

Frequently Asked Questions

Where do the proceeds go?

Donations raised for the Northshore Heart Walk will go to the American Heart Association, funding life-saving heart disease and stroke research, community programs, and advocacy efforts. For more information on the American Heart Association, visit Heart.org.

How long is the walk?

The Heart Walk route is 3.1 miles long.

Can my kids walk, too? Are strollers allowed?

Definitely! There will be many children's activities at the Northshore Heart Walk including children's obstacle course, teaching gardens and more. We do ask that you supervise your children when they are in the Kids Zone.

Are pets allowed?

The Heart Walk is a family-friendly event. Non-aggressive, leashed pets are welcome at the event, with caution. Please clean up after your dog.

Where do I turn in money?

At the Heart Walk, donations can be brought to the donation turn-in tent. Donations will be accepted before, during and after the Heart Walk.

How do I get a t-shirt?

Individuals who raise \$100 or more and elect to receive a t-shirt will get a Heart Walk t-shirt. T-shirts will be sent to the individual once the \$100 is raised.

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.

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.

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.