



Heart Walk®

Frequently Asked Questions

Where is the event?

The 2016 Austin Heart Walk will take place on Saturday, October 15th, at the Long Center in downtown Austin.

What time does the event begin?

Booths open at 8 a.m. with Opening Ceremonies at 8:30 a.m. The 5k Run, 5k Walk, and 1 Mile Walk all begin at 9 a.m.

Where should I park?

Parking is available at the following garages:

PALMER EVENTS CENTER

Garage \$8 fee

900 Barton Springs Rd

Accessible ONLY from the Barton Springs entrance

DIRECTIONS:

From I-35 exit Town Lake/Riverside Drive

Left onto Barton Springs Rd

Entrance on right

OR: From MoPac exit 5th St

Right onto Lamar

Left onto Barton Springs Rd

Entrance on left

ONE TEXAS CENTER

Variable Rate

505 Barton Springs Road

Located next to the Homestead Suites Hotel on the SE corner of Barton Springs Rd and South First St, behind the One Texas Center building

DIRECTIONS:

From I-35 exit Town Lake/Riverside Drive

Left onto Barton Springs Rd

Entrance on left

OR: From MoPac exit 5th Street

Right onto Lamar

Left onto Barton Springs Rd

Entrance on right

CITY HALL GARAGE

Variable Rate

301 W 2nd St.

The entrance to the parking garage is on Lavaca Street on the east side of City Hall, just past the loading dock.

DIRECTIONS:

From I-35 exit 8th-3rd Huston-Tillotson U

Head West on 6th St (into town)

Left onto Congress

Right onto 2nd Street

Right onto Lavaca

Entrance to garage on left

OR: From MoPac exit 5th Street

Right onto Guadalupe

Left onto 2nd Street

Left onto Lavaca

Entrance to garage on left

Austin Convention Center

Variable Rate

108 San Jacinto Blvd.

Directions:

From I-35 exit Cesar Chavez St.

Right on Cesar Chavez St.

Right on Trinity St.

Entrance on right

OR: From Mopac exit 5th St/Cesar Chavez St

Stay right for Cesar Chavez St

Left on Trinity St.

Entrance on right

Is there a registration fee?

No, the Austin Heart Walk is a completely free event. If you wish to race in the 5k run there is a \$40 fee covering our hard costs associated with chip times and providing race results.

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

Yes, Heart Survivors can pick up red ball caps from St. David's Survivor Tent and Stroke Survivors can pick up white baseball caps to wear during the Heart Walk to show their triumph over heart disease or stroke. These white caps are located at the Seton Stroke Survivor Tent.

Where do I turn in donations?

Please turn in donations at the **Make Change** tent. Participants who raise \$100 or more will receive the Heart Walk tshirt.

Where do my donations go?

Your donations will support the American Heart Association's clinical, educational and research programs here in the Central Texas 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.

How long is the walk?

There are two routes this year. The Seton Miracle Mile Route, an easy one mile route and a 5K route. Both are handicap and stroller accessible. Both Routes begin at the Long Center. You may walk or run either route.

Where are the bathrooms?

Bathrooms are located in the driveway area of the Long Center, just northeast of the lawn.

Can my kids walk too?

Absolutely! There will be many children's activities in the Kid's Zone. We do ask that you supervise your children when they are in the children's area.

Can I bike or rollerblade the walk route?

No, we request that everyone walk for safety purposes. No razors, hoverboards, or scooters, either.

Can I bring my dog?

We would love for you to bring your dog! And be sure to visit the Pet Zone.

What if it rains?

The Austin Heart Walk is a rain or shine event. We will notify you on the website and through our email system if the weather is severe enough to cancel the event.

What about team photos?

Our Selfie Stop is a great place to have your photo snapped! Grab your team at the top of the hill for the perfect downtown backdrop! This area is open throughout the event.

Is there a team check in location?

No, please make plans with your team on where to meet the morning of the walk.

Will there be food and water?

There will be complimentary light snacks available at a few of the Sponsor Tents and bottled waters are provided along the route and at the start/finish line. We encourage folks to grab a heart healthy lunch after the event.

Other Questions?

Please contact Tranise Pleasant, your Austin Heart Walk Staff Partner via phone at 512-338-2442 or via email at AustinHeartWalk@heart.org