



Frequently Asked Questions

Northwest Georgia Heart Walk & 5K Heart Run
November 2, 2019 | Marietta Square

Where do I park?

Parking is available in the *pay-to-park* parking decks and lots around the Marietta Square, as well as, complimentary street parking surrounding the event site. Visit the City of Marietta's website to see a full map of parking locations: www.marietta.com/marietta-square-parking.

Do I have to pay a registration fee?

If you are only planning on walking, there is no registration fee, but fundraising is encouraged! The average walker last year in Northwest Georgia raised more than \$300!

If you are planning on running, there is a \$40 registration fee. Here's how to register:

1. Online
Now through Tuesday, October 29, visit www.MetroAtlantaHeartWalk.org, then click "Register" at the top of the page. Click "Join as an Individual" or you can join an existing team. Under "How will you participate?" choose "Northwest Georgia 5K Runner". There will be a registration fee of \$40.
2. Late (Onsite/Day of Race) Registration (\$55)
At the Heart Walk/Run on Saturday, November 2, you may register at the 5K Runner Check-In Tent to the right of the stage.

If I register for the Heart Run, where do I pick up my race number?

Packet pick-up will be at the Kennesaw location of Big Peach Running Company on Thursday, October 31, from 4:00 p.m. to 6:00 p.m. You may also pick up your packet at the Heart Walk/Run on Saturday, at the 5K Run Check-In Tent to the right of the stage.

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.

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

Yes, survivors are given red or white 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 in honor of someone you are walking for and can be worn on your shirt.

Are there any special benefits for Top Walkers (\$500+)?

Absolutely! Benefits in the Top Walker Area include a special T-shirt and a surprise gift!

Where do I turn in the money I have raised for the AHA?

Please turn in your money at the *Donation Collection & Info Tent*.

Where do the proceeds go?

Lifesaving donations raised for the Northwest Georgia Heart Walk will go to the American Heart Association, funding 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 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!

Can I bring my pet?

Sure! We just ask that you clean up after them and that they are comfortable around children, other pets, large crowds, and loud noises.

Can I bring my family?

Yes, the walk is an event designed to be fun for the whole family and we will have special activities for children located in the Kids' Zone.

How long is the walk?

The walk is 5K (3.1 miles); a 1-mile route for Survivors is also available. Please refer to the day-of-event map to see the full walk route.

Can I run the course instead of walking?

Yes, you may run the course. Please see the information above about registering for the Heart Run.

Will food be provided?

Snacks will be provided for all of the participants. Water will be distributed along the walk route and at the food tent to keep all walkers well hydrated.

What restroom facilities will be available?

Participants will have access to portable restrooms located near Sugar Cakes Patisserie.

What about the weather?

The walk is a "rain or shine" event. Be sure to check the local weather forecast and dress appropriately. Don't forget those athletic shoes!

Please contact your local Heart Walk team with any other questions at AtlantaHeartWalk@heart.org or call (678) 224-2012.