

Los Angeles Heart & Stroke Walk

Sunday, October 22, 2023

Rose Bowl

1001 Rose Bowl Dr, Pasadena, CA 91103

8 AM - 11 AM

2023 Reward Center for Fundraising Participants

All participants who raise \$100 or more for the Los Angeles Heart Walk will be able to redeem Hero Gear as a reward for fundraising. Points will be redeemable for up to 6 weeks after the event. You can access the Reward Center through your participant center and have rewards shipped directly to you. If you choose NOT to redeem your reward, all the funds you raised go to move our mission forward. Thank you for being a Heart Hero!

Event Schedule

8 AM Expo Opens

8 AM Assigned Company Photos Begin

9 AM Opening Ceremonies

9:15 AM Walk Starts

11 AM Event Concludes

New this year!

We will be unveiling a Survivor Bell at the finish line. Before opening ceremonies, we will be hosting fun activities, including a Healthy for Good Photo-Booth, Pup-arazzi Pet Photo Area, and a Kids Zone with giveaways. You may participate in any activity of your choosing. Our Los Angeles Heart Walk will have 3-mile and 1-mile route options, with a water stop at the halfway mark on the 3-mile route.

Parking

Parking is free and is first come, first serve in Lot F and Lot K.



Public Transportation and Ride-share

If using ride-share, the best drop off location is the parking lot South Lot F. Company shuttles will drop off in Lot K. Lot F is the parking lot closest to the stadium and should be easy to spot upon arrival as each parking lot has signage at each entrance.

Walk Route

There is a choice of a 1-mile or approximately 3-mile-long walk. Both options are non-competitive and non-timed. Start and Finish locations will both be at Lot H.

Route Map

Event participants will have a choice of walking a 1-mile or 3-mile loop. The route maps for both options can be viewed on the Heart Walk site [here](#).

Water

There will be a Hydration Station in the festival area, and a Water Stop on the 3-mile route, where walkers can refill their water bottles. While compostable cups will be available, it is highly recommended that all event attendees bring their own water bottle so we can keep waste to a minimum and so that you can keep yourself hydrated throughout the duration of the event.

Eat Smart Grab-and-Go Snacks

Our Heart Walk event will feature a “grab and go” style snack station. We will offer a variety of light, healthy snacks for your choosing.

Pets

Our event is dog-friendly! All dogs must be leashed.

Restrooms

Restrooms will be to the west of all the tents at the Lot H expo area.

First Aid

EMTs will be available in the First Aid Tent. Additionally, there will be an ambulance on-site in case of emergencies.

Rewards Center & Heart Walk Hero Gear

The more funds you raise, the more points you earn to redeem [Heart Walk Hero Gear](#). Once you reach a new fundraising milestone, additional points will automatically be added to [your points balance](#). You can redeem points at any time up to the walk and points expire 6 weeks after the day of the Heart Walk. Point redemption starts after you've fundraised \$100. Since qualifying walkers can now order their T-shirt online through this new Reward Center, there will no longer be a T-Shirt Tent at any of our Heart Walks.

Survivor Lounge - Heart Walk Heroes

Heart disease and stroke survivors are invited to visit our newly reimagined Survivor Lounge, where heart disease survivors will receive a complimentary AHA red baseball cap and stroke survivors will receive a complimentary white baseball cap. Survivors and their families can enjoy bracelet-making in the Survivor Lounge. In addition, all event attendees can honor their personal Heart Heroes, Stroke Heroes and Remembered Heroes at the Tribute Wall.

Questions

If you have a question not answered here, please feel free to contact us at (213) 291-7030 or email joonhyung.kim@heart.org