



Los Angeles Heart & Stroke Walk

Sunday, October 27, 2024 Rose Bowl Stadium 1001 Rose Bowl Dr, Pasadena, CA 91103 8 AM - 12 PM

2024 Reward Center for Fundraising Participants

All participants who raise \$100 or more for the Los Angeles Heart Walk will be able to redeem Hero Gear as a reward for fundraising. Points will be redeemable for up to 6 weeks after the event. You can access the Reward Center through your participant center and have rewards shipped directly to you. If you choose NOT to redeem your reward, all the funds you raised go to move our mission forward. Thank you for being a Heart Hero!

Event Schedule

8 AM Expo Opens

8 AM Assigned Company Photos Begin

9 AM Opening Ceremonies

9:15 AM Walk Starts

12 PM Event Concludes

Heart-Healthy Highlights!

Before the opening ceremonies, join us for a variety of engaging heart-healthy activities! Get your blood pressure checked, learn Hands-Only CPR, snap a photo of your furry friend at the Pup-arazzi Pet Photo Area, and don't forget to stop by the Kids Zone. There's something for everyone to enjoy!

Our Los Angeles Heart and Stroke Walk will have 3-mile and 1-mile route options, with a water stop at the halfway mark on the 3-mile route. We can't wait to see you there!

Parking

Parking is free and is first come, first serve in Lot F and Lot K:



Public Transportation and Ride-share

If using ride-share, the best drop off location is the parking lot South Lot F. Company shuttles will drop off in Lot K. Lot F is the parking lot closest to the stadium and should be easy to spot upon arrival as each parking lot has signage at each entrance.

Walk Route

There is a choice of a 1-mile or approximately 3-mile-long walk. Both options are noncompetitive and non-timed. Start and Finish locations will both be at Lot H.

Route Map

Event participants will have a choice of walking a 1-mile or 3-mile loop. Please <u>click here for</u> route maps for both options.

Water

There will be a Hydration Station in the festival area and a Water Stop on the 3-mile route, where walkers can refill their water bottles. While compostable cups will be available, it is highly recommended that all event attendees bring their own water bottle so we can keep waste to a minimum and so that you can keep yourself hydrated throughout the duration of the event.

Eat Smart Grab & Go Snacks

Our Heart and Stroke Walk event will feature a "grab and go" style snack station. We will offer a variety of fresh fruits and snacks for your choosing.

Pets

Our event is dog-friendly! All dogs must be leashed.

Restrooms

Restrooms will be located to the west of all the tents at the Lot H expo area adjacent to the parking lot.

First Aid

EMTs will be available in the First Aid Tent. Additionally, there will be an ambulance on-site in case of emergencies.

Rewards Center & Heart Walk Hero Gear

The more funds you raise, the more points you earn to redeem <u>Heart Walk Hero Gear</u>. Once you reach a new fundraising milestone, additional points will automatically be added to <u>your</u> <u>points balance</u>. You can redeem points at any time up to the walk and points expire 6 weeks after the day of the Heart Walk. Point redemption starts after you've fundraised \$100. Since qualifying walkers can now order their T-shirt online through this new Reward Center, there will no longer be a T-Shirt Tent at any of our Heart Walks.

Survivor Lounge - Heart and Stroke Walk Heroes

Heart disease and stroke survivors are warmly invited to visit our Survivor Lounge to pick up a special gift. Heart disease survivors will receive a complimentary AHA red baseball cap, while stroke survivors will receive a complimentary white baseball cap. Additionally, all event attendees can honor their personal Heart Heroes, Stroke Heroes and Remembered Heroes at the Tribute Wall. At the finish line, join us as we cheer on our survivors as they ring the Survivor Bell.

Questions

If you have a question not answered here, please feel free to contact us at (213) 291-7030 or email joonhyung.kim@heart.org