



2024 San Antonio Heart & Stroke Walk

Frequently Asked Questions

Where is the event?

The 2024 San Antonio Heart & Stroke Walk & 5K Run will take place at our **NEW LOCATION** on Saturday, November 9th, at Northeast Lakeview College (1201 Kitty Hawk Rd, Live Oak, TX 78148)

What time does the event begin?

The festival area opens at 8:00 a.m. Opening Ceremonies begin at 9:00 a.m. At 9:30 a.m. the Heart & Stroke Walk and Run will begin at the same time, with the runners in front.

Where should I park?

Parking Lot 5, 6 & 7 will be available for all participants and is completely free. Reserved parking for survivors & VIP's will be in Lot 5.

Is there a registration fee?

No, the San Antonio Heart & Stroke Walk is a free event. We do ask that you register online at [San Antonio Heart & Stroke Walk](#). If you would like to participate in the timed 5k run, there is a cost associated.

Are masks required at the event?

Masks are optional but not required at this year's event.

Is there any special recognition for survivors of heart disease and stroke?

Of course! The Heart & Stroke Walk is intended as a time to honor survivors and remember those who have been lost to cardiovascular disease. We invite survivors to pick up their survivor hat or cape at the Survivor Tent and ask that they be worn during the event so that everyone can recognize and celebrate the triumph over heart disease or stroke.

Where do I turn in donations?

Please turn in donations at the Donation/Information Tent located near the campus clock tower.

Where do my donations go?

Your donations will support the American Heart Association's clinical, educational, and research programs benefiting our San Antonio community. Every contribution will help bring us further along the path of reducing heart diseases and stroke.

How do I get access to the VIP area? What will be in the VIP area?

This year's VIP Lounge provides an exclusive space for participants who raise \$250 or more. Top walkers, raising \$1,000+, will also enjoy access and receive a special thank you gift. All participants can indulge in a variety of delicious breakfast treats and unwind with a relaxing chair massage.

How long is the walk?

It is 3.1 miles for both the 5K Heart Run and the Heart & Stroke Walk. The route is stroller and dog friendly, as well as handicap accessible.

I signed up for the 5k timed Run, where can I get my runner packet and bib?

Runners can pick up their packet and bibs at one of the locations/dates:

- Mon (11/4) - Thurs (11/7), at the AHA office, 8415 Wurzbach between 9:00am-5:00pm
- Friday November 8 at Northeast Lakeview College between 9:00-2:00pm - please call **Tesha Young at 760-402-0386** when you arrive, and I will provide directions on where to meet.
- Day of the walk at the runner's check-in table at 7:30am

Can my kids walk too?

Absolutely! This is a family friendly event.

Can I bike or rollerblade the walk route?

No, we request that everyone walk for safety purposes. No razors, hoverboards, or scooters.

Can I bring my dog?

Yes! The Heart & Stroke Walk is a family-friendly event. Non-aggressive, leashed pets (in accordance with city ordinance) are welcome at the event, with caution. Please clean up after your dog and respect others. Not only do we want to protect our waterways, but we wish to be respectful to our host facility.

What if it rains?

The San Antonio Heart & Stroke Walk is a rain or shine event. Registered participants will receive an email if the weather is severe enough to cancel the event.

What about team photos?

We will have a designated area for your team, as well as photo stops along the route to enjoy! Our signature FAST Letters and Heart Tribute Wall – both are a great place to have your photo snapped with the perfect backdrop! You'll also see some photo ops along the route of our new venue!

Will there be food and water?

There will be healthy lite bites & snacks available. Water will also be provided at the walk's halfway point and at the finish line.

Will Top Walkers get anything special?

All top walkers who raise \$1,000+ will receive their personalized TOP WALKER sign, special gift and be invited to join us at the exclusive VIP lounge during the event which will have food, drinks, and more!

Where are the restrooms?

Limited restrooms are located inside the buildings and portable restrooms will be located in the festival area and along the route.

Other Questions?

Please contact your SA Heart Walk team representative.

Madeleine Ebeling – Madeleine.Ebeling@heart.org 210.563.1775

Tesha Young – Tesha.Young@heart.org 760.402.0386