



#MIHeartWalk

## VIRTUAL Washtenaw County Heart Walk – June 13, 2020

### FAQ – Frequently Asked Questions

**When is the Virtual Heart Walk?** Saturday, June 13, 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. Not comfortable going outside? Try one of these circuit workouts [here](#).

**How do I show that I'm participating?** Share your photos and videos using the hashtag [#MIHeartWalk](#) on [Facebook](#), [Instagram](#) and [Twitter](#) and follow us on those channels [@AHAMichigan](#). We will have fun activities and challenges on these platforms so keep checking! Reach out to your AHA staff partner too, they can help answer questions!

**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! You can register at [washtenawheartwalk.org](#).

**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?** If you have donations that you can't donate online, please send donations to your local AHA office at 2469 Woodlake Circle, Suite 100, Okemos, MI 48864 Attn: Heart Walk

**I'm a survivor!** On June 13th, 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 spring weather.

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



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[washtenawheartwalk.org](#)