



## Lorain Virtual Heart Walk – September 12<sup>th</sup>, 2020

### FAQ - Frequently Asked Questions

**What is a Virtual Heart Walk?** To keep everyone's health our number one priority this year, we will be physically apart for this year's September walk, but we have never been more united through our mission to save lives and are encouraging all of our participants to still support our mission by "walking where they are" in support of the virtual Heart Walk. Walk in your neighborhood, favorite park or walking path around Lorain County.

**When is the Virtual Heart Walk?** Same as previously scheduled: Saturday, September 12, 2020

**Will there still be a 5K run?** With the new virtual experience, our team can no longer provide a chip timed race, so we have removed the \$25 5K race option from registration. However, we encourage you to still run on walk day if you would like!

**Where is the Virtual Heart Walk?** Walk where you are! Do you have a favorite walking trail or one you would like to check out? This is a great opportunity to explore your neighborhood with your family and pets!

**How do I show that I'm participating?** You can share your photos and videos on Facebook, Instagram, and Twitter. (Tag us! @ClevelandAHA) We will have fun activities and challenges the weeks and days leading up to the Walk & on September 12<sup>th</sup>! Reach out to your AHA staff partner with any questions.

**What happens on September 12<sup>th</sup>, 2020?** We are working on the new look of our traditional Heart Walk – stay tuned for more virtual details to come! Participants can stay up-to-date on details for our virtual walk experience by downloading the Heart Walk mobile app, and following our local social media accounts @ClevelandAHA. We will be sharing tips, resources, and fun ways you can virtually Heart Walk around your community.

**Should I still register?** Yes! When you register for Heart Walk, we are able to let you know about updates and day-of activities! You can register at [www.heart.org/LorainWalk](http://www.heart.org/LorainWalk).

**Since the event is virtual, are you still fundraising?** Yes, the American Heart Association is still raising funds to fight heart disease and stroke! Our survivors are counting on us to continue our lifesaving research. Your ongoing commitment to our mission is making a difference for patients, families, and communities as we fight both COVID-19 and cardiovascular disease together.

**Where should I send check donations?** We are encouraging online fundraising and donations at [www.heart.org/LorainWalk](http://www.heart.org/LorainWalk). If you are unable to donate online, please mail checks (written to American Heart Association) to our local AHA office: 1375 East 9<sup>th</sup> Street, Suite 600 Cleveland, OH 44114, Attn: Lorain Heart Walk

**Do I still get a t-shirt?** Registered participants that raise more than \$100 are eligible to receive an AHA Heart Walk T-shirt. Visit the Rewards Center in your dashboard for more information.

**What if it rains?** Heart Walk is rain or shine. Grab an umbrella and #WalkWhereYouAre!

**How long/far should I walk?** Traditionally, there is a one-mile route and a three-mile route. Walk what suits you and do not forget to cheer yourself on!

**2020 Lorain  
Heart Walk  
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