



#SoDakHeartWalk

VIRTUAL Eastern SD Heart Walk - Aug. 15, 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 Fawick Park on Saturday, August 15, we want to see and hear your passion virtually!

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



Start a TEAM and RAISE Lifesaving Dollars at southdakotaheartwalk.org
for research, health policies and community education.



Claim your Virtual Survivor RED CAP or FINISH LINE Badge
Look for our Facebook Photo Frames



WALK where you are & SHARE on Social Media via #SoDakHeartWalk
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](#) @SouthDakotaHeart



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 @SouthDakotaHeart



QUESTIONS?

Tatia.Reynolds@heart.org

[Click for FAQ](#)

www.SouthDakotaHeartWalk.org



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FAQ - Frequently Asked Questions

When is the Virtual Heart Walk? Saturday, August 15th, 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 **#SoDakHeartWalk** on Facebook, Instagram and Twitter and follow us on those channels **@SouthDakotaHeart**. 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!

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 PO Box 90545, Sioux Falls, SD, 57109 Attn: Heart Walk.

I'm a survivor! Survivor hats, pins and capes will be available after the Heart Walk. Please reach out to **Tatia.Reynolds@heart.org** with your requests. On August 15, you can redeem your virtual Red Cap 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 summer weather in South Dakota.

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 @SouthDakotaHeart



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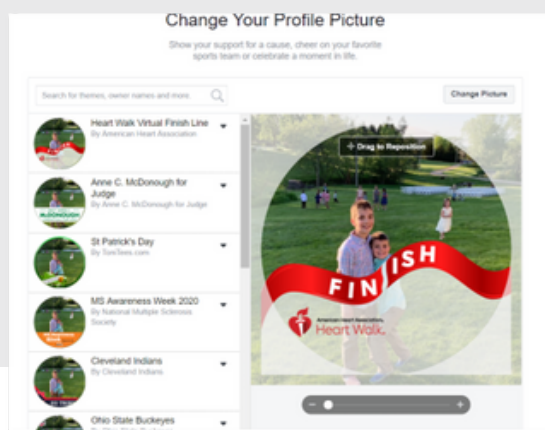
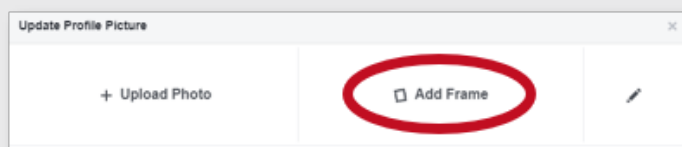
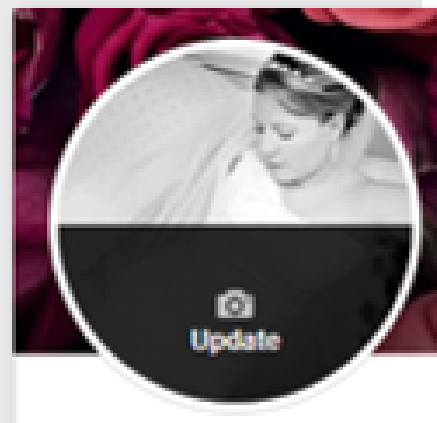
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Collect Your Virtual Survivor "Red Cap" or "Finish Line" Badge

Show all your friends and family how you "walked the walk" for healthier, longer lives with the #SoDakHeartWalk 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 **"SD Heart Walk"**
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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