

REGISTRATION

Is there a registration fee?

- To participate in the Walk, there is no fee. Instead, participants are encouraged to fundraise, so your impact is limitless (don't worry, we'll help!) and make a personal donation to support the Heart Walk.
- There is a \$30 registration fee for the 5k run and opportunity to win a medal this year.

Should I register ahead of time?

Absolutely! Registering online gives you access to all our great fundraising tools and keeps you updated on day of event info.

If I participated last year, how do I get my login information?

Oops. Forgot your login? Recover it by using the "Forgot Username or Password" link.

Can I participate in Heart Walk if I'm not on a Team?

Sure, you can walk and fundraise individually. Every donation raised will help create big science! But hey, since you're already on board, maybe consider starting a team and asking friends, family and coworkers to join you to also be Heart Walk heroes. It's easy, and we'll walk you through each step.

FUNDRAISING

Is there a fundraising minimum?

We encourage every participant to make a difference by asking friends and family for donations and making a personal donation of \$25 or more, and there's no maximum either! Donations can be accepted online or received by mail until June 30th.

Can I still get my event t-shirt and incentive awards?

Please see specific examples below:

- All fundraising walkers earn points for our official reward center.

How are donations made?

- Credit Cards - simply select "Make a Donation" and enter your gift information.
- Checks made out to the American Heart Association can be mailed to PO Box 3049, Syracuse NY 13220 - Be sure to mail in your checks using your offline donation form or make entering checks easier by using our mobile check deposit in the Heart Walk app! Download today!
- Cash - can be converted to a cashier check and entered as a check above or email capitalregionhw@heart.org to coordinate collecting your funds.

Can I fundraise after Walk day?

- Of course! Who are we to stop you from achieving fundraising fame? Your fundraising page will stay open until June 30th. You can also submit cash and checks following the instructions above.

What kind of support will I or my team receive?

- Real live Heart Walk staff and volunteers are ready to help every step of the way with fundraising tools, resources and any other support you may need.

VIRTUAL WALK DAY

How can I involve my pet?

- Sure! Take a walk with your pet! Make sure to post a pic of you and your furry friend to social media with #HeartWalk518 and #518TopDog to enter dog into the Top Dog contest.

Is there any special recognition for survivors of heart disease and stroke?

Of course, survivors are the heart of the Heart Walk! Share the inspirational stories and pictures of our survivors to social media and our [Facebook Event Page](#) using #HeartWalk518

Questions? Please call 518-626-8757

Who do I reach out to with questions?

- For assistance with the website or the Walk app, please reach out to capitalregionhw@heart.org
- For all other assistance, please reach out to Heart Walk & Run Directors Kim Sheedy or Jessica Pettengill at Kim.Sheedy@heart.org or Jessica.Pettengill@heart.org – for general questions, you may also email the capitalregionhw@heart.org address

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