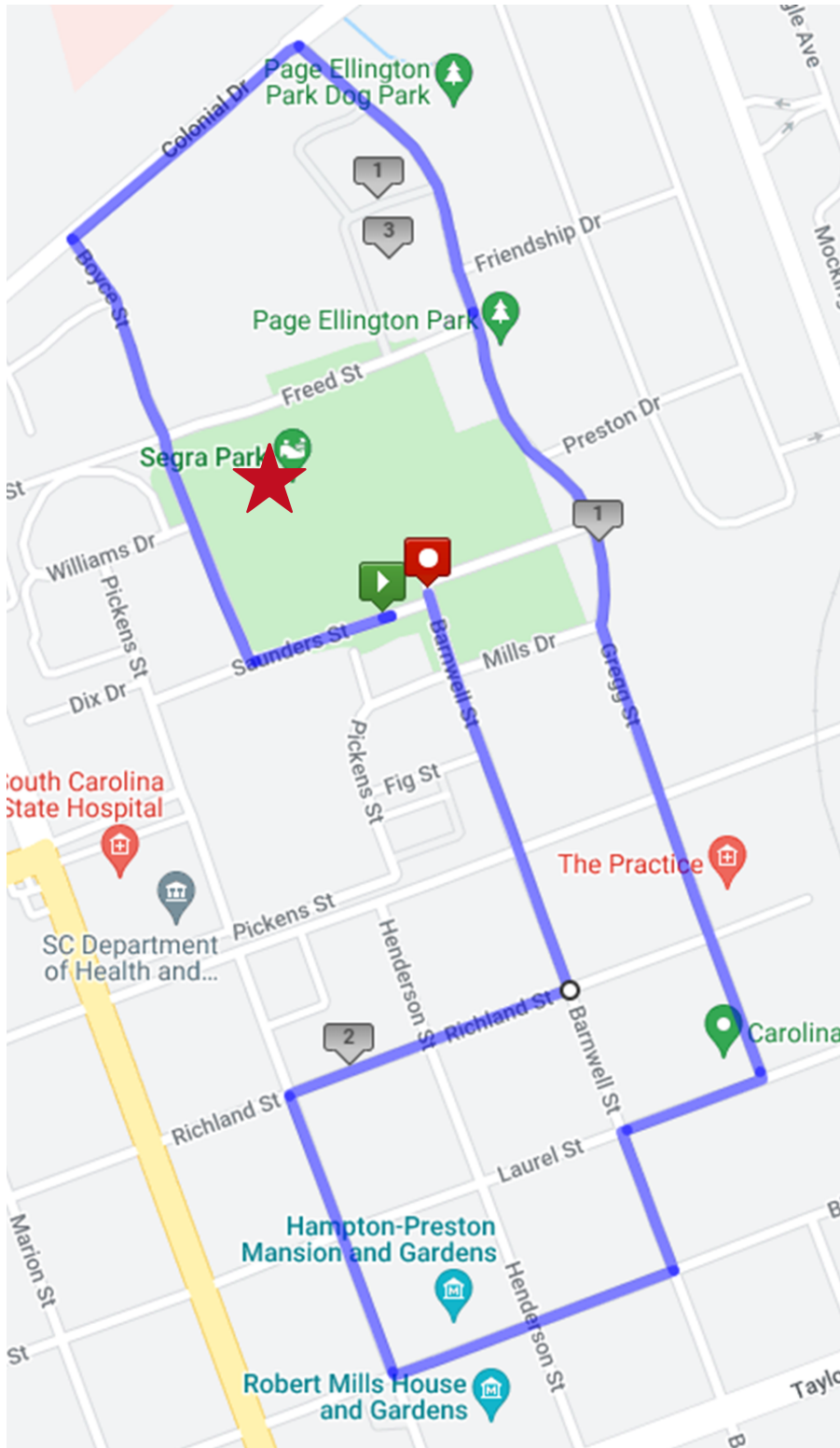




American Heart Association.
Heart Walk.

2023 Heart Walk Route Map



Miracle "Mile": 3 laps around the concourse equals a mile! If you aren't comfortable going out on the longer route, you can stay inside for a shorter walk.

Midlands Heart Walk Route: ~3.1 Miles

Exit the stadium on the back side through the drive thru gate onto Saunders St.

- Take a right out of the park onto Saunders Street
- Turn right onto Boyce Street
- Turn right onto Colonial Drive
- Turn right onto Gregg Street
- Turn right onto Laurel Street
- Turn left onto Barnwell Street
- Turn right onto Blanding Street
- Turn right onto Pickens Street
- Turn right onto Richland Street
- Turn left onto Barnwell Street
- Turn left onto Saunders Street

Arrive back at the ball park and go inside for one more victory lap to hit that 3 miles!

Questions, contact us:
MidlandsSC@heart.org
or (803) 730-0135



1640 Freed Street



Frequently Asked Questions

Turn In Donations

We appreciate and accept all forms of donations! Please email Lizzie.Smith@heart.org if you have cash that needs to be picked up and she will coordinate a pick up during the week of the walk. If cash cannot be picked up prior to the walk, you can bring it to the Information Tent in front of Segra Park on Heart Walk day. If you have checks, you can upload them using our secure system through the Heart Walk App and they'll automatically show on your page!

T-shirts & Prizes

You've earned it! Once you've raised \$100+, you will gain access to the Rewards Center. You can find the Rewards Center through the Heart Walk HQ Dashboard on the website (www.midlandsheartwalk.org). You can redeem prizes up to 6 weeks after the Heart Walk. Email MidlandsSC@heart.org if you have any questions!

Bathrooms & Water

Bathrooms are located inside the concourse and port-o-potties will be located at the mid-point of the route. Please reference the concourse map for more information. Additionally, water and light snacks will be provided to our walkers before and after the walk at no cost.

Pets

The American Heart Association is not responsible for any actions your animal may cause! Please be courteous, keep your pet on a leash and clean up after them in the ballpark and along the walk route.

Runners

Calling all runners! If you would like to run the route, please get out in front of the Prisma Health Pace Car once the walk begins.

T-Shirt Strutt Contest

If your company or team made Heart Walk t-shirts, one representative from your company/team can participate in the T-Shirt Strutt during the program! Please have that person (wearing your team's shirt) come up to the stage at 8:30 AM to ensure they do not miss the contest.

Start/Finish Line

You will be called to the start line right at 9 AM! The route outside of the ballpark is approximately 2.6 miles. To complete the full 5K, we invite you to come back into the ballpark for a "victory lap" and to officially cross over the finish line! Snacks and waters will be provided.

Miracle Mile

We have a shorter route available for those that do not want to do the full 5K. If you'd like to do the 1-mile Miracle Mile route, you can do so by walking 3 laps around the concourse.