

# SATURDAY, NOVEMBER 16, 2019



American Heart Association®  
**Heart Walk**®

## PALM DESERT CIVIC CENTER PARK

43900 San Pablo Avenue | Palm Desert, CA 92260

# \* IMPORTANT INFORMATION \*

### Parking

Parking lots located off Fred Waring Drive and San Pablo Avenue provide the best access to registration, the sponsor expo and the start/finish line. Additional parking is located throughout the park (see map).

### Registration

Registration will be opened from 7:00am – 8:30am.

Participants **DO** need to visit registration if:

- ♥ You have *not* pre-registered online
- ♥ You are turning in any donations (cash, checks)
- ♥ You would like to make a donation  
(cash, check and credit cards are accepted)

Participants **DO NOT** need to visit registration if:

- ♥ You have pre-registered online
- ♥ You are not turning in donations

### Sponsor Expo & Kids Zone

Be sure to allow time before or after you walk to visit our amazing sponsors and check out the Kids Zone. Sponsors will be providing health screenings, CPR demonstrations, plus other information and goodies from 7:00am-11:00am. Visit all of the sponsors to be entered into a drawing to win a prize. Kids from one to one hundred are invited to have some fun in the Kids Zone. Children must be under parental supervision at all times

### Survivor/VIP Area

You are ALL *Very Important People* and everyone at the Heart Walk is a true HEART HERO just for being there, however we do have an extra treat for our sponsors, top fundraisers and heart & stroke survivors.

- ♥ If you have INDIVIDUALLY raised \$500 please check in at registration to pick up your ticket to the VIP Area
- ♥ If you are a heart or stroke survivor, please check in at registration to pick up your ticket to the VIP Area
- ♥ If you are a sponsor, please proceed directly to the VIP area

Individuals who wish to be recognized as a survivor can be identified by their **red hat** (heart survivor), **white hat** (stroke survivor), or **red cape** (our youngest survivors)

### Other Details

Please join us at the amphitheater for opening ceremonies at 8:30am followed immediately by the Heart Walk at 9:00am. Two laps around the route is 5K. There is a ½ mile survivor route. After completing your selected route join us back at the amphitheater for a yoga cool down. Complimentary water and snacks will be available to all participants.

**THANK YOU** to our teams, sponsors, participants, donors and volunteers.

**The Heart Walk could not happen without every one of you and we are so grateful for your support!**



City of Palm Desert



Civic Center Park



## ROUTE & PARKING

- 5K Route (2 laps)
- 1/2 Mile Survivor Route

SAN PASCUAL AVENUE

FRED WARING DRIVE

SAN PABLO AVENUE