

2023 Richmond Heart Walk

Event FAQs

Saturday, October 21, 2023, Innsbrook

Address for GPS: Innsbrook North Shore Commons Lawn | 4951 Lake Brook Drive,
Glen Allen, VA 23060 (Google Maps)

Activities from 8:30-11:30am, Program at 9:25am, Walk starts 9:45am

Web site: RichmondVAHeartWalk.org

Thank you for your support of the American Heart Association (AHA) and the upcoming Heart Walk! With your help, we are making a huge impact on the AHA mission of building healthier lives free of cardiovascular diseases and stroke.

To help with your planning we want to provide you with helpful day-of-event information:

LEADING UP TO WALK DAY

- I can't attend the event Oct. 21. How can I get my donations in? If you or your team members have any money to turn in, you can scan checks directly into the Heart Walk app on your phone. You can also mail in your checks or drop by our office (4217 Park Place Ct. Glen Allen, VA 23060) from 9am-4pm Tuesdays and Thursdays. For questions contact us at ESRichmondHeartWalk@heart.org
- How can I get a Heart Walk T-Shirt? All registered walkers who individually raise \$100 or more are eligible to receive a Heart Walk t-shirt through their Heart Walk Rewards Center. The Rewards Center is located under "My Dashboard" when logging into the Heart Walk website or on the Heart Walk App. There are several other exciting prizes you can choose from with your points! Coaches don't forget to redeem your coach prizes as your team reaches fundraising milestones of \$1,000, \$2,500 and \$5,000!

WALK DAY FAQs:

- When should I arrive? The event begins at 8:30am and ends by 11:30am. Check in with your team or company to see if they have designated a set time and place for your group to meet to walk together and grab a team photo! We'll have a short program and warm-up at 9:25am at the stage hosted by emcee Cheryl Miller from CBS-6 that you won't want to miss. The Walk itself will kick off at 9:45am.
- Should I wear a mask? The American Heart Association is creating mask-friendly environments at all our events, so please feel free to wear a mask if you choose.

Please do not attend an AHA event if you are not feeling well or have symptoms. If you have a condition that weakens your immune system or take certain medications, you may need to take extra precautions as instructed by your doctor.

- Is there parking available? Yes, and it is free! AHA volunteers will be helping to direct you to the closest spaces.
- Where do I park if I have a DMV issued handicapped parking pass? Handicapped parking is available near the event space and is marked on the map as well.
- Where To Go? Once you arrive at the event area, you can head over to the Welcome Tent to turn in any donations, and then find your team! It would be best to plan a designated spot and time. To help make that easier, you'll see "Meet Me At The Flags" on the site map where you can meet up.
 - Companies/Community Teams A-C: **BLUE**
 - Companies/Community Teams D-G: **GREEN**
 - Companies/Community Teams H: **RED**
 - Companies/Community Teams I-M: **ORANGE**
 - Companies/Community Teams N-R: **PURPLE**
 - Companies/Community Teams S: **WHITE**
 - Companies/Community Teams T-U: **YELLOW**
 - Companies/Community Teams V-Z: **LIME**
- Top Walkers and the VIP Tent
Our VIP Tent for Top Walkers (those who raise \$1,000 or more) will be open at 8am and will have coffee and refreshments, photo area, and a goody bag just for you! Your hosts, Sommer and Todd, will have your names on a list at the tent. Sponsor representatives, Board and Cor Vitae members are also invited and will be on the list.
- What kind of activities will be available? Starting at 8:30am we will have CPR demonstrations, blood pressure screenings, face painting and an exciting kids area, yoga, a Pup Tent, and much more.
- I have some non-perishable food items for the Pack the Pantries drive. Where should I bring them? Thank you! You'll see a Performance Food Group box truck to the right of the stage where we'll be collecting food all morning. We'll bring it directly after the event to a couple of food pantries in our area in great need.
- What about the walk itself? There is no fee to walk. Walkers are, however, encouraged to raise what they can to support the AHA's mission of healthier lives in our community. The walk is not a race, and you are invited to walk at your own pace and comfort level anytime between 9:50am and the event close at

11:30am. We'll have one-mile route and 5K routes to choose from. The Heart Walk routes are paved, so feel free to bring strollers.

- Can my dog come with me? Dogs on a leash are welcome as long as they are friendly. Please remember to bring doggie bags for proper clean up. We will have a Pup Tent to take photos and pick up a free bandana.

Need Some Final Fundraising Tips?

- Send texts or emails out from your personal Web page linking to your page. On average, each email sent is equal to \$17 raised. If you have already sent out your donation emails, take a minute to send a friendly reminder to those who have not yet donated.
- Connect from your Heart Walk page to a Facebook Fundraiser and watch your donations climb! Facebook makes it easy for friends to see progress to your goal, lets them know when a friend of theirs has donated, and allows friends to donate any amount.
- Part of a company or have a donor who is? Ask about your match program, submit your donation for a match, and send confirmation emails to matchinggifts@heart.org to have it credited immediately to your page.

THANK YOU so much for your support, and your impact on the heart and brain health of our community!

If you have any additional questions, please contact your Richmond Heart Walk Team at ESRichmondHeartWalk@heart.org.