



## 2023 Kansas City Heart & Stroke Walk

### Frequently Asked Questions

#### When is the Heart & Stroke Walk?

Saturday October 7, 2023 – Power & Light District 13<sup>th</sup> & Grand KC MO 64106

8:00am Celebration Begins \* 9:00am Walk Begins

#### How much does it cost to participate?

There is no registration fee and no minimum pledge to walk. However, fundraising is encouraged to help fund the mission of the American Heart Association. Every donation makes a difference.

#### Where do I park?

Parking is available for free until 11am in the KC Live Parking Garage which can be accessed from 13<sup>th</sup> Street. Additional parking information can be found [here](#).

#### Can I turn my donations in at the event?

Yes, there will be a donation collection tent on Grand Blvd. where you can drop off your donations beginning at 7am Saturday October 7<sup>th</sup>.

#### Can we bring dogs to the walk?

Dogs are allowed at walk. They must always be leashed, and owners must clean up any messes left behind.

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

Yes, the route is handicap and stroller friendly. Power and Light District is also accessible via ramp entry on Walnut Street.

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

Yes, the more the merrier. Registration is not required to take part in day of event activities and the walk itself.

#### How long is the walk?

There are 1 mile and 2-mile route options. Click [here](#) to view the route.



Does the walk go on rain or shine?

Yes, so please plan accordingly as the entire event takes place outdoors. In the event of severe weather warnings or lightning in the area, there will be an announcement prior to the event on our Facebook and Twitter pages.

Are survivors recognized at the walk?

Absolutely survivors are recognized! To honor survivors, we will have a special area located on Grand Blvd dedicated for them. Lots of great photo opps will be available as well as opportunities for survivors to connect with other survivors and share their story.

Will there be food and beverages available?

We will have FREE bottled water available at Power & Light as well as a hydration station along the route. There will be plenty of heart-healthy snacks at the Hy Vee Refreshment tent located on Grand Blvd.

Is there first aid?

Yes, there will be a first aid tent equipped with medical supplies and personnel to render aid if the need arises. The first aid tent will be located on Grand Blvd. near 14<sup>th</sup> Street.

How do I form a walk team?

Please visit [www.KCHeartWalk.org](http://www.KCHeartWalk.org) to register your team. If you have any questions or need help setting up your team, please call 913-652-1901 or email [kansascityheartwalk@heart.org](mailto:kansascityheartwalk@heart.org).

I want to volunteer, not walk. How do I do that?

Extra hands are always appreciated!! Please reach out to Natalie at 913-652-1901 or [natalie.cronkhite@heart.org](mailto:natalie.cronkhite@heart.org) for details on volunteering.

What do I do with donations I receive after the walk?

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 KC Heart Walk participation and mail it to the following address:

American Heart Association - Attn: Heart Walk  
5800 Foxridge Dr. #108 Mission, KS 66202



## How do I earn my prizes for my fundraising?

We appreciate your efforts to help us fund life-saving science. And to reward your efforts, you earn points for dollars raised which you redeem for Heart Walk Hero Gear. Click [here](#) to learn about the new rewards system and what is available to you.

## I'm not able to attend the walk, where do I send my donations?

You are welcome to send any donations you receive to the local office. Please include a note stating it should be credited to your KC Heart Walk participation and mail to the following address:

American Heart Association - Attn: Heart Walk  
5800 Foxridge Dr. #108 Mission, KS 66202

## When will I receive my tax receipt?

All online donations automatically generate a tax receipt which is emailed to you, or you can obtain a tax receipt by contacting your Team Coach or by calling the AHA at 913-652-1901. Additionally, offline donations of \$50 or more will receive a thank you letter from the AHA, which can serve as a tax receipt as well.

## Where do I go if I have additional questions?

You can contact your Heart Walk Director, call 913-652-1901 or email [kansascityheartwalk@heart.org](mailto:kansascityheartwalk@heart.org) for general walk questions or questions about your fundraising webpage.