



# MADISON HEART WALK AND 5K FUN RUN

## SEPTEMBER 18, 2021

### EVENT SCHEDULE

- 7:45 am** Gates Open; Healthy Pre-game begins
- Kids Activity Kits
  - Meet Hearty!
  - Yard Games
  - Heart Healthy Snacks
  - Infused Water and Coffee
- 8:30 am** 5K Fun Run begins from behind the Duck Blind
- 9:30 am** Opening Ceremony and Walk Kick off from Centerfield
- Message from 2021 Co-Chairs (Chris Doering: First Business Bank, Paul Christensen: 1901 Inc)
  - Featured Survivor Story
  - Top Team Recognitions

Event Emcee: George Smith; Evening Anchor WKOW/Channel 27

### DAY OF ACTIVITIES

#### Kids Scavenger Hunt

Check off everything you see while out on your Heart Walk! Sponsored by Veridian Homes

#### Rethink Your Drink

Learn how to replace one sugary beverage a day! Sponsored by Baker Tilly

#### Survivor Celebration

Pick up your red or white survivor baseball cap! Sponsored by UW Health, SSM Health, and Unity Point Health-Meriter

#### Environmental Wellness Activity

Sponsored by Alliant Energy

#### Top Dog Pet Stop & Water Stop

Grab some water and a treat for your furry friend! And, find water along the route for a quick refresh during your walk! Sponsored by WPS Health Solutions

#### Selfie Station

But first, let me take a selfie! Sponsored by First Business Bank

### COVID SAFETY

- Masks are encouraged for non-vaccinated guests.
- Multiple Sanitation stations available.

### LOCATION:

MALLARDS STADIUM  
2920 N SHERMAN AVE  
MADISON, WI 53704

### PARKING:

PLEASE PARK IN THE  
MALLARDS PARKING LOT.

**NOTHING  
UNITES US LIKE  
DOING GOOD  
TOGETHER**

## DAY OF REMINDERS

- Heart Walk Team t-shirts and/or wearing red is encouraged!
- Any cash or check donations can be turned into the registration area in the ticket booth.
- Dogs (on leashes) are allowed on the walk courses!
- Please obey all traffic laws and stay on the marked route.

## TAG YOUR PHOTOS

@AHAWISCONSIN  
#MADISONHEARTWALK

## CONTACT:

EMAIL: [Jessica.Lack@heart.org](mailto:Jessica.Lack@heart.org)  
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## SCAN TO LISTEN TO THE ON DEMAND PLAYLIST:



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2021  
MADISON  
HEART  
WALK  
5K FUN RUN