these parking garages are an easy walk to Rocket Mortgage Entrance (Gate B), where registration is located. The cost to park in this structure will be \$9.
  - There are multiple other events happening in downtown Detroit on June 3<sup>rd</sup>, including a commencement ceremony at Ford Field during the same time as the Heart Walk. We highly recommend you arrive early to avoid traffic, and secure parking.
  - Other nearby parking options that avoid street closures include:
    - 850 Witherell Lot (850 Witherell St., Detroit, MI 48226)
      - 150 ft. walk
    - Fox Garage (50 W Montcalm St., Detroit, MI 48201)
      - 900 ft. walk
    - 200 Madison Lot (200 Madison St, Detroit, MI 48201)
      - 900 ft. walk
    - Opera House Parking Center (1426 Broadway St, Detroit, MI 48226)
      - 0.2-mile walk
    - 127 W Fisher Lot (127 W Fisher Service Dr, Detroit, MI 48201)
      - 0.3-mile walk
    - \*Please note we cannot confirm the price of parking at the above lots. Pricing will vary depending on other events in the area.
    - See here for other parking options but be sure to check the route below to ensure you avoid street closures.
      - [2023 Parking Map \(mlb.com\)](https://mlb.com)



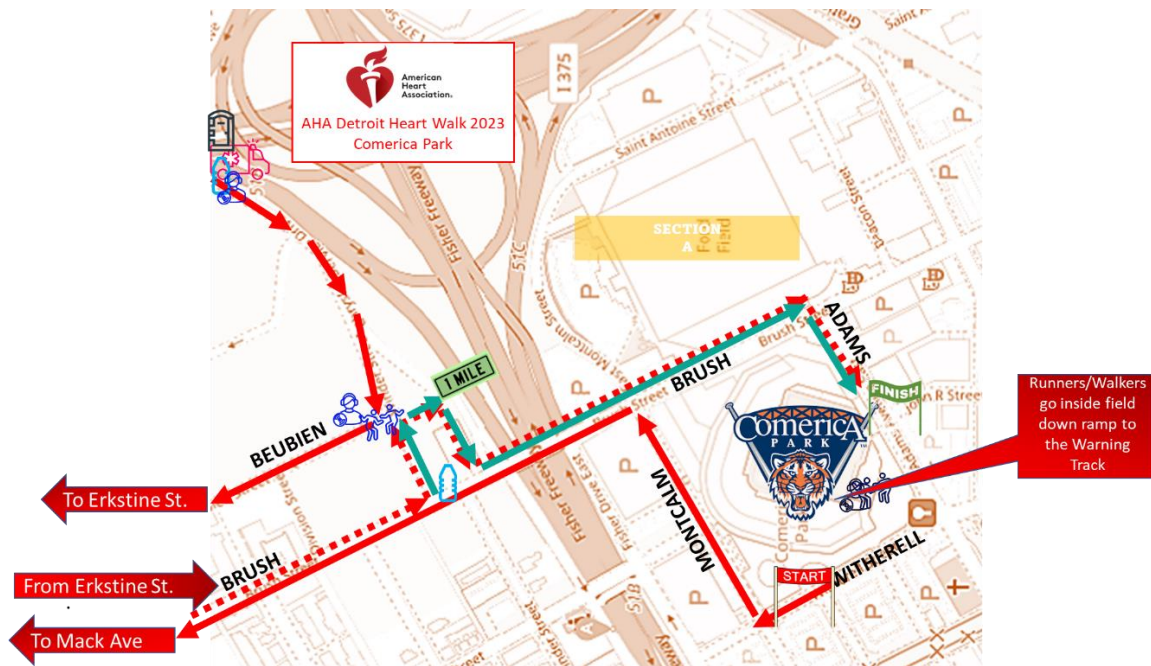
- Is the Walk/5K Run indoors or outdoors?
  - The route for both the Walk/5K Run will be outdoors starting right outside the Comerica Entrance (Gate A) near the intersection of Witherell Street and East Columbia Street, and ending on the field. Please see route below:



### Route for 5K Run & 3 mile Walk – Turn-By-Turn Directions

- Start on Witherell Street, outside of Comerica Entrance (Gate A). Head north.
- Turn right (East) on Montcalm Street.
- Turn left (North) on Brush Street.
- Turn right (East) on Mack Avenue.
- Turn right (South) on Chrysler Drive.

- Follow Chrysler Drive until it becomes Winder Street.
- Turn right (North) on Beaubien Street.
- Turn left (West) on Erksine Street.
- Turn left (South) on Brush Street.
- Turn left (East) on Winder Street.
- Turn right (South) on Beaubien Street.
- Turn right (West) on Napoleon Street.
- Turn left (South) on Brush Street.
- Turn right (West) on Adams Ave East.
- Continue on Adams Ave East and enter Comerica Park through the gate.
- Head down the tunnel onto the field.
- Finish on the field.



### Route for 1 mile Walk – Turn-By-Turn Directions

- Start on Witherell Street, outside of Comerica Entrance (Gate A). Head north.
  - Turn right (East) on Montcalm Street.
  - Turn left (North) on Brush Street.
  - Turn left (East) on Winder Street.
  - Turn right (South) on Beaubien Street.
  - Turn right (West) on Napoleon Street.
  - Turn right (West) on Beacon Street.
  - Turn left (South) on Brush Street.
  - Turn right (West) on Adams Ave East.
  - Continue on Adams Ave East and enter Comerica Park through the gate.
  - Head down the tunnel onto the field.
  - Finish on the field.
- How long is the walk?
    - We have a distance for all abilities. There are 1 mile and 3 mile route options. We also have a 5K Run route.

- Where will company photos be taken?
  - Company photos will be taken in Section 113 of the ballpark. Please see the schedule below:

Time	Team
8:00 AM	Michigan First Credit Union
8:05 AM	DTE Energy
8:10 AM	Huntington Bank
8:15 AM	The Mom Project
8:20 AM	Willis Towers Watson
8:25 AM	Bodman PLC
8:30 AM	Alpha Kappa Alpha Sorority, Inc.
8:35 AM	Raymond and James Associates
8:40 AM	MedStar Ambulance
8:45 AM	Zebra Technologies Corporation
8:50 AM	Allegis
8:55 AM	Trinity Oakland and Livonia
9:00 AM	First Merchants Bank
9:05 AM	Howard and Howard
9:10 AM	UHY Advisors
9:15 AM	Barton Malow
9:20 AM	Fifth Third Bank
9:25 AM	KeyBank
9:30 AM	Henry Ford Health & HAP
9:40 AM	Comerica Bank
9:45 AM	Ally Financial
9:50 AM	Detroit Diesel

- Where will my company/team sit?
  - Please see the seating chart below. If your company is not listed, you are welcome to find open seating.
  - **Section 116**
    - Magna Metro Detroit – Rows 1-2
    - Medstar Ambulance – Rows 3-6
    - Cooper Standard- Row 7
    - RSM US LLP -Rows 8-10
    - Raymond James and Associates – Rows 11-13
    - Walbridge – Rows 14-15
    - Wayne State University – Rows 16-17
    - Willis Towers Watson – Rows 18-20
    - All Things Senior LBN – Row 21
    - KLS Brand International – Row 22
    - Knuckles Health Education Services, LLC – Row 23
    - CVS Aetna – Row 24
    - Landmark Health – Row 25
    - MAPI Auxiliary – Row 26
    - Cintas – Row 27
    - MotorCity Casino Hotel – Row 28
    - Oakland University – Row 29
    - SmithGroup – Row 30

- SuperCuts by Aline Salon Group – Row 31
- City of Detroit – Row 32
- Wade Trim – Row 33
- Wolverine Packing Co – Row 34
- MSCVPR – Row 35
- **Section 117**
  - Zebra Technologies Corporation – Rows 1-5
  - Michigan First Credit Union – Rows 6-9
  - Howard and Howard Law of Business – Rows 10-12
  - Miller Canfield – Row 13
  - Community Teams – Rows 14-22
  - Chrysan Industries – Row 23
  - Huntington Bank – Rows 24-25
  - The Mom Project – Rows 26-27
  - General Motors – Row 28
  - Assured Family Services – Rows 29-30
  - Dykema Gossett – Row 31
  - Detroit Community Care Network – Row 32
  - Health Care Law Section State Bar of Michigan – Row 33
- **Section 118**
  - Fifth Third Bank – Rows 1-10
  - Detroit Diesel Corporation – Rows 11-20
  - Bodman PLC – Rows 21-22
  - Alpha Kappa Alpha Sorority Inc – Rows 23-28
  - DTE – Rows 29-30
  - DMC – Rows 31-32
  - AT&T – Row 33
- **Section 119**
  - Comerica Bank – Rows 1-15
  - Barton Malow – Rows 16-25
  - Trinity Health Oakland and Livonia – Rows 26-32
  - Cardinal Health – Row 33
- **Section 120**
  - KeyBank – Rows 7-15
  - Ally Financial – 16-33
- **Section 121 & Section 122**
  - Henry Ford Health & HAP
- **Section 123**
  - Henry Ford Health & HAP – Rows 1-10
  - UHY Advisors – Rows 11-13
  - First Merchants Bank – Rows 14-16
  - Taft / Jaffe Raitt Heuer & Weiss – Rows 17-18
  - Grand Sakwa Capital, LLC – Row 19
  - Allegis – Rows 20-24
  - HRG Capital – Row 25
  - Ascensus – Row 26
  - Hylant – Row 27
  - Morgan Stanley – Row 28
  - BlueWater Equity Partner – Row 29
  - Vertus Energy – 30
  - Moghul and Main – Row 31

- eXp Realty – Row 32
  - Toyoda Gosei North American Corporation – Row 33
  - Genemedics Health Institute – Row 34
- **Where can buses/shuttles drop off?**
  - Buses/shuttles can drop off on the corner of Adams Ave and Witherell Street. Shuttle parking will be available on Adams Ave between Witherell and Brush. **PLEASE NOTE: All shuttles must have a placard/indication on the dash stating 'Shuttle In Use for American Heart Association Heart Walk.'** Please plan accordingly.
- **Where do I enter Comerica Park?**
  - Please enter through the Rocket Mortgage Entrance (Gate B), positioned on the south corner of the stadium. It is located near the intersection of Witherell Street and East Adams Avenue.
- **What are the COVID-19 protocols for this event?**
  - The American Heart Association is creating mask-friendly environments at all our events. Please do not attend an AHA event if you are not feeling well or have symptoms, irrespective of your vaccine status. If you have a condition that weakens your immune system or take certain medications, you may need to take extra precautions even if you are fully vaccinated, as instructed by your doctor. The AHA encourages you and everyone you love, care for, or care about to be vaccinated and boosted.
- **What is the security policy?**
  - All Heart Walk participants will go through security metal detectors. For participants in wheelchairs, security wands will be used.
- **Please read Comerica Park bag policy -**
  - An updated no-bag policy has been implemented, permitting no bags, backpacks, purses or clutches, other than those required for medical reasons (including diaper bags, breast pumps or other medical necessities), into Comerica Park. Single-compartment items smaller than 4" x 6" x 1.5" are permitted.
  - Strollers and collapsible wagons are allowed. Please note that they will not be permitted on the field for the victory lap.
- **What is the registration fee to walk?**
  - There is no registration fee and no minimum pledge to walk. Fundraising is encouraged to help fund the mission of the American Heart Association. Every donation makes a difference.
- **What is the registration fee to participate in the 5K Race?**
  - There is a \$35 registration fee to participate in the 5k Run. The registration deadline to receive the 5k run t-shirt (pictured below) is **Friday, April 28<sup>th</sup>**. The final race registration deadline is **Friday, May 26<sup>th</sup>**.





- **Can my family join me if they are not registered?**
  - Yes. Registration is not required to take part in day of event activities and the walk itself, however registering ahead of time is strongly encouraged as it helps provide an accurate guest count for the event. Registration is required for the 5K run.
- **Can I turn my donations in at the event?**
  - Absolutely! Beginning at 8:00 a.m. the American Heart Association Staff will be collecting walker envelopes and donations at the Registration Area by Gate B. Please be sure your donations are secured in a sealed envelope, and you have your Team Name and Name written clearly on the envelope.
- **What is the deadline for fundraising?**
  - The American Heart Association accepts donations year-round. If you want donations to count towards your 2023 Heart & Stroke Walk efforts, the deadline is Friday, June 30<sup>th</sup>.
- **Is the walk route handicap and stroller accessible?**
  - Yes. The American Heart Association will have a few wheelchairs available so please reach out to [eriann.scharer@heart.org](mailto:eriann.scharer@heart.org) if you need to reserve one. Please note: while strollers and collapsible wagons are allowed inside Comerica Park and on the walk route, they will not be permitted on the field for the victory lap.
- **Will the walk be held rain or shine?**
  - Yes, the walk will go on! However, the field will NOT be accessible with any rain. We will not be able to offer the final lap or base running in this event. In the event of severe weather warnings or lightning in the area, there will be an announcement prior to the event (if able) or on event day. Please check our Facebook and Twitter pages on @AHAMichigan. We will also be working closely with the Event Staff at Comerica Park to ensure we are following proper protocol, and everyone is remaining safe.
- **Where will the festival grounds be located?**
  - All activities will take place inside Comerica Park (other than the route itself). Sponsors and vendors will be setup along the concourse, which will be located between the Rocket Mortgage Entrance (Gate B), and the Comerica Entrance (Gate A). There will be a Top Walker and Survivor celebration area. The Kids Zone will be located near the Carousel, right inside the Comerica Entrance (Gate A).

- The Kids Zone will feature Carousel rides, games (cornhole, giant checkers, giant Jenga, and giant Connect 4), face painting, and giveaway items!
  - We are partnering with Detroit Dog Rescue to offer puppy yoga! Beginning at 8:15 AM, puppy yoga classes will be offered consecutively in 15-minute segments. 20 people will be accommodated per 15-minute class. If you fall in love with a furry friend, Detroit Dog Rescue will be accepting applications.
- **Are survivors recognized at the walk?**
  - Absolutely – you are the reason we do this! To honor you, we will have a special Survivor Café on the concourse area. Please be sure to come by for light refreshments and to collect your special gift. Specific location to be announced.
- **How will Top Walkers be celebrated?**
  - We will have a breakfast area for our Top Walkers along with a special gift to show our appreciation. There will be signs indicating where to go and communication will be sent out prior to the event.
- **Are food and beverages available?**
  - There is a strict no food/drink policy inside of Comerica Park. Contained baby food is allowed. We will have food available for Survivors and Top Walkers (mentioned above). For all other walkers, concessions will have custom breakfast options for sale. There will also be hydration stations along the route with complimentary water and grab and go snacks. **Please be sure not to bring in outside food/drinks into the stadium.**
- **Are strollers and wagons allowed?**
  - Yes, strollers and collapsible wagons are allowed. Please note that they will not be permitted on the field for the victory lap.
- **Where can I meet my other co-workers, family, and friends?**
  - During the Opening Ceremony, we will have designated sections in the seating area for participating companies and teams. We will send out this information the week of the Heart Walk.
- **Where will restrooms be located?**
  - Heart Walk participants will have access to restrooms on the concourse. There will also be porta potties located along the route.
- **Is there first aid?**
  - Absolutely. We will have an ambulance service onsite and available to render aid if the need arises.
- **Who sponsors your event?**
  - This event would not be possible without support from our incredible sponsors. [Follow this link](#) to view the list of organizations helping us further our mission in the community!



- I want to volunteer, not walk. How do I do that?
  - We are thankful to have you! Please register to volunteer [HERE](#) or email [Eriann.Scharer@heart.org](mailto:Eriann.Scharer@heart.org)
- What if I receive additional donations after the walk? Where should I send them?
  - You're welcome to send in any additional donations you receive to the address below. Please include a note stating it should be credited to your Metro Detroit Heart & Stroke Walk participation and mail it to the following address:

American Heart Association  
Attn: Metro Detroit Heart & Stroke Walk  
26555 Evergreen Rd., Suite 570  
Southfield, MI 48076

- Where do I go if I have additional questions regarding the 2023 Metro Detroit Heart & Stroke Walk?  
You can contact our Heart Walk Coordinator at [eriann.scharer@heart.org](mailto:eriann.scharer@heart.org).