



American Heart Association®

Heart Walk®

2019 BIRMINGHAM HEART WALK

Saturday, June 15th 2019

Railroad Park

Birmingham, AL

[#BhamHeartWalk](#) [#HealthyForGood](#) [#HeartWalking](#)

www.BirminghamHeartWalk.org





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2019 Birmingham Heart Walk Sponsors





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Frequently Asked Questions

- **Where is the Walk?** The Heart Walk is at Railroad Park downtown Birmingham 1600 1st Ave S, Birmingham, AL 35233
- **What time should I plan on arriving?** The fun will begin at 7:30 a.m. , the warm up and program begins at 8:00 a.m and the walk will begin at 8:30 a.m.
- **Do I need to check-in?** No check-in required. This is a free event to celebrate fundraising efforts that support the American Heart Association's mission and heart healthy lifestyles in Birmingham.
- **Where can I park?** See next page.
- **May I bring donations to turn-in?** Yes, There will be a donation turn-in tent on site at the Heart Walk.
- **Are there any social networking sites being used?** Rally the entire community around this event by sharing your special moments on all your social networking sites and be sure to use the hashtags #BhamHeartWalk #HealthyForGood and #HeartWalking. Don't forget to tag @heartalabama
- **Anything else special I should know?** Be sure to visit our survivor area, get a free health screening, learn hands-only CPR, and don't forget pets are welcome!

For more information, please visit www.BirminghamHeartWalk.org.





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Incentives

- **\$1,000+ Top Walkers.** Fundraising walkers who personally raise \$1,000+ will receive special benefits such as: access into our event-day VIP area, event-day special recognition, and eligibility for prizes from our new Rewards Center!
- **\$100+ Walkers.** Fundraising walkers who personally raise \$100+ will receive an American Heart Association t-shirt from the new Rewards center. Additional prizes are given to walkers the more they fundraise!

Parking

1st Avenue South will be closed for the route from 13th Street South to 19th Street South. Metered parking is available within a 3 to 4 block radius of the Park.

Please be informed that **METERED PARKING IS FREE DURING EVENINGS AFTER 6PM AND ON WEEKENDS.**





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Route Information

- The 5k route is approximately 3 miles. The Survivor Miracle Mile is approximately 1 mile.
- See below the route of the 3 mile walk and 1 mile walk.



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Saturday • June 15, 2019



Railroad Park:
1600 1st Ave S.
Birmingham, AL
35233

Start Times:

8:30am - RUN/WALK START

8:30am - 1 MILE START

Legend

1 Mile Course

5k Course

Water Stop

Start / Finish

SingleTrack Maps



Birmingham



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Railroad Park Site Map





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Company Photo Schedule A

<u>Company</u>	<u>Time</u>
Automation Personnel Services	7:35
ProAssurance	7:40
UAB Medicine	7:45
Brookwood Baptist Health	7:50
Medical West	7:55
Cadence Bank	8:00
St. Vincent's Health System	8:05
AT&T	8:10
VIVA Health	8:15
LabCorp	8:20

<u>Company</u>	<u>Time</u>
Planet Fitness	9:40
Alabama Power	9:45
Pearce Bevill	9:50
Ram Tool	9:55
Graham and Co	10:00
BJCC	10:05
Carmax	10:10
Octapharma Plasma	10:15



Company Photo Schedule B

<u>Company</u>	<u>Time</u>
Bradley	7:40
Books a Million	7:45
Medical Properties Trust	7:50
Grandview Medical Center	7:55
Hibbett Sports	8:00
Motion Industries	8:05
Children's of AL	8:10
Brasfield and Gorrie	8:15
Encompass Health	8:20
Protective Life	9:40
Ernst & Young	9:45
KPS Group	9:50
United Healthcare	9:55
UPS	10:00
United Johnson Brothers	10:05
MiBella Wellness	10:10