



2024 San Diego Heart & Stroke Walk

Frequently Asked Questions

Timeline:

- 6:30 a.m. Expo Opens – Kids Zone, Coffee, Health Screenings, Hands Only CPR, and Interactive tents open.
- 7:30 a.m. Opening Ceremonies at Main Stage – Warm Up
- 7:45 a.m. All participants to Start Line, Walk Begins (4.1 miles), Survivors lead the way on 1 mile *Survivor Mile*.
- 9:45 a.m. Closing Ceremonies, Celebration and Awards
- 10:00 a.m. Expo Closes

Where is the Heart & Stroke Walk?

The walk begins and ends in the Expo area, located in beautiful Balboa Park, on the corner of 6th Ave and Laurel Street. The walk continues into Balboa Park, down Highway 163 and then back to the Expo area.

How long is the walk?

The walk is approximately 4.1 miles, with a 1 mile 'Survivor Mile' leading the way for Survivors and beginner walkers.

Where do I park?

Parking can be difficult near Balboa Park, so we offer Free Parking at the Inspiration Parking Lot. The main parking entrance is located on the Presidents Way turnaround off Park Blvd. Free Shuttle Buses will transport participants to the Expo and Start/Finish Line area and back to the parking area from 4:30 a.m. to 11:30 a.m. **Please note: No Pets allowed on buses except Service Animals. If you choose to park near the event, please pay attention to traffic signs with time and day limitations.

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

Yes! We invite all survivors to visit our VIP/Survivor Area located in the Expo. Heart & Stroke survivors are given a ball cap and child survivors receive capes to wear during the event to show their triumph over heart disease and stroke.

Do I have to pay a registration fee?

There is no registration fee, but fundraising is encouraged. The average walker last year in the San Diego Heart & Stroke walk raised more than \$300! Register here if you would like to participate in FUN Heart Health challenges and fundraising!: [2024 San Diego Heart & Stroke Walk - Heart Walk - American Heart Association](#)

Where do the proceeds go?

Donations raised for the San Diego Heart & Stroke Walk go to the American Heart Association, funding lifesaving heart disease and stroke research, as well as community programs and advocacy efforts. For more information on the American Heart Association, visit [American Heart Association | To be a relentless force for a world of longer, healthier lives](#)

Can my kids/strollers walk too?

Definitely! There will be many children's activities in our Kids Zone, including games, face-painting and more. We do ask that you supervise your children when they are in the Kids Zone.

Can I bring my pet?

Yes! Pets are always welcome, but we do ask you to always keep them on a leash and promptly pick up after your pet. We will also have a Pup-arazzi area dedicated to our furry friends where you can have a special photo opp, water and treats. **Please note, pets are not allowed on the Shuttle Buses, except for Service animals.

Where are the restrooms?

Portable restrooms will be available in the Expo area and a stop along the 4.1-mile route.

Are there any special benefits for Top Walkers (\$1000 +)?

Absolutely! Top Walkers are welcome to join us in the VIP/Survivor area for special VIP treats, seats, and photo opps.

Where do you take Company Photos?

Those with larger companies will be notified of exact times and location for their photos. They will take place from approximately 6:15a.m. to 7:15 a.m.

Can I pick up a T-Shirt?

We will not have T-shirts available at the event. However, if you raise at least \$100, you will receive Heart Walk rewards points to redeem for a t-shirt, hat, or other cool gear from the Heart Walk Rewards Center. Log into your account and enter your shipping information. Your gear will be shipped directly to you!

Do I need to Check In?

No need to check in at the walk. Just show up ready to walk!