



2023 Pittsburgh Heart Walk

Saturday, November 4th

8AM-12PM

Point State Park

601 Commonwealth Place, Pittsburgh PA 15222

- Registration open at 8 AM, Walk starts at 10 AM
- Rain or shine, Stroller and Wheelchair friendly!
- There is a One lap, .75-mile, route option. – walkers can do a second loop for a full 1.5-mile walk. You are welcome to loop more than once for a longer walk.
- Dogs on leashes are always welcome.
- Survivors – caps or capes are available in the Survivor Tent.
- Top Walkers – A top walker is an individual who raises \$1,000 or more. Top Walkers will be on the guest list to the VIP tent with breakfast, coffee, gift bags, and make your own trail mix during the Heart Walk.

Event Agenda

6:00am: Staff arrives

7:00am: Vendors and Sponsors arrive to set up

7:45am: All vehicles out of the park, vendors should be prepped and ready to open

8:00am: Welcome, registration and vendors open

8:15 am–

9:30am: Videos, Interviews from stage, Warm Up activities

9:35am: Heart Walk Ceremony begins

10:00am: Heart Walk begins

12:00pm: Festivities conclude

Highlights

- Warm up by Walk
- Run Lift Studio
- Steelers Training Team
- Walk through the interactive inflatable heart by AHN
- Facepainting and Balloon Artists
- CPR Demos
- Health Screenings
- Tons of Give Aways!
- Company Photos
- Kid Zone –iHeart, fun activities and more!
- Memorial Tree and Survivor Area
- Top Walker VIP Tent

Heart Walk Map



Pittsburgh
American Heart Association®
Heart Walk

November 4, 2023



**REMINDER: NO STAKING THE GROUND
ANYWHERE IN POINT STATE PARK**

Parking Information

A discounted parking rate of \$5 will be available in the Gateway Center Garage on Liberty Avenue
400 Liberty Ave, Pittsburgh PA 15222

Other garages in the area should also be open, though no reduced rate has been negotiated.

How to use Barcode:

Scan the Barcode at the entry ticket machine scanner, and the exit ticket will dispense from the entry ticket machine.
(Please note: You must have this ticket to exit the garage)

The exit ticket cost is \$5 and can be paid by credit card when leaving for the day.

When leaving, pay for the ticket at the pay-on-foot machines or in the exit lane (credit card only) at the exit machine when leaving the garage.

Walking Directions from Parking lot to Point State Park:

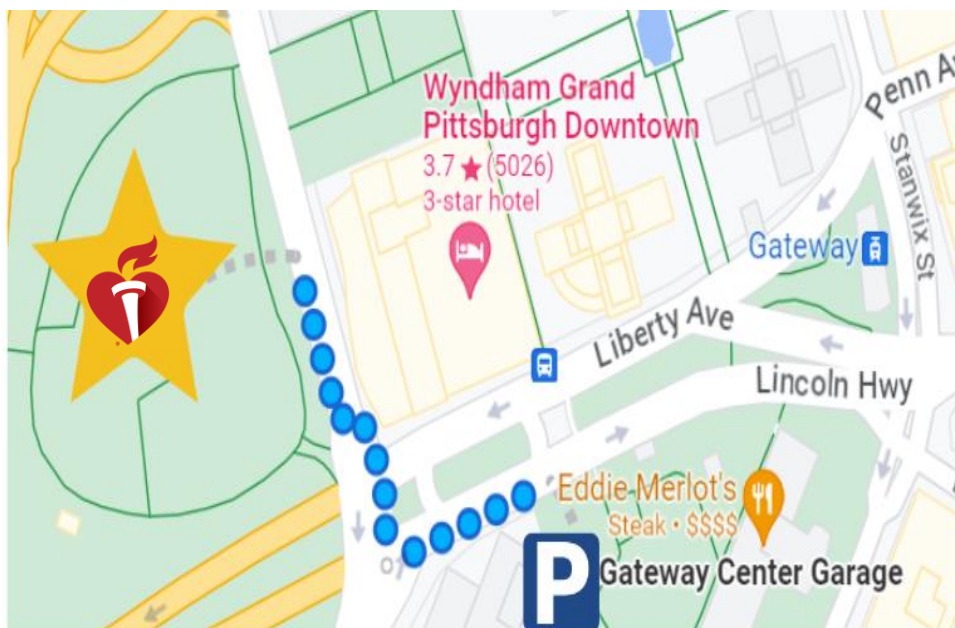
- Head West on Liberty Ave toward Commonwealth PL (262 ft)
- Turn Right onto Commonwealth PL (358 ft)
- ARRIVE



Gateway Center Garage
400 Liberty Ave, Pittsburgh, PA 15222

- ↑ Head west on Liberty Ave toward Commonwealth Pl
262 ft
- Turn right onto Commonwealth Pl
358 ft

Point State Park
601 Commonwealth Pl, Pittsburgh, PA 15222





2023 Pittsburgh Heart Walk

Company Photo Sponsored By Rubrik Software:

To help the larger teams assemble, we've scheduled a time for each Heart Walk Team to meet for a Team Photo! We encourage all teams to take advantage of the photo areas, located at the Fountain (Portal Bridge weather dependent) Get a picture of your Heart Walk Team being a relentless force for a world of longer, healthier lives at the 2023 Pittsburgh Heart Walk!

- | | |
|-----------------------|---------------------------|
| 8:10am – Chartis | 8:50 am - UPMC |
| 8:15am – Deloitte | 9:00 am - PNC |
| 8:20 am - BNY Mellon | 9:10 am - AHN |
| 8:25am - Fazio | 9:20 am – Koppers |
| 8:30 am - Giant Eagle | 9:25 am- South University |
| 8:40 am - ZOLL | |

Donations:

Participants can bring donations to the event, where they can be turned in at our registration area located in the event area of the City Lawn at any time during the celebration. AHA staff will also be available to pick-up donations after the Walk beginning on Monday, November 6th. The last day for donations to be turned in to count towards eligibility for prizes is **Friday, December 15**. Donations **MUST** be in our offices by 5:00 pm on 12/15.

Day Of Donations can be submitted using this QR Code:





Thank you to ALL our Sponsors!

Platform Sponsor:



Local Sponsors:



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