



American Heart Association®

Heart and Stroke Walk™

Join us for a walk to save lives! With your help, we can reduce heart disease and stroke in our community.

2023 Orange County Heart and Stroke Walk

Saturday, April 15, 2023

Angel Stadium of Anaheim



For questions, please contact
Mackenzie.Klemme@heart.org

Event Details

Run: 5k timed run around and through Angel Stadium, requires registration online or day of event, pre-registration fee of \$35 and \$40 fee day of.

Walk: 1 mile and 5k routes (3.1 miles) around and through Angel Stadium.

Pet Route: 1 mile walk around Angel Stadium.



Heart and Stroke Walk Day of Event

Saturday, April 15, 2023
Angel Stadium of Anaheim

Schedule of Events

6:30 AM - Run registration opens

7:30 AM - 5K run start

8:30 AM - Walk opening ceremony

9:00 AM - 1 mile/5k walk start

5k Timed Run

Registration

\$35 fee for pre-registrations (until 4/13), \$40 fee for day-of-event registration

Check in or register at the Registration tent prior to the race to receive your race bib

Schedule

Check in/registration opens at 6:30 AM

5k race starts at 7:30 AM

Post Race

Runners are welcome to stick around and join us for the Heart and Stroke Walk!

Routes include 1 mile or 5k options

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Things to Know

Parking

Guest parking is available from the entrance off E Orangewood Ave. Accessible parking is available. Staff will be positioned to guide guests to the correct parking area.

Bikes may be locked on the green fence surrounding the stadium.

Registration

If you have already registered online, you are ready to walk! If you still need to register, or need assistance, stop by the Registration tent next to the start line.

Donation Drop Off

If you have cash or checks the day of the event, make sure to stop by the Donation tent and our staff will help you out.

Pets

Pets are welcome to join us on the Pet Route around the stadium and the Expo area! Please note, pets (not including trained service animals) are not allowed inside the stadium, including restrooms and VIP area. Alternate restrooms are available outside the stadium.

Strollers, Wheelchairs, Etc.

Strollers, wheelchairs, and other necessary wheeled devices are welcome at the event. Please note, the route is primarily asphalt but becomes packed dirt when going through the stadium. There is not a designated or secure stroller parking area.

Heart Walk and Coach T-shirts

Please note: No t-shirts will be available to pick up at the event. If you registered as a coach 6 weeks before the event, or raised at least \$100, you can redeem a t-shirt online! Log on to your Heart Walk Headquarters or on to the app, click the Settings gear icon, and select Reward Center. Check your point balance and look through all the cool shirts, hats, and more! Use your points to redeem your desired item(s) which will be shipped directly to you.

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Things to Do

Sponsor Expo

Visit our Heart and Stroke Walk sponsors for some swag!

Health Screenings and CPR

Do you Know Your Numbers? Stop at the health screening booth to check your blood pressure and learn how to keep it in check! Want to learn CPR? Our team is providing Hands-Only CPR training on site!

Snacks

Healthy snacks and water will be provided for all participants – please bring your own bottle if possible to use at our refill stations.

VIP & Survivor Area

Are you a heart disease or stroke survivor? Make sure to get your hat and take a minute to relax at the survivor area.

Our VIP's have heart, and we want to show them love! Any walkers that raise over \$1,000 are invited to the VIP area inside the stadium for breakfast with a view.

Kids Zone/Corporate Recess

We're all about fun for all! Play games and get moving no matter your age in this zone.

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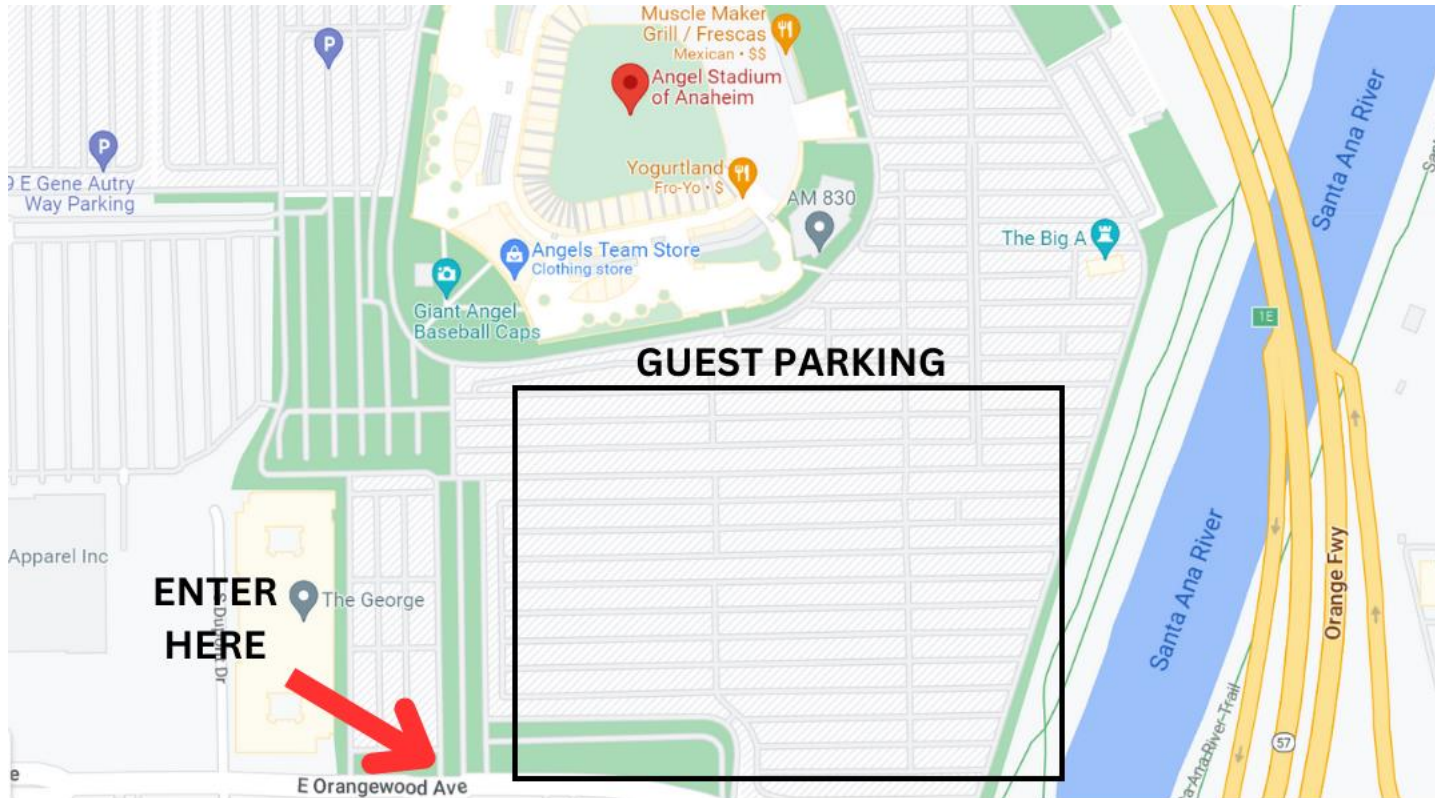


Event Parking

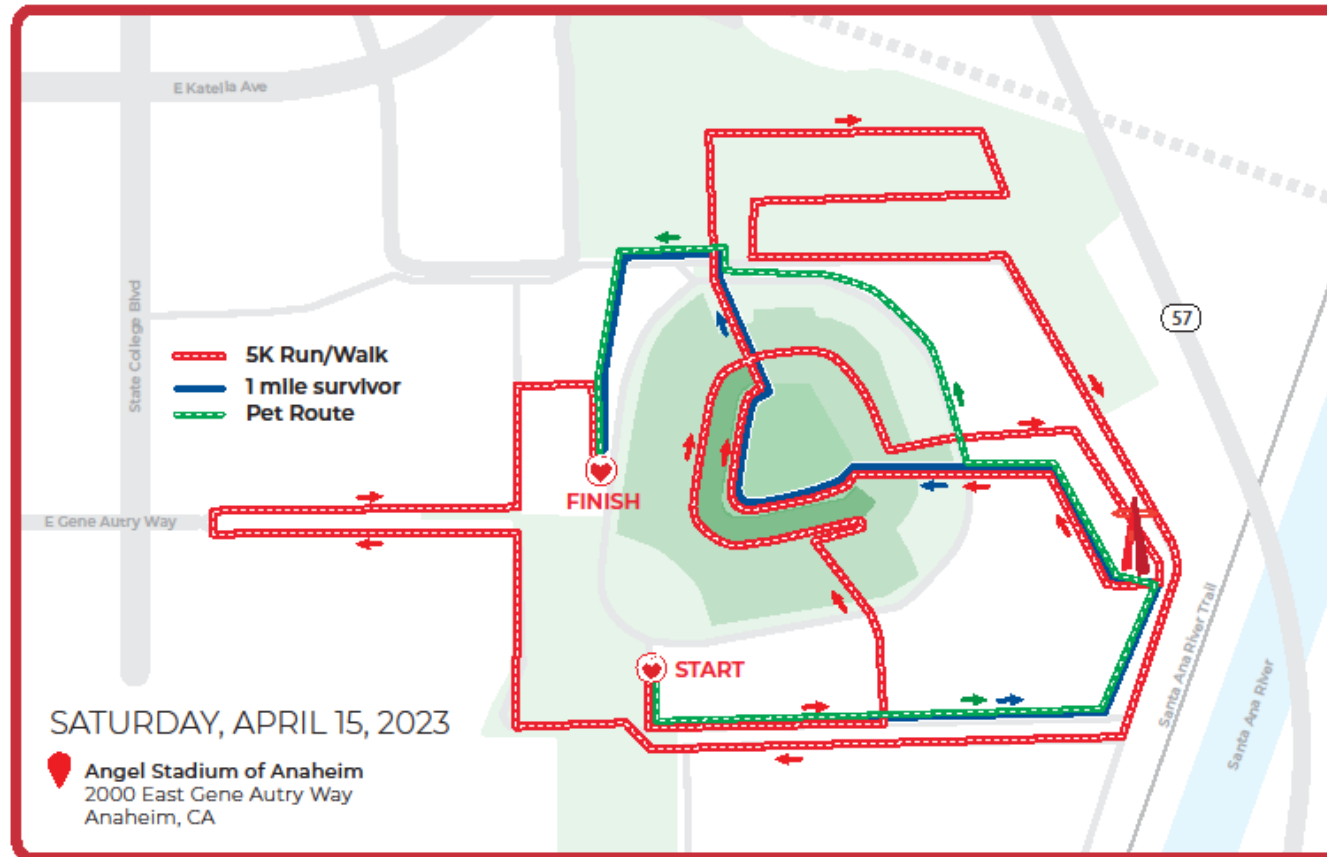
Guests can enter from E Orangewood Ave. There will be staff and cones set up to direct guests to the correct parking lot, in the south-east corner of the stadium. Accessible parking is available at the northwest corner of the lot.

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Route Map



Route Directions:

5k Route – This route will follow a fenced off route around the parking lot and through Angel Stadium. Route begins just south of the Main Gate, adjacent to the Hats and Bats area. Immediately south of the start, turn left, heading east. Turn left, heading north and into the stadium interior. Circle nearly 1 lap in the stadium, exit heading east, then turn right and loop clockwise around the Big A the head west entering the stadium through gate 3. Follow dirt track across field and exit through north gate, make a clockwise loop around north lot, then head east before turning right to pass the Big A. After the Big A, turn right and walk past stadium heading west. Make a sharp right, continue, then a sharp left, continue, curve around the barriers to the right, continue back towards the stadium. Make a sharp left, continue, then two consecutive rights and you will reach the finish line.

1 Mile Route – This route will follow a fenced off route around the parking lot and through Angel Stadium. Route begins just south of the Main Gate, adjacent to the Hats and Bats area. Immediately south of the start, turn left, heading east and continue until you get to the fenced edge of the lot. Make a left and continue north/northwest then turn left and enter the stadium through gate 3. Follow the dirt path across the field, then make a slight left and exit the stadium heading northwest. Continue until you reach the parking lot then make a sharp left, continue, then another sharp left and walk until you reach the finish line.

Pet Route – This route will follow a fenced off route around the parking lot and through Angel Stadium. Route begins just south of the Main Gate, adjacent to the Hats and Bats area. Immediately south of the start, turn left, heading east and continue until you get to the fenced edge of the lot. Turn left and walk past the Big A, heading northwest, turn left towards the stadium, then make a right just before gate 3 to continue around the stadium. Follow the path round the stadium counterclockwise until you reach the water station at the NW corner, then make a quick right then left. Continue a short distance, then make a sharp left and continue until you reach the finish line.

5K RUN REGISTRATION/CHECK IN 6:30AM
5K RUN START 7:30AM | WALK BEGINS 9:00AM





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**Thank you to our
sponsors!**



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