



#BismarckHeartWalk

VIRTUAL Bismarck-Mandan Heart Walk - August 8, 2020

How You can Join our Virtual Walk

We're looking forward to lacing up with you and walking virtually as a community to build a world of longer, healthier lives free of heart diseases and stroke. While we won't physically gather at the Capitol Grounds on Saturday, August 8th, we want to see and hear your passion virtually!

Here are some ways YOU can #BismarckHeartWalk wherever you are:



Start a TEAM and RAISE Lifesaving Dollars at www.BismarckHeartWalk.org
for research, health policies and community education.



Claim your Virtual Survivor RED CAP or FINISH LINE Badge
Look for our Facebook Photo Frames



WALK in your Neighborhood & SHARE on Social Media via #BismarckHeartWalk
Jazz up your walk with family pics, chalk art messages, scavenger hunts etc.



CONNECT with other Walkers and CELEBRATE the collective journey
Follow along on [Instagram](#), [Twitter](#) & [Facebook](#) @AHANorthDakota



CRO\$\$ the Finish Line Strong - Share WHERE you walk and how FAR you go.
Track your distance with a mapping app and post a pic of your success.



American Heart Association.
Heart Walk.

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QUESTIONS?

jordan.goedtel@heart.org

[Click for FAQ](#)

www.BismarckHeartWalk.org



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Ideas to Jazz Up Your Walk

We are hearing so many innovative ways Heart Walkers are planning to celebrate virtually! Here are some ways YOU can #BismarckHeartWalk wherever you are:



Show Your TEAM SPIRIT and Post a Picture

of you in your team T-Shirt or holding a sign with your team name. Tell us who you walk for. Show us your furry teammates! Use our Hashtag #BismarckHeartWalk



Share HEART ART with Sidewalk Chalk

Draw Start & Finish Lines or share Messages of Gratitude along the route.



Do a SCAVENGER HUNT and share your photos

Find something for every letter of the alphabet.
Look for items in nature or "heart" shapes.



MAP Your Route and Distance

Find apps online and share where you are walking and how far you go.

Locally Sponsored by:

SANFORD
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FAQ - Frequently Asked Questions

When is the Virtual Heart Walk? Saturday, August 8th, 2020

Where is the Virtual Heart Walk? Walk where you are! Do you have a favorite walking trail or one you would like to check out? This is a great opportunity to explore your neighborhood with your family and you can take the dogs.

How do I show that I'm participating? Share your photos and videos using the hashtag **#BismarckHeartWalk** on [Facebook](#), [Instagram](#) and [Twitter](#) and follow us on those channels [@AHANorthDakota](#). We will have fun activities and challenges on these platforms so keep checking!

Should I still register? Yes! When you register for Heart Walk, we have the ability to reach out to you and let you know about day-of activities!

Since the event is virtual, are you still fundraising? Yes, the American Heart Association is still raising funds to fight heart disease and stroke! Our survivors and their families are counting on us to continue with our mission. Fundraising through Heart Walk allows the AHA to quickly respond to the needs of the community – through this fundraising the AHA donated \$2.5 million to Covid-19 research.

Where can I send donations? Donations can easily be made on our website at www.BismarckHeartWalk.org. If you have donations that you can't donate online, please send donations to your local AHA office at 2750 Blue Water Rd. Suite 250, Eagan MN 55125 Attn: Bismarck Heart Walk

I'm a survivor! Survivor hats will be available after the Heart Walk. Please reach out to jordan.goedtel@heart.org with your requests. On August 8, you can redeem your virtual Red Cap via a Facebook Frame.

Do I still get a t-shirt? Registered participants that raise over \$100 are eligible to receive a Heart Walk t-shirt. Visit the [Rewards Center](#) in your dashboard for more information.

What if it rains? Heart Walk is rain or shine. Grab an umbrella and galoshes and enjoy the summer weather in North Dakota.

How long/far should I walk? Traditionally, there is a one-mile route and three-mile route. Walk what suits you and don't forget to cheer yourself on!



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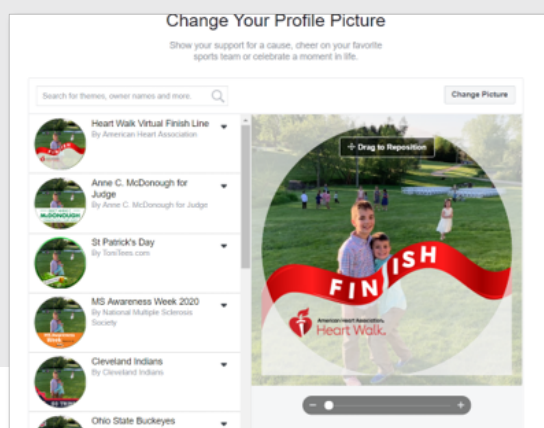
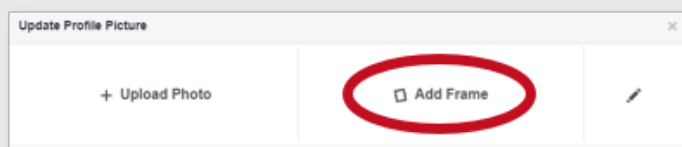
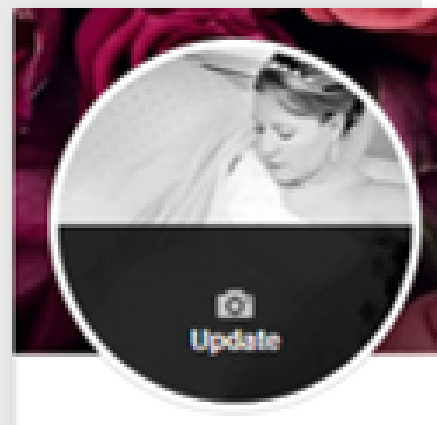
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Collect Your Virtual Survivor "Red Cap" or "Finish Line" Badge

Show all your friends and family how you "walked the walk" for healthier, longer lives with the #BismarckHeartWalk by updating your Facebook Profile with a Photo Frame!

Here's how:

1. Hover over your profile photo and select **"Update"**
2. Select **"Add Frame"**
3. In the search box, type in **"Bismarck Heart Walk"**
4. Select the appropriate frame
5. Drag to reposition your profile picture if needed
6. Select Timeframe from the drop down when you want to switch back to your previous profile picture.
7. Select **"Use as Profile Picture"** to save!



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