



101

HEART WALK

For additional information regarding the Start! Heart Walk, please visit www.bayheartwalk.org and click on Local Participant Tools on the left-hand side of the screen.

What is the Start! Heart Walk?

The Bay County Start! Heart Walk is a non-competitive 3 mile walk that encourages people to take steps toward a heart-healthy lifestyle. This is an opportunity for individuals and corporate teams to improve their health by walking while simultaneously raising funds to help fight heart disease and stroke. The Start! Heart Walk is a free event to attend and is open to the community.

How long is the walk?

The Start! Heart Walk route is roughly 3 miles. There is also a 1 mile Red Cap route available for our survivors and beginning walkers.

Where do the proceeds go?

Donations raised for the Bay County Start! Heart Walk will go to the American Heart Association, funding life-saving heart disease and stroke research as well as community programs and advocacy efforts. For more information on the American Heart Association, visit www.heart.org.

What is a Company Leader, Team Captain and Walker?

Company Leader: Organizes the Start! Heart Walk efforts at your company

Team Captain: Helps us by recruiting walkers in their department or personal network

Walker: Helps to raise funds and awareness through one on one contact with co-workers, friends and family.

What is a Super Star Walker?

A Super Star Walker is an individual who raises \$1,000 or more for the Start! Heart Walk. These individuals receive special benefits including but not limited to:

- Special recognition along the Start! Heart Walk route*
- Entry into special prize drawings
- Recognition in the Walk Talk eNewsletter

***The deadline for route recognition is Friday, September 10. Limited recognition to Walkers raising \$500-\$999.**

For tips on how you can become a Super Star Walker, contact your AHA staff partner.

Are you interested in sharing your story of survival or lifestyle change?

You can help save lives simply by sharing your experience with others. The American Heart Association needs your help to inspire our community through your survivor and/or lifestyle change testimonials. If you are interested in sharing your experience of why you are walking with the American Heart Association, please email us at gsabay@heart.org or visit Local Participant Tools on the website. Your hurdles, recovery or behavior change can truly impact the Start! Heart Walk and heighten awareness.

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American Heart
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HEART WALK®

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When and where is the Start! Heart Walk? What time does it begin?

The Start! Heart Walk will be held Saturday, October 16 at McKenzie Park. Donation turn-in and team photos at 9:00 a.m., festivities at 9:30 a.m. and the walk begins at 10:00 a.m. If you are running or speed-walking, be sure to line up at the front of the Start! line.

McKenzie Park Address: [Oak Avenue – Panama City, FL 32401](#)

What is a Red Cap?

The term “Red Cap” refers to our heart disease and stroke survivors who are honored with a red cap to wear at the Start! Heart Walk. On the morning of the event, adult and child survivors are encouraged to visit the Red Cap tent to pick up their Red Cap and share their story. The Start! Heart Walk offers a 1 mile Red Cap route for our survivors in addition to the regular 3 mile route.

Are strollers allowed?

Yes. The Start! Heart Walk is a family friendly event and the route is paved.

Are dogs allowed?

Non-aggressive, leashed dogs who can handle a 3-mile route in the heat are welcome at the event. Please clean up after your dog.

I received a cash or check donation. How do I enter the donation online?

Login to www.bayheartwalk.org

Click the **Tools** tab

Click **Enter Pledge**

Fill out the information where there are **red** asterisks

Turn your donations into your Team Captain to be deposited to the AHA! Only individual donations can be entered as a pledge. Group/team donations have to be entered by the Start! Heart Walk Team.

Where do I turn in money?

You can turn in money to your Team Captain or your AHA staff partner prior to the Start! Heart Walk. At the Start! Heart Walk, donations can be brought to the Making Change Donation Turn-In Tent. Donations will be accepted before, during and after the Start! Heart Walk.

How do I get a t-shirt?

Individuals who raise \$100 or more and elect to receive a t-shirt, will get a Start! Heart Walk t-shirt. T-Shirts will be distributed approximately six weeks after the event.