

San Francisco Heart Walk

Thursday, September 28, 2023

Embarcadero Plaza
1 Market Street
San Francisco, CA 94105
12:00pm – 1:30pm
Walk Begins 12:30pm

2023 Reward Center for Fundraising Participants

All participants who raise \$100 or more for the Bay Area 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

12:00 PM: Assigned Company Photos Begin
12:00 PM: Heart Walk Booths and Activities Open
12:10 PM: Zumba with Miysa
12:25 PM: Opening Ceremonies
12:40 PM: Survivor/Ribbon Cutting
12:45 PM: Heart Walk Begins
2:00 PM: Event Concludes

Be sure to check out!

Before opening ceremonies, we will be hosting fun activities, including a photo-booth and face painting station and an interactive coloring wall. You may participate in one, two or all three activities.

Team Photos

Teams with 75 or more registered walkers receive a reserved photo time. Please report to the inflated red heart arch at your assigned time.

Click [here](#) to access the photo schedule.

Parking

The most conveniently located parking garage is at 250 Clay Street (at Drumm Street). We do not validate parking.



Public Transportation

Embarcadero Plaza is across the street from the Embarcadero BART station. MUNI also stops right next to the plaza.

Walk Route

There is a choice of a 1-mile or approximately 3-mile-long walk. Both options are non-competitive and non-timed. The walk starts and ends at Embarcadero Plaza with participants walking to Rincon Park (1-mile option) or Oracle Park (3-mile option) and back.

Route Map

Event participants will have a choice of walking a 1-mile or 3-mile loop.

Click [here](#) to access the route map.

Water

There will be a Hydration Station in the festival area, and a Water Stop on the 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.

Pets

Unfortunately, due to city ordinances, pets, other than service animals, are not allowed at the San Francisco Heart Walk. Service Dogs/Pets need to be wearing their vets identifying them as a Service Animal.

Kids

The San Francisco Walk is a family-friendly event. Strollers are welcome.

Farmers Market

Our events will no longer feature Food Trucks and instead will feature a Farmers Market-style “grab and go” snack station. We will offer a variety of snacks for your choosing.

Restrooms

Portable restrooms will be available in the festival 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.

VIP Tent

Top Walkers, those raising \$1000+, are invited to visit the VIP Tent on event day to receive an American Heart Association-branded black baseball cap, enjoy a 10min recharging massage and additional snack options as a small token of our appreciation!

Survivor Booth - Heart Walk Heroes

Heart disease and stroke survivors are invited to visit our Survivors Booth, where they will receive an American Heart Association drawstring backpack and a complimentary red baseball cap if they are a heart disease survivor, or a white baseball cap if they are a stroke survivor. In addition, all event attendees can honor their personal Heart Heroes, Stroke Heroes and Remembered Heroes at the Heroes Coloring Wall at the event.

Questions

If you have a question not answered here, please feel free to contact us at (510) 903-4030 or email **tevin.ho@heart.org**.