



Capital Area Heart Walk

Frequently Asked Questions

8:00 am	Opening Ceremonies at Main Stage Sponsor Tents Open KidZone Screenings
8:45 am	Warm -Up
8:50 am	All Participants to Start Line Arch so we can proceed as group to the start line (North Blvd. in front of the Main Library)
9:00 am	5K and 1-Mile Survivor Walks Begin
9:15 a.m.	Post-Event Celebrations 484 South Band
12:00 p.m.	Event Ends

Where do I park?

Parking is available at any of the downtown parking garages, along River Rd., North Blvd., 3rd Street, etc.

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 Capital Area raised more than \$300!

Where do the proceeds go?

Donations raised for the Capital Area 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.

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 Capital Area 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 time and pick up after your pet. We do recommend providing water for your pet as well.

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

Absolutely! To show our appreciation, we are providing our Top Walkers with enhanced benefits to enjoy at the 2023 Capital Area Heart Walk. Benefits in the Top Walker Area includes breakfast and a special Top Walker Gift!

Where do I turn in donations?

There will be a money turn-in station at the "Donation Collection" tent, located near the stage. To save time, it may be easiest for Coaches to collect all walker envelopes and turn in all team money at once.

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, porta-lets will be on-site for the duration of the event.

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.





Capital Area Heart Walk Written Route Directions

Start on North Blvd just West on N. 4th St.

N. 4th St. North to Spanish town

East on Spanish Town to North on N. 5th

East on Capitol Access to West on Capitol Lake Dr.

North on N. 3rd to U-turn

South on N. 3rd street to East on Spanish Town

South on N. 4th st. to start/finish line.

American Heart Walk 2023

