



2021 Austin Heart & Stroke Walk

Frequently Asked Questions

Where is the event?

The 2021 Austin Heart & Stroke Walk will take place on Saturday, October 16th, at the Long Center (701 W Riverside Dr., Austin, TX 78704) in downtown Austin.

What time does the event begin?

The festival opens at 7 a.m. with Opening Ceremonies at 8:15 a.m. The Walk will begin at 8:30 a.m.

Where should I park?

Parking is available at the following garages:

PALMER EVENTS CENTER GARAGE - 900 Barton Springs Rd.

\$8 fee per vehicle

Accessible ONLY from the Barton Springs entrance

DIRECTIONS:

From I-35 exit Town Lake/Riverside Dr.

Left onto Barton Springs Rd.

Entrance on right

OR:

From MoPac exit 5th St.

Right onto Lamar

Left onto Barton Springs Rd.

Entrance on left

CITY HALL GARAGE – 301 W. 2nd St.

Variable Rate (\$5-\$25)

The entrance to the parking garage is on Lavaca St. on the east side of City Hall, just past the loading dock

DIRECTIONS:

From I-35 exit 8th-3rd Huston-Tillotson U

Head west on 6th St. (into town)

Left onto Congress

Right onto 2nd St.

Right onto Lavaca

Entrance to garage on left

OR:

From MoPac exit 5th St.

Right onto Guadalupe

Left onto 2nd St.

Left onto Lavaca

Entrance to garage on left

ONE TEXAS CENTER GARAGE – 505 Barton Springs Rd.

Variable Rate (\$5-\$18)

Located on the SE corner of Barton Springs Rd. and South First St., behind the One Texas Center building

DIRECTIONS:

From I-35 exit Town Lake/Riverside Dr.

Left onto Barton Springs Rd.

Entrance on left

OR:

From MoPac exit 5th St.

Right onto Lamar

Left onto Barton Springs Rd.

Entrance on right

AUSTIN CONVENTION CENTER GARAGE – 108 San Jacinto Blvd.

Variable Rate (\$5-\$10)

DIRECTIONS:

From I-35 exit Cesar Chavez St.

Right on Cesar Chavez St.

Right on Trinity St.

Entrance on right

OR:

From MoPac exit 5th St./Cesar Chavez St.

Stay right for Cesar Chavez St.

Left on Trinity St.

Entrance on right

Is there a registration fee?

No, the Austin Heart Walk is a completely free event.

Will the Heart Walk be in person this year?

Yes! The health and safety of our survivors, participants, staff and volunteers will be our top priority on event day.

Are masks required at the event?

Yes, masks will be required for all participants at our event unless eating or drinking.

How are you planning to keep everyone safe at the walk?

We have implemented a COVID safety plan that aligns with current city and our organization guidelines. We are requiring all staff, volunteers and vendors to wear N95 masks. We are also requiring all participants to wear masks except when eating or drinking. We will have staggered start times to avoid crowds at the start line. We will have social distancing markers set out to avoid lines and crowds. Hand sanitizer will be widely available throughout the event and any PPE you may need will be available as well.

I'm not yet ready to venture out to the Heart Walk, but I still want to participate. Are there options for me?

You bet! We have a great Walk experience planned whether you choose to join us at the event or opt to choose one of our two alternate routes (Mueller Park or Lady Bird Lake Hike & Bike Trail). Or walk where you are most comfortable! Please see our website for the alternate route maps.

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

Yes, Heart Survivors can pick up red baseball caps and Stroke Survivors can pick up white

baseball caps to wear during the Heart Walk to show their triumph over heart disease or stroke. These ball caps are located at the Survivor area on the plaza.

Where do I turn in donations?

Please turn in donations at the Walker Information tent at the entrance of the event. Participants who raise \$100 or more will receive the Heart Walk t-shirt.

Where do my donations go?

Your donations will support the American Heart Association's clinical, educational and research programs here in the Central Texas area. Every contribution will help bring us further along the path of reducing heart disease and stroke throughout our nation, our communities, and among our friends and family.

How long is the walk?

This year, we have the Miracle Mile Route, an easy one mile route around the Long Center and Palmer Event Center. Both are handicap and stroller accessible. The route begins and ends at the Long Center. You may walk or run the route.

Where are the bathrooms?

Bathrooms are located on the Terrace level inside of The Long Center, near the stairway.

Can my kids walk too?

Absolutely!

Can I bike or rollerblade the walk route?

No, we request that everyone walk for safety purposes. No razors, hoverboards, or scooters.

Can I bring my dog?

We would love for you to bring your dog! And be sure to visit the Pet Zone area located on the lawn.

What if it rains?

The Austin Heart Walk is a rain or shine event. We will notify you on the website and through our email system if the weather is severe enough to cancel the event.

What about team photos?

This year, we will not have designated team photos. Instead, make sure to stop by one of our three selfie stations! Our FAST Letters are a great place to have your photo snapped with the perfect downtown backdrop!

Is there a team check in location?

No, please make plans with your team on where to meet the morning of the walk.

Will there be food and water?

There will be two food trucks on site. Food and beverage will be available for purchase. Water will also be provided at the festival area and along the route. Our water stations are contactless. We encourage folks to grab a heart healthy lunch after the event.

Other Questions?

Please contact your Heart Walk team representative.