



American Heart Association®

Heart and Stroke Walk™

KNOW BEFORE YOU GO GUIDE

2024 PUGET SOUND HEART AND STROKE WALK

SATURDAY, SEPTEMBER 21, 2024
SEATTLE CENTER

SATURDAY, SEPTEMBER 28, 2024
CHENEY STADIUM



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SEATTLE DETAILS

Seattle Center

305 Harrison St.

Seattle, WA 98109

Event will take place just north of Fisher Pavilion, on the International Fountain Lawn.

Saturday, September 21, 2024

7:30 AM | Festival Opens

9:00 AM | Walk Begins

11:00 AM | Event Concludes

[Click here for parking information.](#)

Several parking garages and street parking is available around the Seattle Center.

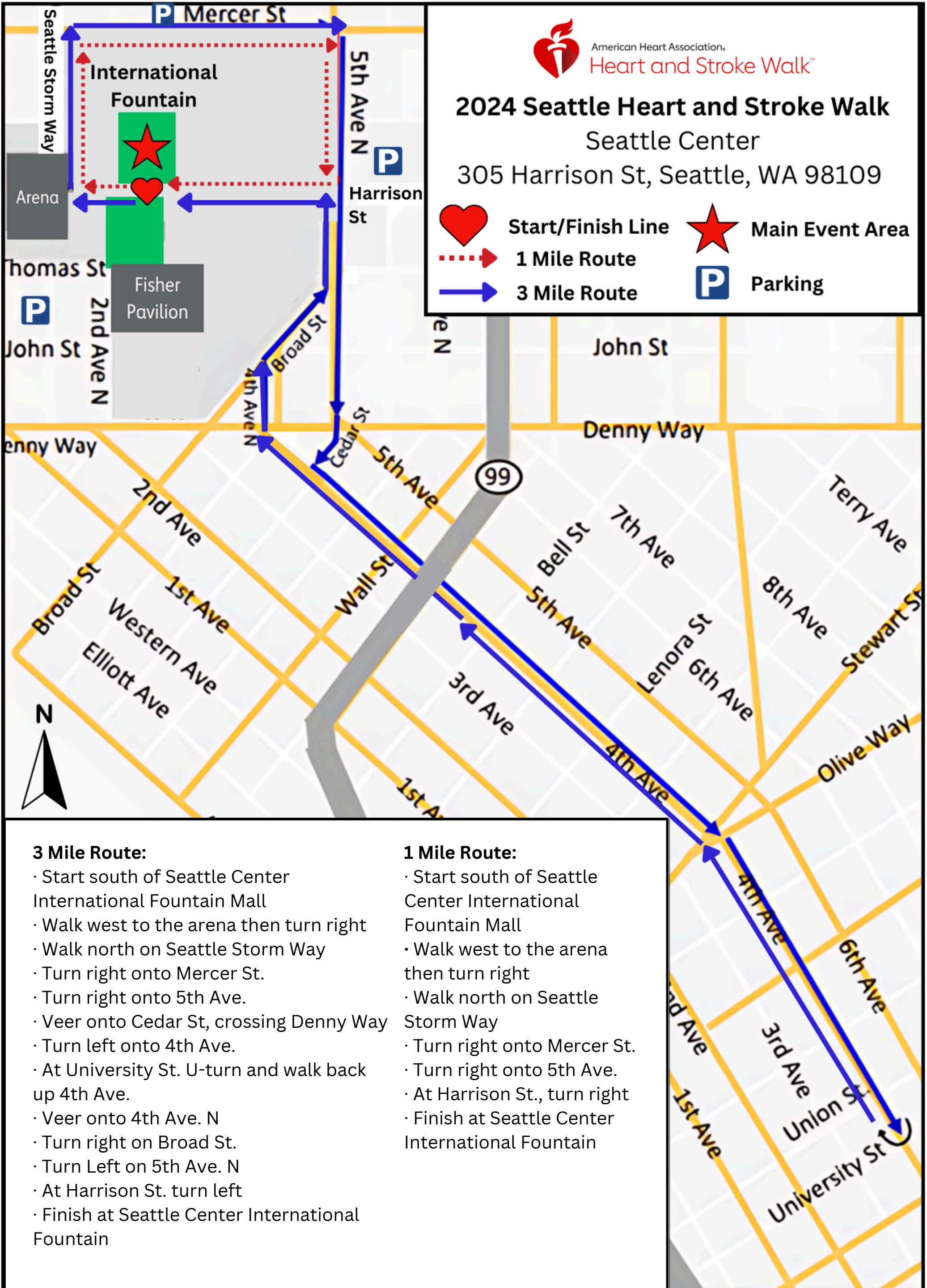
Event will take place rain or shine.



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SEATTLE ROUTE MAP





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SEATTLE EVENT MAP



Map Key:



Festival Area



Start/Finish Line



Restrooms

Festival Area Includes:

- Hands Only CPR
 - Blood Pressure Check
 - Kids Zone
 - Healthy Selfie Photobooth
 - Survivor Area
- and much more!

[Click here for full Seattle Center map.](#)



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TACOMA DETAILS

Cheney Stadium
2502 South Tyler St.
Tacoma, WA 98405

Saturday, September 28, 2024

8:30 AM | Festival Opens
10:00 AM | Walk Begins
12:00 PM | Event Concludes

Free parking is available in the lots around the stadium. Enter via Clay Huntington Way or S. Tyler St. and parking in the Foss Lot or other open lots.

Event will take place rain or shine.



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TACOMA ROUTE MAP







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2024 Tacoma Heart and Stroke Walk

Cheney Stadium
2502 S Tyler St.
Tacoma, WA 98405

Map Key

-  Start/Finish Line
-  1 Mile Route
-  3 Mile Route
-  3 Mile Route Second Loop



3 Mile Route:

- Start at southeast corner of Cheney Stadium
- Turn right when you exit the stadium
- Turn left at the SW corner of the stadium, walking south
- Veer right at edge of parking lot and continue right onto Scott Pierson Trail
- Follow Scott Pierson Trail along WA-16 and continue as trail curves right
- Turn right onto S 19th St, walking east
- Turn right onto Clay Huntington Way and continue south
- At the T intersection, turn left and split off from the 1 mile route, walking north
- At S Cheyenne St. make a sharp right, follow the path SE then south around Foss High School
- Make a sharp left at S Tyler St. heading north along S Tyler St.
- Turn left at S 19th St. and continue west
- Turn left at Clay Huntington Way, following the path you took previously
- Follow Clay Huntington Way as it turns right along the stadium
- Turn right at the SE corner of the stadium and cross the finish line

1 Mile Route:

- Start at southeast corner of Cheney Stadium
- Turn right when you exit the stadium
- Turn left at the SW corner of the stadium, walking south
- Veer right at edge of parking lot and continue right onto Scott Pierson Trail
- Follow Scott Pierson Trail along WA- 16 and continue as trail curves right
- Turn right onto S 19th St, walking east
- Turn right onto Clay Huntington Way and continue south
- Follow Clay Huntington Way as it turns right along the stadium
- Turn right at the southeast corner of the stadium and cross the finish line



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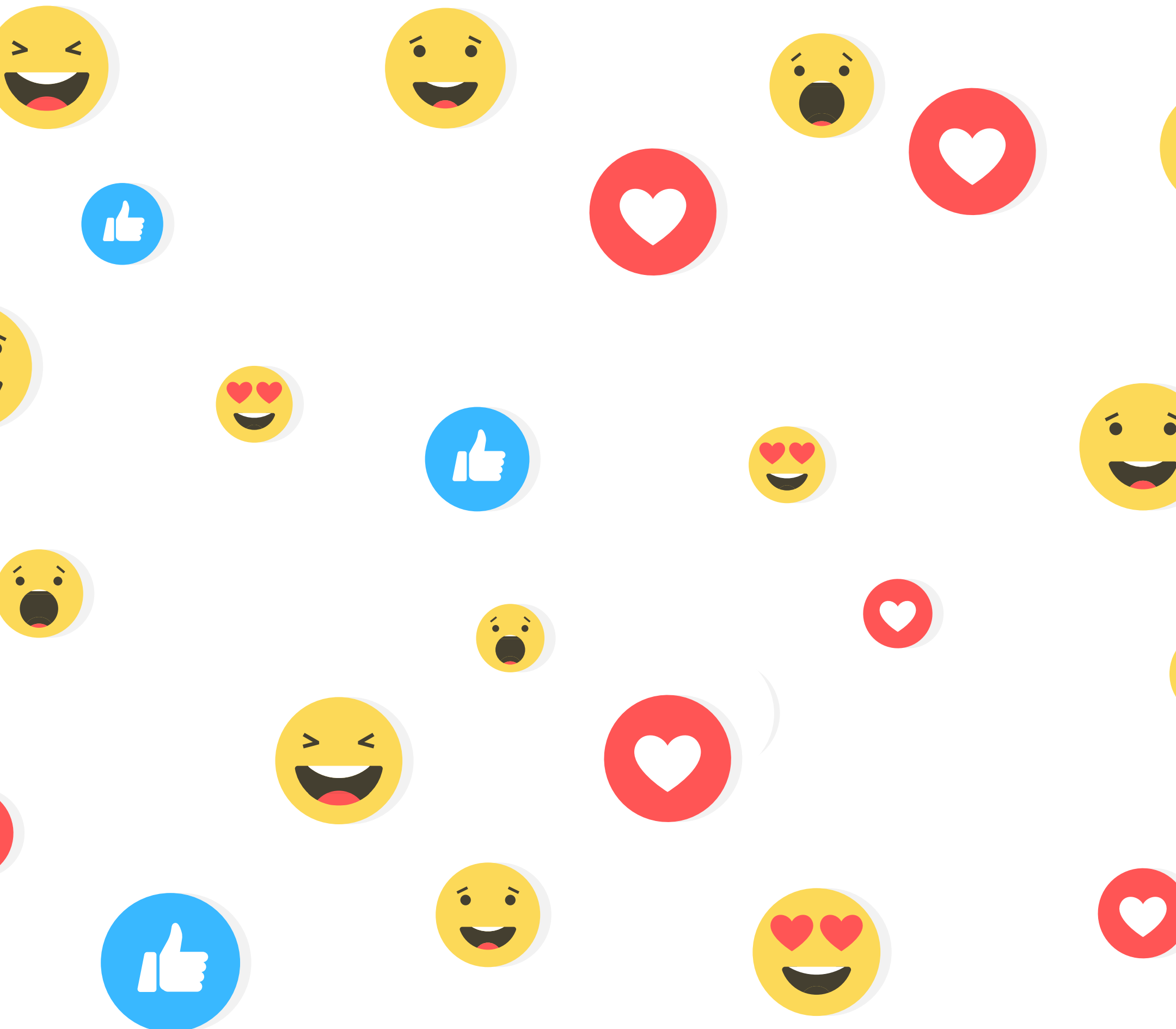
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CONNECT WITH US!

Tag us in your posts!

@AmericanHeartWA

#HeartStrokeWalk





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DONATIONS

HOW TO DONATE BEFORE THE WALK:

Visit PugetSoundHeartWalk.org

Click the “Donate” button on the home page

Donate directly to the event or search for a team or walker to donate towards their goal!

Accepted payments: credit card or Paypal

If you’ve registered, you can log in to your account to enter cash or deposit checks from the Donations page!

HOW TO DONATE AT THE WALK:

Log in to your Heart and Stroke Walk HQ by going to PugetSoundHeartWalk.org or using the Heart Walk App.

Visit View Your Donations and click the Make a Donation button.

If you aren’t registered, simply visit PugetSoundHeartWalk.org and click the Donate button.

If you have questions, visit the “Donations” tent in the expo

HOW TO DONATE AFTER THE WALK:

Visit PugetSoundHeartWalk.org

Click the “Donate” button on the home page

Donate directly to the event or search for a team or walker to donate towards their goal!

Accepted payments: credit card or Paypal

TO DONATE BY CHECK:

If you’re registered for the walk, download the Heart Walk app – in the Donations tab you can upload a photo of the check to cash it.

If you would like to submit a check donation before or after the walk, please put “Puget Sound Heart and Stroke Walk” in the memo line and mail to:

American Heart Association
Attn: Heart and Stroke Walk Team
601 Union St., Suite 2420
Seattle, WA 98101



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FREQUENTLY ASKED QUESTIONS

Do I need to register?

Yes - we recommend everyone participating in the walk register. It's quick and easy! Visit PugetSoundHeartWalk.org

Is there a registration fee?

Registration for the walk is free, but fundraising to support the mission of the American Heart Association is encouraged!

How can my company sign up?

If your company would like to participate, reach out to King.Walk@heart.org to get started! We will help create your company page, set goals, and get your team engaged and excited! There is no fee for company registration or minimum fundraising goal.

My Facebook fundraising total is wrong.

Many people use Facebook's fundraiser feature to raise money for the Heart and Stroke Walk. Make sure you set it up from your Heart Walk HQ: Go to PugetSoundHeartWalk.org or the Heart Walk app, log in, and scroll to "Connect Fundraiser to Facebook" and complete the steps to share. NOTE: Your Facebook fundraiser will pull the total \$ raised from your Heart and Stroke Walk page, but it will round up any amount that contain cents. For example, if someone donates \$22.50, it will appear on Facebook as \$23. On your Heart and Stroke Walk page, it will show as \$22.50. Facebook's system shows the rounded-up amount, but it does not mean the amount charged is increased.



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FREQUENTLY ASKED QUESTIONS

Can I get a t-shirt at the walk?

We will not have t-shirts available at the event. However, if you raise at least \$100, you will receive Heart Walk rewards 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 at the walk?

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

Are survivors recognized at the walk?

Absolutely! Heart disease and stroke survivors (including our youngest warriors!) are welcome to visit the survivor booth for a special gift and lounge area.

Are dogs allowed at the walk?

Dogs are welcome at the walk! Well-behaved, leashed dogs are allowed, but we kindly ask you pick up after your pet to keep the area clean. Thank you!

Are strollers allowed at the walk?

Yes! We ask you refrain from bringing any scooters, bikes, etc. to ensure everyone's safety.

How long are the routes?

There will be a 1 mile route and 3 mile route at both walks. Choose your route and speed!

Are the routes accessible?

Yes. Both Seattle and Tacoma walks take place on streets, sidewalks and pavement. There are some gentle inclines and declines. The Seattle festival area is grass, with graded entrance located on the east and west sides of the International Fountain.



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FREQUENTLY ASKED QUESTIONS

Will there be food/drinks?

We will have water bottle filling station in the festival and along the route. There will be disposable cups available but we highly recommend bringing a refillable water bottle.

We will also have a limited amount of healthy snacks in the festival area.

Is there seating?

Yes, there are seats in the survivor area and benches around the festival areas.

What should I bring?

We recommend bringing a refillable water bottle, snack, light bag for giveaways, comfortable shoes and layers in anticipation of any weather.

Is there first aid?

Yes, there is a first aid kit available at the information booth, as well as an ambulance and EMTs in case of emergency.



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QUESTIONS?

CONTACT

KING.WALK@HEART.ORG