



**#TCHearWalk**

# VIRTUAL Twin Cities Heart Walk - May 16, 2020

## FAQ - Frequently Asked Questions

**When is the Virtual Heart Walk?** Saturday, May 16th, 2020

**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 you can take the dogs.

**How do I show that I'm participating?** Share your photos and videos using the hashtag [#TCHearWalk](#) on [Facebook](#), [Instagram](#) and [Twitter](#) and follow us on those channels [@HeartAssocMN](#). We will have fun activities and challenges on these platforms so keep checking! Reach out to your AHA staff partner too, they can help answer questions!

**Should I still register?** Yes! When you register for Heart Walk, we have the ability to reach out to you and let you know about day-of activities! You can [Register HERE](#).

**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 and their families are counting on us to continue with our mission. Fundraising through Heart Walk allows the AHA to quickly respond to the needs of the community – through this fundraising the AHA donated \$2.5 million to Covid-19 research.

**Where can I send donations?** If you have donations that you can't donate online, please send donations to your local AHA office at 2750 Blue Water Rd. Suite 250, Eagan MN 55125 Attn: Heart Walk

**I'm a survivor!** Survivor hats, pins and capes will be available after the Heart Walk. Please reach out to [twincitiesheartwalk@heart.org](mailto:twincitiesheartwalk@heart.org) with your requests. On May 16, you can redeem your [virtual Red Hat via a Facebook Frame](#).

**Do I still get a t-shirt?** Registered participants that raise over \$100 are eligible to receive a 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 galoshes and enjoy spring weather in Minnesota.

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



Follow @HeartAssocMN



**QUESTIONS?**

[twincitiesheartwalk@heart.org](mailto:twincitiesheartwalk@heart.org)

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[www.TwinCitiesHeartWalk.org](http://www.TwinCitiesHeartWalk.org)