



American Heart Association®

Heart and Stroke Walk™
Kansas City



KANSAS CITY

HEART WALK

SATURDAY, SEPTEMBER 28, 2024

The National WWI Memorial

2 Memorial Drive Kansas City, MO 64108

Celebration - 8:00 a.m.
Heart Walk - 9:00 a.m.

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THANK YOU,

From the Heart Walk Team

We are so excited to welcome you to the Kansas City Heart Walk!

Whether you plan to join us at WWI Memorial or get your steps in around your local neighborhood, you are crucial to the advancement of the AHA's mission.

Here are a few things you should know as you prepare for your best Heart Walk yet:

♥ HAVE FUN! We want to see and hear you on walk day! Take plenty of photos and tag @AHAKansas on Facebook, Instagram and X! Don't forget to use #KCHeartWalk!

♥ We kindly ask if you are not feeling well to please stay home.

♥ Whether walking or cheering on friends, know that your Heart Walk day is being spent impacting the lives of the ones you love – and even the lives of those you have not met.

We are so grateful for each and every one of you and look forward to cheering you on!



Your Heart Walk Team,

Aspen Barry
Heart Walk Director
(417)849-2065

Jenny Nguyen
Heart Walk Coordinator
(816) 745-1703

Laura Lopez
Executive Director
(913) 707-3591

Amanda Nichols
Senior Development Director
(660) 441-0090

If you have any questions, please call or text us, but be sure to identify yourself so we know who you are!

KCHeartWalk.org
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Chairperson's Welcome

Hi Walkers,

Welcome to the 2024 Kansas City Heart Walk!

"Imagine the lifesaving impact we could make if every home in Kansas City had a hero in waiting who was confident and ready to act in a cardiac emergency. By engaging more people in Heart Walk we can turn our community of bystanders into a community of lifesavers"

-TODD KRASS



CHAIR
TODD KRASS
Chief Executive Officer
HCA
Belton Regional
Medical Center



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Week of Wellness September 23rd – 28th

MOVE MORE MONDAY – September 23rd

Get warmed up for Week of Wellness and Stop Sitting today with a binge break with our #MadeYouMove Sofa Stretch, Accent Chair Dips or Torso Twist.

EAT SMART: HEALTHY TIPS TUESDAY – September 24th

Cooking more meals at home gives everyone in the family an opportunity to build better eating habits, one plate at a time. Eat Smart with healthier condiments or smart substitutions

BE WELL WEDNESDAY – September 25th

On our final Heart Walk Wednesday, take a short break in your day to be mindful, improve your mood, reduce stress and increase energy with a guided meditation

THANKFUL THURSDAY – September 26th

Gratitude is more than a buzzword. It's a habit that may change your sense of well-being. Take a moment today to call or text someone you are thankful for.

BEST FRIENDS FRIDAY – September 27th

Pets can help you reduce stress, boost mood, get more exercise and lower blood pressure & cholesterol (we've got the science to prove it). Show us your best photo of you and your furry best friend on walk.

HEART WALK DAY – September 28th

Join us in The National WWI Memorial for our Heart & Stroke Walk celebration.



Locally supported by



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At the Heart Walk

SCHEDULE OF EVENTS

8:00am-10:30am – Company Photos on Stage in front of WWI North Lawn

8:00 a.m. – Event opens

- VIP Celebration Area, available to qualifying Top Walkers and Teams
- Celebrate with complimentary coffee from Verena Street Coffee

8:00 a.m. to 9:00 a.m. – Celebration Begins – Welcome & Brief Program

- Rally your team members and enjoy the scenic views of Kansas City and different photo opportunities.
- Turn in remaining Heart Walk donations
- Enjoy the Kids Zone Area games and don't forget to get a face painting! Visit all the Sponsor Tents for demonstrations and giveaways
- Grab some complimentary heart healthy snacks from Hy-Vee and Hiland

9:00 a.m. – Walk Begins (1.5 mile route) at Start Line on west side of North Lawn

11:00 a.m. – Event concludes

Though our event is wrapped up, we invite you to visit local businesses & enjoy downtown KC!

MEET OUR EMCEE – KEVIN HOLMES, KSHB 41



Kevin Holmes is an anchor at KSHB 41 News in Kansas City, having joined the station in 2016. He previously worked at stations in Flint, MI, Memphis, TN, Raleigh, NC, and Savannah, GA. A graduate of Lake Forest College, Kevin has won a Georgia Association of Broadcasters Award for Reporting and was nominated for an Emmy for Spot News.

He values his family and friends, enjoys the local culture and food in Kansas City, and frequents Q39. Kevin loves a variety of music, especially A Tribe Called Quest, 90's R&B, and jazz.

Kevin loves getting his news from "everywhere, everyone and everything imaginable. You never know where you may get your next news tip or story." Come to Kansas City Heart Walk and even share your story!

Kevin and 41 News have been great friends of the American Heart Association, and we are thrilled to have them return as the emcee of the 2024 Kansas City Heart Walk!



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Company Photos

2024 COMPANY PHOTO SCHEDULE

- 8:00am Optum/JE Dunn/Quest Diagnostics
- 8:10am The University of Kansas Health System
- 8:20am Saint Luke's Health System
- 8:30am HCA Midwest Health
- 8:40am TBA
- 8:50am Top Walkers/ Top Corporate Teams
(after announcements)
- 9:10am 41 KSHB (Grand Stage)
- 9:30am Survivor Photos
- 9:45am AHA Staff
- 10:00am Top Community Team 1, 2 & 3

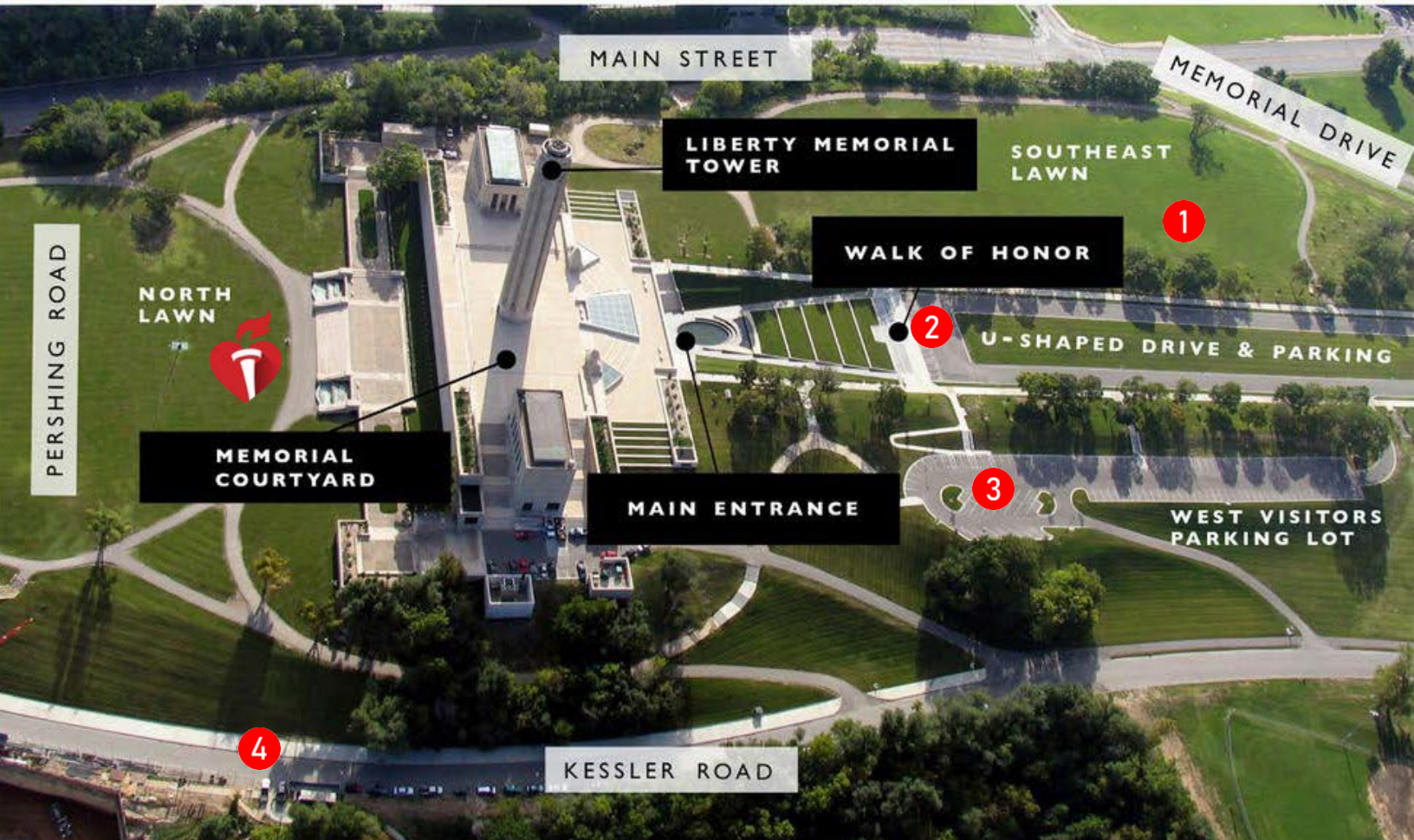
Assistance will be provided to help organize the participants so we can stay on schedule.



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DIRECTIONS AND PARKING



MAIN EVENT AREA

National WWI Memorial, located at 2 Memorial Drive Kansas City, MO 64108

PARKING OPTIONS:

OTHER PARKING OPTIONS * :

- 1 Southeast Lawn
- 2 U-Shaped Drive Parking (ADA Parking Available)
- 3 VIP Parking Lot (for Top Walkers and Teams)
- 4 Kessler Road

- KC Streetcar * – Runs from River Market to Pershing
- Union Station *
- Crown Center *

**Please be advised that these parking options listed here are just suggestions for your convenience. THESE MAY BE SUBJECT TO PARKING FEES*

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Saturday, September 28

National WWI Museum and Memorial

2 Memorial Drive, Kansas City, MO

Route Directions:

- 1. Start Line:** Begin at the American Heart Association Inflatable Arch on the west side of the North Lawn.
- 2. Head South:** Follow the left side of the Liberty Memorial Path, curving right until you reach the sidewalk on Kessler Rd.
- 3. Turn Left on Kessler Rd.:** Head south, continuing as the sidewalk curves left.
- 4. Left at Liberty Memorial Mall:** In front of Memorial Dr. Entrance, continue straight on the sidewalk towards the WWI Tower.
- 5. Right at WWI Memorial Courtyard:** Turn right towards the Hydration Station on top of the WWI Museum Entrance.
- 6. Right onto Liberty Memorial Mall Sidewalk:** Walking past the Hydration Station, head south, then take the first left back onto the Liberty Memorial Path.
- 7. First Fork in the Path:** Stay on the right-side path until you reach back to the North Lawn.
- 8. Second Fork in the Path:** Turn left on the south side of North Lawn.
- 9. Finish Line:** Proceed to the American Heart Association Inflatable Arch or the Survivor Lane Balloon Arch.

Walking Paths	
	Accessible Parking to Event
	VIP Parking to Event
	Parking to Event (Additional parking along Kessler Rd)
	1.5 mi Walk Route



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Main Event Area Map

*Not to made scale



American Heart Association
turn in your donations here
and volunteer check-in



*VIP Entrance
for qualifying walkers and teams.



Company Photos
Refer to the Company Photo
Schedule



Verena Street Coffee
Complimentary coffees for VIP
Area

1. University of Kansas Health System
2. Aetna
3. Saint Luke's Health System
4. AHA Advocacy
5. Kids Zone Waiver
6. Kids Zone Face Painting
7. Hands Only CPR *brought to you by CPKC*
8. Survivor Celebration
9. HCA Midwest
10. HCA Midwest
11. Quest Diagnostics
12. Snacks & Refreshments *brought to you by Hy-Vee*
◦ *Hy-Vee Health Bus*
13. First Aid Tent & Bus *brought to you by Optum*
14. VIP Tent *for qualifying top walkers and teams*

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Please contact kansascityheartwalk@heart.org or
(913) 652-1916 for more information.

Last updated 9.19.2024



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Frequently Asked Questions

Can my family join me if they are not registered?

Yes, the more the merrier. Registration is not required to take part in day of event activities and the walk itself.

Is there an indoor option in case of rain?

No, the Heart Walk will take place, rain or shine, outdoors.

Are kids and strollers allowed?

Definitely! We do ask that you supervise your children when they are in the Kids Zone. Strollers are also permitted! Take in mind that the main event area will be on grass. Please let us know if you need special restroom accommodations for kids.

Will you have water?

We promise to keep you hydrated! We will have bottled water available at our Hydration Station brought to you by Optum, or at the Hy-Vee Tent generously donated by Hy-Vee.

Are pets allowed?

Yes, but please know this is a family-friendly event. Non-aggressive, leashed pets are welcome at the event. Please clean up after your dog!

Can I turn in money at the Heart Walk?

You sure can! Stop by the American Heart Association tent on the North Lawn in front of the flap pole. Otherwise, no check in needed, just lace up & show up to walk! How are donations made? Donations can be made securely to your fundraising page with a credit card, PayPal, Venmo and more. Cash and checks (made payable to the American Heart Association) may also be collected. You can deposit checks directly through the Heart Walk App!

Will I receive a Heart Walk t-shirt?

All walkers who raise \$100+ can redeem Heart Walk Hero Gear from our Heart Walk Rewards Center in your Heart Walk Headquarters and in the Heart Walk App. There are so many cool options to choose, and the best part is they will be shipped directly to you after you redeem them. The Rewards Center is available through November 8, 2024.

Can I fundraise after Walk day?

Of course! Who are we to stop you from achieving fundraising fame? You can fundraise online or submit cash and checks to your local American Heart Association Representative through December 1, 2024.



[KCHearWalk.org](https://www.KCHearWalk.org)

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2024 HEART HERO



Weslie Mae Zych was born on April 19th, 2023, but soon after birth, she faced severe health issues requiring a feeding tube and NICU care. Genetic testing revealed she had two rare mutations causing heart problems, making her the youngest diagnosed with these conditions. Diagnosed with Long QT Type 3, her BNP levels indicated potential heart failure, but a heart catheterization showed normal pressures and blood flow, relieving her parents. Weslie now sees specialists regularly and will be on heart medications for life, with a possible future heart transplant. Despite these challenges, she is a happy, thriving child, and her family shares her story to help others and support research.

This year, we walk for Weslie. Read her full story [here](#).



CELEBRATE SURVIVORS

Heart disease and stroke survivors are at the HEART of our day! We encourage our survivors to stop by the Survivor Area to pick up your special hat and commemorative pin to show your triumph over heart disease or stroke. Tribute stickers will also be available for all participants to fill out and wear on your shirt to indicate who you are walking for.



THANK YOU IN KIND DONORS

Hy-Vee
Verena Street Coffee

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TAKE A HEALTHY SELFIE



The moment you and your donors give to the American Heart Association through Heart Walk, you are contributing to, witnessing, and progressing lifesaving science. Be proud of your participation in the Heart Walk and the healthy changes you have committed to.

To celebrate you *“walking the walk”*, head over to social media and tag [@AHAKansas](#) on [Facebook](#), [Instagram](#) and [X](#)!

Don't forget to use [#KCHeartWalk](#) on all your posts to be seen.

Are you a survivor?

[share your story!](#)

EARN AMERICAN HEART ASSOCIATION HEART HERO SWAG



Your fundraising not only makes you a relentless force for longer, healthier lives, it also earns you points in your personal Rewards Center — points you can redeem for Heart Hero Gear. It's our way of saying thanks and it's a great way to show your support for heart and brain health!

Log in to your [Heart Walk HQ](#) on your PC or HW App to visit the [Rewards Center](#). All prizes must be redeemed by November 8, 2024.

[KCHeartWalk.org](#)

[#KCHeartWalk](#)

