

Central MA **Start!** Heart Walk

Saturday, May 1st

Cristoforo Columbus (East) Park

Registration at 8:30am

Walk **Start!** at 10:00am

Frequently Asked Questions

Do I have to pay a registration fee?

No, the Central MA Start! Heart Walk is a completely free event. However, we do encourage walkers to fundraise and there is no minimum as to how much you raise. The average fundraising amount per walker in 2009 was \$259 and if you raise \$100 by the Heart Walk you will receive an official Heart Walk t-shirt!

How do I form a Team?

Teams can be formed from groups of co-workers, friends, families, or a combination of these. Your personal webpage makes it easy to recruit team members. Just log into your webpage at www.centralmaheartwalk.org and from **Email Center** select the **Join My Team** email template. A link to join your team is automatically included in the email!

Is there any special recognition for survivors of heart disease and stroke?

Yes, survivors are given red ball caps to wear during the Heart Walk to show their triumph over heart disease or stroke and are invited onstage for the Red Cap Wave to kick off the Walk.

Where do my donations go?

Your donations will support the American Heart Association's clinical, educational and research programs here in the Central MA area. Every contribution will help bring us further along the path of reducing heart disease and stroke throughout our nation, our communities, and among our friends and family.

Are there prizes?

Yes, there are prizes available, although you do have the option of declining all rewards as an additional contribution to the Heart Association. Everyone who raises a \$100 by May 1st will receive an official Heart Walk t-shirt. (The deadline for all other prizes is June 1st.) To see all the great prizes available go to <http://aha.summitmg.com/aha/>.

If I can't make it to the walk, how can I still participate?

If you can't attend the event you can still participate as a virtual walker. Sign up online and you can fundraise right from your personal webpage. Try to encourage your donors to give by credit or debit card online or mail checks to the American Heart Association using the donation form link on your personal donation webpage.

WALK DAY

How long is the walk?

1, 3 or 6 mile routes are available and all are handicap and stroller accessible. There are hydration stations located all along the way, stocked with beverages, snacks and bathrooms are available there as well.

Can my kids walk too?

Absolutely! There will be many children's activities at the Central MA Start! Heart Walk including games, face painting and more. We do ask that you supervise your children when they are in the children's area.

Can I bike, rollerblade or jog the walk route?

We request that everyone walk for safety purposes.

Can I push a stroller?

Sure, the Heart Walk is a family event. Bring the entire family!

Can I bring my dog?

We would love you to bring your pooch! The Central MA Start! Heart Walk is an event for the *entire* family.

Is there parking available?

There are many public parking lots available in the area. At this time, specific lots have not been assigned for the Heart Walk, but more information will be available in April. There will be multiple lots clearly marked for Heart Walk use.

FUNDS RAISED

How do I turn in checks donors give me?

You can drop off your entire walker envelope at the Welcome Home Tent (Registration) the morning of the walk. Registration begins at 8:30am. For your convenience, we ask that you pre-register by sending your donations to the following address prior to the walk.

**American Heart Association
Attn: Central MA Start! Heart Walk
20 Speen Street
Framingham, MA 01701**

Will you send acknowledgment letters for contributions?

Yes, the American Heart Association will send a letter of acknowledgement to all donors of \$100 or more (\$25 or more if it is paid by check) and each online donation will receive an email receipt. Walkers are encouraged to send thank you emails to all of their donors. This can be easily managed using the email template "Donation Thank You" in your webpage Email Center.

ANY OTHER QUESTIONS?

Contact Aleah at 508.656.2022 or Aleah.Graziano@heart.org