



American Heart Association.

Heart Walk.

2021 Greater Washington Region Heart Walk Day of Event Info

Schedule at a Glance

Time	Activity	Where
8:30 AM - 12:00 PM	Heart Walk Festival Area Opens	
8:45 AM - 9:00 AM	Welcome and National Anthem	Main Stage
9:00 AM - 11:00 AM	Rolling Start Line is Open	Start Line
9:15 AM - 9:30 AM	Warm-Up	Main Stage
9:45 AM - 10:00 AM	CPR Story & Demo	Main Stage
10:15 AM - 10:30 AM	Heart Hero Award	Main Stage
11:15 AM - 11:30 AM	Dog Costume Contest	Main Stage
12:00 PM	Heart Walk Ends	

Date: Saturday, November 6th, 2021

Time: 8:30 AM - 12:00 PM

Location: The National Mall (Between 7th St. and 12th St.)

New This Year:

Rolling start for walking route, survivor medals, selfie stops on the walk route, and no team photo times

Returning Activities:

Warm-up, doggie depot, dog costume contest, executive row, top walker gifts (\$1k+ fundraisers), survivor stories, and entertainment

Don't forget to tag #DCHeartWalk on your social media posts!

GREATERWASHINGTONHEARTWALK.ORG



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Get Familiar with the Walk Route

How long is the walk?

There is a 1-mile and a 3-mile route option.

Stay hydrated on the walk route by stopping at our Hydration Stations.

American Heart Association Greater Washington Region Heart Walk Route Map
1 Mile Course

American Heart Association Greater Washington Region Heart Walk Route Map
3 Mile Course

START on the gravel path between 9th and 12th street, just south of Madison Drive. Proceed West and turn left at 12th Street gravel path. Follow directional signs to turn left on Jefferson Drive sidewalk. Proceed East and make a left on the 7th Street sidewalk. Turn left on the Madison Drive sidewalk. Proceed straight and follow directional signs to turn left on 12th Street. Make an immediate left on the gravel pathway towards the FINISH line.

START at 12th Street gravel path, just south of Madison Drive. Proceed West and turn left at 13th Street gravel path. Follow directional signs to turn left on Jefferson Drive sidewalk. Follow directional signs to continue on Jefferson Drive sidewalk to turn left on the 3rd Street sidewalk. Turn left on the Madison Drive sidewalk. Proceed West to 13th Street. 3-Mile Walkers will pass the FINISH and proceed along the course for another full lap to complete the 3-Mile route. When reaching 13th Street after the second loop, walkers will make an immediate left on the gravel pathway towards the FINISH on 12th Street gravel path.

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Tents and Facilities

- 1 Kaiser Permanente flag
- 2 KPAC flag
- 3 Perston flag
- 4 Executive Row
- 5 Top Walker Tent
- 6 Executive Row
- 7 Digital Realty flag
- 8 Booz Allen Hamilton flag
- 9 T-Rex Solutions flag
- 10 Doggie Depot
- 11 Medical Tent
- 12 SAIC flag
- 13 Phone2Action flag
- 14 GEICO flag
- 15 Donation/Information Tent
- 16 Tribute Banner
- 17 Survivor/Tribute Tent
- 18 Permco Consulting flag
- 19 Lendis flag
- 20 Blake Real Estate flag

www.GreaterWashingtonHeartWalk.org

#DCHearWalk

MADISON DRIVE NW

Donations Tribute Area

12 13 14 15 16 17 18 19 20

Washington Monument

US Capitol

Stage

9th Street

11 10 9 8 7 6 5 4 3 2 1

Medical Doggie Depot

JEFFERSON DRIVE SW



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Heart Walk Rolling Start Line Schedule

9:00 AM Kaiser Permanente + Blake Real Estate + DAVIS Construction

9:30 AM KPMG + Leidos + T-Rex Solutions + Pernix Consulting + Deloitte

10:00 AM Peraton + Booz Allen Hamilton + Digital Realty + GEICO

10:30 AM SAIC + Community Teams + Inova Health + Coldwell Banker + AT&T

If you don't see your organization listed above, feel free to walk anytime between 9-11am





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Frequently Asked Questions

Donations

Onsite donations can be turned in at the Donation Collection Tent. Walkers may continue to fundraise through December 31, 2021.

T-Shirts

Walkers that have individually fundraised \$100 or more can redeem their t-shirt online by visiting their Heart Walk Rewards Center.

Prizes

Please visit your Heart Walk Rewards Center for more information on redeeming prizes. Prizes must be redeemed within 6 weeks of event date (December 18).

Food and Drink

There will be fruit and water available for all participants at designated areas along the walk.

Survivor Items

Pick up survivor medals in the survivor area.

Will the Heart Walk be in person this year?

Yes! We're moving forward with plans to host the Heart Walk in person at the National Mall. The health and safety of our survivors, participants, staff, and volunteers is our top priority. We'll continue to offer options to participate for everyone's comfort level no matter whether you join us in-person or wherever inspires you - in your favorite park or neighborhood. Choose our path or yours. No matter where you choose to walk, participating and donating to Heart Walk will save lives and improve lives.

Can I wear a mask to the Heart Walk?

Absolutely. Our events are mask-friendly. If you are unvaccinated we ask that you wear a mask to protect yourself and others.

Is there parking for the event?

Yes, public street parking is available in addition to local parking garages.

Are dogs allowed at the event?

Yes, leashed dogs are allowed to attend the Walk and may also visit our doggie depot area plus participate in the dog costume contest! Let's see those dressed-up pups!

What do we do if it rains that day?

Heart Walk is a rain or shine event.

What is the Heart Walk On Demand Playlist?

Get your groove on with us and be connected as one no matter where you walk with our new Heart Walk On Demand Playlist. The playlist is a great collection of music to inspire every step you take! It will be available the week of the Heart Walk and you will have access to it directly from your local Heart Walk website.



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