







## EVENT DETAILS

-  Date: Saturday, May 30, 2026
-  Location: West Port Plaza (111 West Port Plaza Drive, St. Louis, MO 63141)
-  Festivities Begin: 8:30 a.m.
-  Walk Begins: 9:15 a.m.

### Is there a registration fee for the Heart Walk?

No. There is no fee to participate. While fundraising is encouraged, everyone is welcome to attend and walk with us. All funds raised support the lifesaving mission of the American Heart Association.

### I participated last year. Do I need to register again?

Yes, you must register each year. Your previous information is saved, making registration quick and easy.

- Visit [metrostlouisheartwalk.org](http://metrostlouisheartwalk.org)
- Click Register and follow the prompts
- Returning participants can log in using their previous username and password

### Can I bring my dog to the Heart Walk?

Yes! Well-behaved, leashed dogs are welcome at the Heart Walk. Only service animals are permitted inside restaurants. Please keep your dog leashed at all times for everyone's safety and enjoyment.

### Can my family join me if they are not registered?

Yes. Registration is encouraged but not required. Family and friends are welcome to walk with you.

### How long is the walk?

The route is 1 mile around the perimeter of Westport Plaza. Participants who wish may complete a second loop for a total of 2 miles. The route begins and ends at the same location.

### What activities will be available at the Heart Walk?

Our Be Extraordinary Village will feature activities for all ages, including:

- Kids' Corner with a build-a-mini-drum activity
- Survivor Central with photo opportunities
- Forever in Our Hearts tribute area
- VIP Corner for Top 100 VIP fundraisers
- Learn Hands-Only CPR tent

Heart Walk sponsors will also host booths offering healthy snacks, games, a putting activity, photo ops, and heart-healthy engagement opportunities.

### Where can I park?

Parking is available throughout Westport Plaza on a first-come, first-served basis.

VIP Parking is available for VIPs, Executives with Heart, and Legacy Leaders who reach Top Walker status by noon on May 27. VIP parking passes with unique identifier codes will be emailed on Thursday, May 28, prior to the walk. Arriving early is recommended.

### What can I bring to the walk?

Pack light and wear comfortable walking shoes. Bring only essential personal items and enjoy the event.

## Metro St. Louis Heart Walk Frequently Asked Questions

### Will there be street closures?

Public streets will remain open, however some parking lot areas will have limited access before, during, and after the event. Please allow extra time when arriving and departing.

- The front lot near Soda Fountain and Starbucks will not open for vehicle exit until 10:45 a.m.
- Participants needing early departure should park in the garages or back lots

### Where do I pick up my packet for the walk?

There is NO packet pickup or event check-in. Simply arrive and join the festivities — NO check-in required.

### Is the walk route handicap and stroller accessible?

Yes. All event festivities and the walk route are accessible for strollers and mobility devices.

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

Absolutely! Survivors are the heart of the Heart Walk. If you've participated in the past, please wear your red or white survivor hat to receive your 2026 commemorative pin—we'll be adding a new pin each year to build your collection. First-time walkers should stop by Survivor Central to receive their survivor hat. Be sure to bring it with you in future years, as pins will be added annually. And for our kiddos—we'll have capes!

### What happens if there is rain or bad weather?

The Heart Walk is rain or shine! If severe weather or storms may impact the event, updates will be shared on our social media channels. Please be sure to check for the latest event status:



@AHAMissouri

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

## FUNDRAISING DETAILS

### I can't attend the event. Can I still collect donations?

Yes! You do not need to attend to participate; your support still makes a powerful impact. Participants can [register and fundraise](#), earn and redeem Heart Hero points and take part in pre-event team activities! [Check out this link for helpful resources to get you started using the online tools.](#)

### I received a donation for the Heart Walk. Where should I send it?



Use the Heart Walk mobile app, where you can deposit checks directly into your fundraising page.

Checks deposited through the app must be destroyed after 14 days and should not be mailed.

App Check Deposit Instructions:

- Download in the [Google Play Store](#) or [App Store for iPhone](#)
- Log into the app
- Select Fundraise → Enter Donations → Check Deposit
- Follow the instructions

If not using the mobile app, mail donations to: *American Heart Association - St. Louis Heart Walk; 12400 Olive Blvd, Suite 225, St. Louis, MO 63141.* Note: this office is not open to the public.

### How do I get my Heart Walk T-shirt and other prizes?

Participants who raise \$100+ earn Heart Hero points, which can be redeemed for prizes through the Rewards Center in your Heart Walk HQ. Prizes are then mailed directly to you! You will receive an email when new Heart Hero points are earned. Points can be redeemed immediately once awarded and participants have up June 30, 2026 to redeem points. Rewards must be redeemed — they are not sent automatically. [Check out this link for how to claim your rewards!](#) Note: If your company is providing their employees with a T-shirt, please check with your company's Heart Walk lead.