

# Hello Heart Walk Participants!

## Below is everything you need to know about the Heart Walk THIS SUNDAY!

We look forward to seeing you on Sunday, September 22nd at the 2019 Triangle Heart Walk at PNC Arena in Raleigh. In this email, you'll find everything you need to know about where to go and what to do.

### Location

**PNC Arena – 1400 Edwards Mill Rd., Raleigh, NC** - The tents and festivities are located in the PNC Arena Parking lots off of Stephen Stroud Way between PNC Arena and Carter-Finley Stadium.

### Schedule of Events

**12:30 PM - Festivities begin**

**1:40 PM – Banner Reveal Ceremony (at the stage)**

- Join us as we celebrate the top fundraising companies!

**1:55 PM – National Anthem**

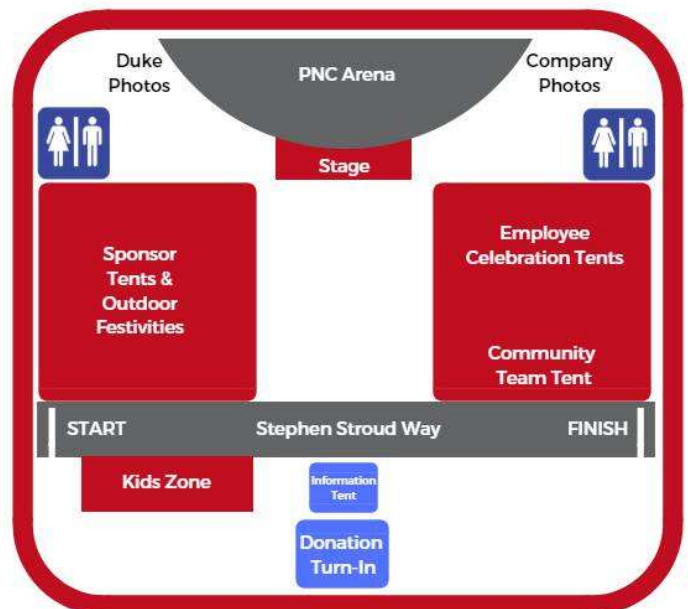
**2:00 PM – Walk Starts**

- Runners\* are encouraged to line up in front of the crowd at the start line.  
*\*This is not a timed event*

*Event breakdown begins at 3:30 PM. Please pick up all materials from your tent.*

### Registration/Donation Drop Off

**\*Heart walk does not require you to check in when you arrive\*** Only participants who need to turn in checks or cash donations will need to go to the donation turn in tent. The donation turn in tent will be located in front of Carter Finley Stadium. It is behind the Information tent. *Please be sure all envelopes are clearly marked with the walker's first and last name who the donation should be credited to.*



## Parking

Gates will open at 12:00 PM for parking. Parking proximity will be on a first come basis. Please follow PNC Arena traffic officers to assigned parking spots. Parking is free. ***Top Walker VIP parking passes will be sent via email directly to those participants who individually raise \$1,000 or more.***

## Company/Team Signs

One representative from your company will need to pick up your company sign. Company signs will be available for companies fundraising \$500+ as of 9/15 and will be located next to the Schneider Electric Information Tent. You can use this to make your team's meeting spot visible to all team members.

Community Teams can create their own signs at the Community Teams tent.

## Restrooms

There will be portable restrooms on site on either side of the festivity area. Restrooms will also be open inside PNC Arena for your use.

## Meet Up Zones

There will be 4 meet up zone flags located along Stephen Stroud Way to help you arrange a meeting point with your friends/family/coworkers. Meet Up Zone 1 is a grey flag near the start line, Meet Up Zone 2 is a red flag, Meet Up Zone 3 is a black flag, and Meet Up Zone 4 is a white flag near the finish line.

## Route

Participants have the choice to walk or run the 3-mile or 1-mile course. The walk route is fairly flat, beginning and ending in front of PNC Arena. **Two (2)** water stations will be located along the route. Walk Day route maps will be available at the **Information Tent**. Strollers, wheelchairs and dogs on leashes are welcome! However, motorcycles, bicycles, and skateboards are not permitted.



## Top Walker Tailgate Lounge

Walkers who individually raise over \$1,000 by walk day are officially invited to join us in our **Top Walker Tailgate Lounge** the day of the Walk. Kick back and watch the football game while enjoying heart healthy tailgate snacks! These walkers will receive a special VIP parking pass by email on Friday, September 21.

## Refreshments

Fruit and other light snacks will be located at the two Refreshments tents on either side of the festivity area. Water will be located at these tents as well as in various ice bins throughout the tent area. **Please note the forecast is expected to be hot and sunny. Please remember to hydrate before and at the event.**

## What to Do

Festivities begin at 12:30 PM, and we will have all sorts of fun and educational activities for the entire family, all while enjoying live music from local DJ, Jay Rogers!

- Life is Why Sponsor – Duke Heart – Blood Pressure checks and Life is Why Wall
- Healthy For Good Sponsor Tents
  - Advance Auto Parts – Hands Only CPR Trainings
  - Butterball – Healthy Photo Booth
- Presenting Sponsor Tent – Lexis Nexis – Official Spirit Station
- American Heart Association Tent – Healthy For Good information and activities, Gratitude Wall, social media and volunteer information
- Kids Zone: face-painting, Kids CrossFit, child and adult coloring, and more!
- Survivor Appreciation Tent: Survivors can pick up their red or white caps, or heart hero cape. Commemorative pins will also be available.
- Tribute (FUJIFILM Diosynth Biotechnologies): Pick up a tribute sticker to wear while you walk – in honor of someone special.
- Health & Wealth tent (Transamerica)
- **And much, much more!**

## Pictures

**Company Photo Times** (see schedule below)

If your company has an assigned photo time, **please meet at your company tent 5 minutes prior to your time slot.** A volunteer will then escort your group to the appropriate photo location.

Photo Area A	Tent Meeting Time	Photo Area B
UNC Physicians Network	12:35 PM	UNC Pharmacy
UNC REX	12:45 PM	UNC Hillsborough
UNC	12:55 PM	UNC
UNC Morrisville/Shared Services	1:05 PM	Advance Auto Parts
Butterball	1:15 PM	LexisNexis
Greene Resources	1:25 PM	KPMG
BMIC	1:35 PM	WakeMed
AT&T	1:45 PM	Seqirus

## Additional Company Photos

These photos will be taken at the company's tent. Please have your walkers gather at your tent **5 minutes prior to your assigned time slot.**

- 1:15 PM – Belk
- 1:50 PM – FUJIFILM Diosynth Biotechnologies

**Duke Photo Times** (see schedule below)

Duke Walkers – please report to the appropriate **Duke Photo area** **5 minutes prior to your assigned time slot.** Please note the **All Duke Health** photo is scheduled for **1:10 PM.**

Photo Area A	Tent Meeting Time	Photo Area B
Duke PRMO	12:50 PM	Duke Heart
Duke University Hospital	1:00 PM	DHTS
All Duke	1:10 PM	All Duke
Duke Regional Hospital	1:30 PM	Duke Raleigh Hospital

## When is the last day to turn in donations?

In order to receive credit for prizes in the Heart Walk Rewards Center, donations must be received by October 7. The Heart Walk website will be open until December 31st. To submit donations after the walk, please make a donation on our website at [www.TriangleHeartWalk.org](http://www.TriangleHeartWalk.org) or mail checks to:

American Heart Association  
Attn: Triangle Heart Walk  
5001 South Miami Boulevard, Suite 300  
Durham, NC 27703

Together we will make history in the Triangle and save countless lives in our community!

We can't wait to celebrate with you this weekend!

This information is available at

[www.TriangleHeartWalk.org](http://www.TriangleHeartWalk.org)