

# 2021 GUILFORD HEART WALK

## FAQs - Frequently Asked Questions

**What is the Move More Challenge?** We are launching the Move More Challenge to encourage Guilford residents to get active from April 15 - May 15, 2021! Let's get moving 150 minutes a week! Compete with other teams or friends and family members!

**How do I join the Move More Challenge?** The challenge will run on our free Heart Walk app and there is no registration fee to participate. Once registered on [GuilfordHeartWalk.org](http://GuilfordHeartWalk.org), login through the Heart Walk app and track your activity with your phone or wearable activity tracking device.

**When is Celebration Saturday?** Take part in our #WalkingRocksTriad event from May 1-15, download the Discovery App from the City of Greensboro and choose one of the designated American Heart Association paths to participate! Celebration Saturday aka Heart Walk Day will take place on Saturday, May 15.

Find a local trail by using the Piedmont Discovery App or go to [www.piedmontdiscoveryapp.com](http://www.piedmontdiscoveryapp.com).

Here are some suggested trails:

### Easy Level

Crockett Trail  
Townsend Trail  
Hamilton Lakes  
Brightwood Trail

### Paved Surface

Atlantic & Yadkin  
(Bur-Mil Park)  
Lake Daniel Greenway  
Brown Center Loop  
Country Park

### 1 Mile Loop

Barber Park Trail - Paved

### Difficult Level

Laurel Bluff

**How do I show that I'm participating?** First, be sure to go to [GuilfordHeartWalk.org](http://GuilfordHeartWalk.org) to start or join a team. Make sure to also mark yourself as attending our official 2021 Guilford Heart Walk Facebook event. Design rocks to place along the designated walking paths and/or pickup the rocks you find. Then, share your photos and videos along the way on social media using the hashtag #WalkingRocksTriad.

**Should I still register?** YES! We are striving to have the biggest Heart Walk ever, so please register on [GuilfordHeartWalk.org](http://GuilfordHeartWalk.org). Registering here allows you to maximize your impact by recruiting others to join and donate to your efforts.

**Since the event is digital, are you still fundraising?** YES! Our survivors and their families are counting on us now more than ever, and we are counting on YOU and your support through the Heart Walk to continue funding our critical mission.

**Where can I send donations?** This year, online donations are preferred. Checks can be mailed to the local AHA office. Please include your full name inside the envelope so we can credit your efforts!

American Heart Association  
Attn: Guilford Heart Walk  
1589 Skeet Club Road, Suite 102-352, High Point, NC 27265

**I'm a survivor!** Please reach out to [TriadNC@heart.org](mailto:TriadNC@heart.org) to share your story and be sure to redeem your special digital Survivor 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.