

2021 Phoenix Heart Walk Digital Experience

#PHXHeartWalk Digital Experience FAQ's

When is the Phoenix Heart Walk Saturday, March 13th, 2021

Where is the Phoenix Heart Walk? Do you have a favorite walking trail or one you would like to check out? Walk or even run where you are. This is a great opportunity to explore your neighborhood with your family and furry friends!

What does the Phoenix Heart Walk Digital Experience look like? The #PHXHeartWalk experience is all encompassing and allows you to be involved in the Heart Walk anywhere! It is your chance to get moving, honor survivors, and raise lifesaving funds from anywhere. Here are a few exciting facts about this year's Heart Walk!

- Our new activity tracker allows you to get moving and participate in movement challenges on our mobile app.
- The app also making it easier than ever to connect, share and raise critical funds.
- You have the chance to earn awesome Heart Walk gear and rewards like caps, shirts, jackets and more.
- This campaign allows you to be creative, move wherever you are, any way you want- include your family too!

How do I show that I'm participating? First be sure to go to phoenixheartwalk.org to start or join a team or participate all on your own! Then share your photos and videos using the hashtag **#PHXHeartWalk** and follow us **@AHAArizona** on Facebook, Instagram and Twitter. We will have fun activities and challenges starting in January through the day of the event!

Should I still register? Yes! We are striving to have the biggest Phoenix Heart Walk ever, so please register at www.phoenixheartwalk.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, the American Heart Association is raising vital funds to fight heart disease and stroke! Our

survivors and their families are counting on us more than ever and we are counting on YOU and your support through the Phoenix Heart Walk to continue funding our critical mission.

Where can I send donations? This year, online donations are preferred. If you have donations that you can't donate online, please mail to the local AHA office at 2929 S. 48th St. Tempe, AZ 85282 ATTN: American Heart Association Greater Phoenix. Checks can also be easily scanned digitally into your Heart Walk app. ****Note:** mailing cash is not advised, please only mail checks or money orders. Be sure to include your full name and/or team name inside the envelope so that we can credit your efforts.

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 to redeem.

I'm a survivor! Please reach out to phoenixhw@heart.org to share your story and be sure to redeem your special digital Survivor Facebook Frame (see Digital Experience Guide instructions).

Can I fundraise after Walk day? Of course! Who are we to stop you from achieving fundraising fame? Your fundraising page will stay open for approximately 6 weeks after the event. You can also submit cash and checks to your local American Heart Association office at any time.

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.

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.

How long/far should I walk? Traditionally, there is a one-mile route and three-mile route. Walk what suits you and don't forget to cheer yourself on!

What if it rains? The Phoenix Heart Walk Digital Experience is rain or shine. Grab an umbrella and enjoy spring weather in Phoenix wherever you are.