

# #HeartWalkWhereYouAre *and cross the finish line strong!*

We're looking forward to crossing the finish line strong with you by virtually sharing your run and walk to eliminate heart disease and stroke. While we won't physically see you downtown on Saturday, April 25, we want to see and hear your passion virtually!

Every hour we are hearing new and innovative ways Heart Walk teams are planning on celebrating virtually! Here are some ways YOU can #HeartWalkWhereYouAre:



Run/Walk in your neighborhood and share to social media using:  
**#MidSouthHeartWalk #HeartWalkWhereYouAre**



Share a sweaty selfie post-race. Cross the virtual finish line by updating your Facebook profile picture and selecting the frame for your race's medal — *there's one for each run/walk!*



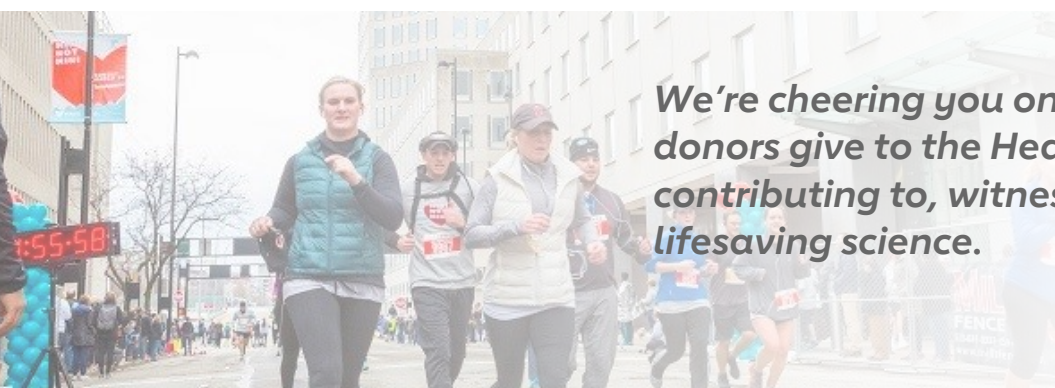
Share your race time with us! Visit [midsouthheartwalk.org](http://midsouthheartwalk.org) on the day of the race to share your time and to get added to our virtual leaderboard!



Follow our Heart Walk [Facebook](#), [Instagram](#) and [Twitter](#) pages (@heartmidsouth) for updates and tips to help you #HeartWalkWhereYouAre



**CRO\$\$ the finish line strong** by rallying your team to use tools in the mobile app and website, asking others to participate and donate to AHA!



*We're cheering you on! The moment you and your donors give to the Heart Walk, you are contributing to, witnessing, and progressing lifesaving science.*



### Can I still get my event t-shirt, bib and medal?

Please see specific examples below:

- I am a participant of the Red Dress Dash 5K – You will still receive a t-shirt, bib and medal. Runner bibs will be sent digitally to your email, while t-shirts and medals will be hand-delivered once the AHA office reopens.
- I am a participant of the Heart Walk (Not Timed) - You will receive a digital bib to your email. Walkers who raise \$100 or more will have access to items in the Rewards Center, found in your Heart Walk HQ. You can redeem items in the Rewards Center through June 6th.

### Can I still register and donate? Quick Answer: Yes!

- Registration for Heart Walk (Not Timed) will stay open through Saturday, April 25th, but participants must register by Thursday, April 23rd to receive a digital bib.
- Registration for Red Dress Dash 5K will stay open through Thursday, April 23rd.
- Donations will be received online at [midsouthheartwalk.org](https://midsouthheartwalk.org)
- Checks made out to American Heart Association can be uploaded via the free Heart Walk mobile app or mailed to: 5384 Poplar Avenue, Suite 100, Memphis, TN 38119
- Our team will be in touch about any cash donations at a later date

### Questions? Please call 901-248-7966



American Heart Association.  
**Heart Walk.**

2020 Mid-South Heart Walk & Red Dress Dash Chair

**Dr. Michael Ugwueke**

Methodist Le Bonheur Healthcare

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