



**#TCHearWalk**

## VIRTUAL Twin Cities Heart Walk - May 16, 2020

### How You can Join our Virtual Walk

We're looking forward to lacing up with you and walking virtually as a community to build a world of longer, healthier lives free of heart diseases and stroke. While we won't physically gather at Target Field on Saturday, May 16, we want to see and hear your passion virtually!

Here are some ways YOU can #TCHearWalk wherever you are:



**Start a TEAM and RAISE Lifesaving Dollars at [twincitiesheartwalk.org](http://twincitiesheartwalk.org)** for research, health policies and community education.



**Claim your Virtual Survivor RED HAT or FINISH LINE Badge**  
Look for our Facebook Photo Frames. Instructions on Page 5.



**WALK in your Neighborhood & SHARE on Social Media via #TCHearWalk**  
Jazz up your walk with family pics, chalk art messages, scavenger hunts etc.



**CONNECT with other Walkers and CELEBRATE the collective journey**  
Follow along on [Instagram](#), [Twitter](#) & [Facebook](#) @HeartAssocMN



**CRO\$\$ the Finish Line Strong - Share WHERE you walk and how FAR you go.**  
Track your distance with a mapping app and post a pic of your success.



American Heart Association.  
**Heart Walk.**

Follow @HeartAssocMN



**QUESTIONS?**  
[twincitiesheartwalk@heart.org](mailto:twincitiesheartwalk@heart.org)

**[Click for FAQ](#)**

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



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## Ideas to Jazz Up Your Walk

We are hearing so many innovative ways Heart Walkers are planning to celebrate virtually! Here are some ways YOU can #TCHearWalk wherever you are:



**Show Your TEAM SPIRIT and Post a Picture or Cheer with #TCHearWalk** of you in your team T-Shirt or holding a sign with your team name. Tell us who you walk for. Show us your furry teammates!



**Share HEART ART with Sidewalk Chalk**

Draw Start & Finish Lines or share Messages of Gratitude along the route.



**Do a SCAVENGER HUNT and share your photos**

Find something for every letter of the alphabet. Look for items in nature or "heart" shapes.



**MAP Your Route and Distance**

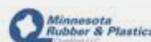
Find apps online and share where you are walking and how far you go.

### LOCAL SPONSORS

#### SIGNATURE



#### GOLD

#### SILVER

#### BRONZE

Cardiovascular Systems, Inc.  
PreferredOne  
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#### PATRON

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American Heart Association.  
Heart Walk.

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## 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



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## VIRTUAL Twin Cities Heart Walk - May 16, 2020

### Follow Along with our Virtual Program

Enjoy many of your favorite walk elements including mascots, new Hall of Fame Inductees, health tips, and our "Who You Walk For" video with an original song.

Follow @HeartAssocMN and comment with #TCHearWalk

**7:00 AM** Welcome from Keith Marler & Kelcey Carlson, FOX 9 News

**7-8:00 AM** Health Tips & Warm-Up

**8:15 AM** National Anthem by Josh Hoaby

**8:30 AM** Mascots

**8:45 AM** Message from Heart Walk leadership

**9:00 AM** **WALK KICK-OFF**

**9:30 AM** David A. Ness Award winner announced

**10:00 AM** 2020 Hall of Fame Inductees announced

**10:30 AM** "Who You Walk For" Mission Moment Video

**11:00 AM** Finish Line Celebration

**Noon** Thank You



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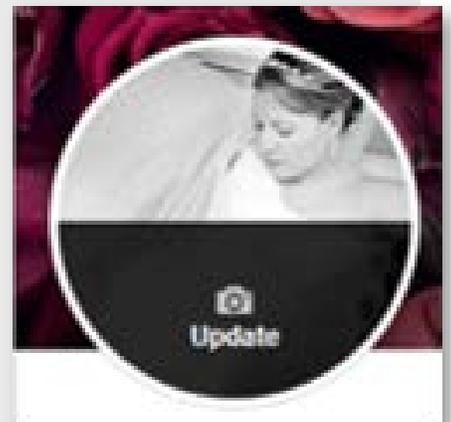
## Collect Your Virtual Survivor "Red Hat" or "Finish Line" frame

Sponsored Locally by: **Medtronic**

Show all your friends and family how you "walked the walk" for healthier, longer lives with the #TCHearWalk by updating your Facebook Profile with a Photo Frame!

Here's how:

1. Hover over your profile photo and select **"Update"**
2. Select **"Add Frame"**
3. In the search box, type in **"Twin Cities Heart Walk - Survivor Hat"** OR **"Twin Cities Heart Walk - Finish Line"**
4. Select the appropriate frame
5. Drag to reposition your profile picture if needed
6. Select Timeframe from the drop down when you want to switch back to your previous profile picture.
7. Select **"Use as Profile Picture"** to save!



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