

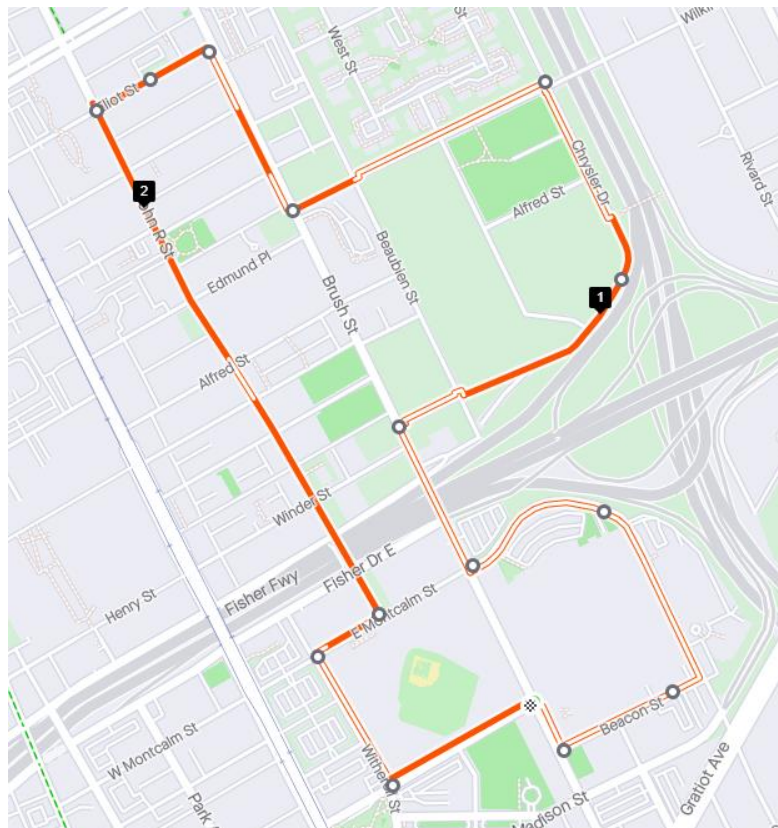
2022 Metro Detroit Heart & Stroke Walk/Run – Frequently Asked Questions

- What day is the Heart & Stroke Walk/5K?
 - Saturday, June 4th at Ford Field
 - 8:00 a.m. – 5K Check-in and festival grounds open to all
 - 9:00 a.m. – 5K start time
 - 10:00 a.m. – Opening Ceremony
 - 10:30 a.m. – Walk start time
- Where do I park?
 - The closest parking will be located at the **Ford Field Parking Deck (1902 St Antoine, Detroit, MI 48226)**. This is an easy walk to Gate G where registration is located. The cost to park in this structure will be \$6. If you are hoping to park here, we highly recommended you arrive before the 9AM 5K start time to avoid traffic.
 - Other nearby parking options that avoid street closures include:
 - 200 Madison Lot (200 Madison St, Detroit, MI 48201)
 - 0.2-mile walk
 - Opera House Parking Center (1426 Broadway St, Detroit, MI 48226)
 - 0.2-mile walk
 - Comerica Garage (50 W Montcalm St, Detroit, MI 48201)
 - 0.3-mile walk
 - UWM Garage (128 W Fisher Service Dr, Detroit, MI 48201)
 - 0.5-mile walk
 - See here for other parking options but be sure to check the route below to ensure you avoid street closures
 - [2022 Parking Map \(fordfield.com\)](https://fordfield.com/2022-parking-map).



- **Where can busses/shuttles drop off?**
 - If your organization is using shuttle services, it is recommended that shuttles drop off at Madison/Beaubien or Madison/Brush. All busses and shuttles should stage on the 75 Service Drive, just north of the stadium when waiting during the event.
- **Where do I enter Ford Field?**
 - Please enter through Gate G right off St. Antoine and Beacon. Circled above.
- **What are the COVID-19 protocols for this event?**
 - To reassure our guests, survivors, volunteers, supporters and staff, all guests need to wear a high-quality, close-fitting mask anytime they are indoors and not actively eating or drinking. Please do not attend the event if you are not feeling well or have symptoms, irrespective of your vaccine status. If you have a condition that weakens your immune system or take certain medications, you may need to take extra precautions even if you are fully vaccinated, as instructed by your doctor. The AHA encourages you and everyone you love, care for, or care about to be vaccinated and boosted.
- **What is the security policy?**
 - All Heart Walk participants will go through security metal detectors. For participants in wheelchairs, security wands will be used.
- **Please read Ford Field bag policy -**
 - Small bags, purses, and fanny packs, must comply with the maximum size for entry, 8 1/2" x 14" x 10"
 - Diaper bags (only if accompanied by a child)
 - All other bags must be clear plastic, vinyl, or PVC and may not exceed 12"x6"x12"
- **What is the registration fee to walk?**
 - There is no registration fee and no minimum pledge to walk. Fundraising is encouraged to help fund the mission of the American Heart Association. Every donation makes a difference.
- **What is the registration fee to participate in the 5K Race?**
 - There is a \$35 registration fee to participate in the 5k Run. The registration deadline is Friday, May 13th but we have some extra bibs. If you are still interested in participating in the 5K, please reach out to Laura.Rhodes@heart.org.
- **Can my family join me if they are not registered?**
 - Yes. Registration is not required to take part in day of event activities and the walk itself.

- **Can I turn my donations in at the event?**
 - Absolutely! Beginning at 8:00 a.m. the American Heart Association Staff will be collecting walker envelopes and donations at the Registration Area by Gate A. Please be sure your donations are secured in a sealed envelope, and you have your Team Name and Name written clearly on the envelope.
- **What is the deadline for fundraising?**
 - The American Heart Association accepts donations year-round. If you want to donations to count towards your 2022 Heart & Stroke Walk efforts, the deadline is Thursday, June 30th.
- **Can my family join me if they are not registered?**
 - Yes. Registration is not required to take part in day of event activities and the walk itself.
- **Are dogs welcome at the walk?**
 - Unfortunately, our furry friends must stay home this time. We will have a Pet Station to offer pet bandanas and other goodies!
- **Is the Walk/5K Run indoors or outdoors?**
 - The route for both the Walk/5K Run will be outdoors starting right outside Gate A off Brush and Beacon Street and ending on the field. Please see route below:



Route for 5k Run & 3 mile Walk – Turn-By-Turn Directions

1. Start on Brush Street outside Ford Field Gate A. Head south.
2. Turn left (east) on Beacon Street.
3. Turn left (north) on St. Antoine Street.
4. Follow St. Antoine Street until it becomes E Montcalm Street.
5. Turn right (north) on Brush Street. Continue on Brush Street to cross I-75.
6. Turn right (east) on Winder Street.
7. Follow Winder Street until it becomes Chrysler Drive.
8. Turn left (west) on Wilkins Street.
9. Turn right (north) on Brust Street.
10. Turn left (west) on Elliot Street.
11. Turn left (south) on John R Street. Continue on John R Street to cross I-75.
12. Turn right (west) on E Montclm Street in front of Comerica Park.
13. Turn left (south) on Witherell Street.
14. Turn left (east) on Adams Street E.
15. Continue up Adams Street and enter Ford Field through the Gate A executive entrance.
16. Head down the tunnel onto the field.
17. Finish on the field.

Proposed Route for 1 mile Walk – Turn-By-Turn Directions

1. Start on Brush Street outside Ford Field Gate A. Head south.
 2. Turn left (east) on Beacon Street.
 3. Turn left (north) on St. Antoine Street.
 4. Follow St. Antoine Street until it becomes E Montcalm Street.
 5. Turn left (south) on Brush Street. Continue on Brush Street to until you reach the Gate A entrance to Ford Field.
 6. Enter Ford Field through the Gate A executive entrance.
 7. Head down the tunnel onto the field.
 8. Finish on the field.
- How long is the walk?
 - We have a distance for all abilities. There are 1 mile and 5K route options. We also have a 5k Run route.
 - Is the walk route handicap and stroller accessible?
 - Yes. The American Heart Association will have a few wheelchairs available so please reach out to Laura.Rhodes@heart.org if you need to reserve one.
 - Does the walk go on rain or shine?
 - Yes, the walk will go on! In the event of severe weather warnings or lightning in the area, there will be an announcement prior to the event (if able) or on event day. Please check our Facebook and Twitter pages on @AHAMichigan. We will also be working closely with the Event Staff at

Ford Field to ensure we are following proper protocol, and everyone is remaining safe.

- **Where will the festival grounds be located?**
 - All activities will take place inside of Ford Field (other than the route itself). Sponsors and vendors will be setup along the concourse. There will be a Top Walker and Survivor celebration area. The Kids Zone will be on the field and will include several activities including inflatable cornhole, field goal kicking, quarterback and pass and kick challenges, and much more!
- **Are survivors recognized at the walk?**
 - Absolutely – you are the reason we do this! To honor you, we will have a special Survivor Café on the concourse area. Please be sure to come by for light refreshments and to collect your special gift.
- **How will Top Walkers be celebrated?**
 - We will have a breakfast area for our Top Walkers upstairs along with a special gift to show our appreciation. There will be signs indicating where to go and communication will be sent out prior to the event.
- **Are food and beverages available?**
 - There is a strict no food/drink policy inside Ford Field. We will have food available for Survivors and Top Walkers (mentioned above). For all other walkers, there will be a couple concession stands open inside of Ford Field with the option to purchase food/beverages. There will also be hydration stations along the route with complimentary water and grab and go snacks. **Please be sure not to bring in outside food/drinks into the stadium.**
- **Are strollers and wagons allowed?**
 - Yes, but not on the field. We will have a designated area for strollers and wagons.
- **Where can I meet my other co-workers, family, and friends?**
 - During the Opening Ceremony, we will have designated sections in the seating bowl for participating companies and teams. We will send out this information the week of the Heart Walk.
- **Where will restrooms be located?**
 - Heart Walk participants will have access to restrooms on the concourse. There will not be porta potties along the route so please plan accordingly.
- **Is there first aid?**
 - Absolutely. We will have an ambulance service onsite and available to render aid if the need arises.

- **Who sponsors your event?**
 - This event would not be possible without support from our incredible sponsors. [Follow this link](#) to view the list of organizations helping us further our mission in the community!
- **I want to volunteer, not walk. How do I do that?**
 - We are thankful to have you! Please register to volunteer [HERE](#) or email Laura.Rhodes@heart.org
- **What if I receive additional donations after the walk? Where should I send them?**
 - You're welcome to send in any additional donations you receive to the address below. Please include a note stating it should be credited to your Metro Detroit Heart & Stroke Walk participation and mail it to the following address:

American Heart Association
Attn: Metro Detroit Heart & Stroke Walk
27777 Franklin Rd Suite 1150
Southfield, MI 48034

- **Where do I go if I have additional questions regarding the 2022 Metro Detroit Heart & Stroke Walk?**
You can contact your Heart Walk Director at Laura.Rhodes@heart.org