Avera Heart Hospital and Avera Health — Both Avera Heart Hospital and Avera Health are very excited to welcome you to the 2013 Heart Walk! Stop by to pick up materials on how to lead a heart-healthy life, as well as:

- Learn Hands-Only CPR
- Blood Pressure checks by Globe University
- Purchase your Heart Walk Torch to honor a loved one affected by heart disease or stroke

Survivor Tent — If you are a survivor of a heart attack or stroke and you’re new to the Heart Walk, you will receive an honorary Red Cap to wear at the Heart Walk. If you are a past Red Cap recipient, be sure to pick up this year’s Heart Walk pin to add to your Red Cap!

Tribute Sticker Experience — (Sponsored by Argus Leader Media) - Stop by the Tribute Sticker area, brought to you by Argus Leader Media, where you can honor or memorialize a loved one by wearing a tribute sticker during the walk or walk as a tribute to yourself!

Memorial Display (Sponsored by Vern Eide) - Write a tribute to someone you know who has battled heart disease or stroke in the Vern Eide Memorial Display tent. This Memorial Wall will be displayed locally as a tribute to heart disease and stroke survivors and to those who have lost their battle.

Lifestyle Change Awards (Sponsored by Dakotacare) - Stop by to be inspired by our Lifestyle Change Award nominees.

Take the Pledge (Sponsored by Raven Industries) - Promise yourself and your loved ones that you will take a pledge for a healthier lifestyle. Stop by and make that commitment by filling out a pledge card and adding it to our pledge wall.

Refreshments (Sponsored by Subway and Hy-Vee) - After the walk, enjoy delicious and fresh-made sandwiches provided from local Subway stores, and fresh fruits and granola bars from Hy-Vee (while supplies and quantities are available).

Hydration Station (Sponsored by Sanford Health and Aquafina) - Enjoy a refreshing bottle of water during and after the walk, provided by Sanford Health and Aquafina.

Information Tent — Registration, Walker $5 Turn-In, Event Information, Maps, Volunteer check-in, First Aid Station

Survivor/ADA Parking*

Main Stage

* Requests for Accommodation can be made by calling 605-360-2542 or emailing Chrissy.Meyer@heart.org.
Event Timeline

8:00-8:45 a.m. — Heart Festival Begins!
- Music by DJ Jer
- Refreshments
- Vendors
- Kid’s Zone
- Company & Team Photos

8:45-9:00 a.m. — Main Stage Experience with Chris & Doc from KTWB: Welcome, Why We Walk, Survivor Recognition, Torch Ceremony, Thank You and Warm-Up!

9:00-10:00 a.m. — Heart Walk (Mended Hearts, Mended Little Hearts and Survivors lead the walk). See above maps for routes.

10:00-10:30 a.m. — Awards Ceremony: Lifestyle Change Awards, Top Walker Award, Company Awards.

10:30-11:30 a.m. — Heart Festival continues

Important Information

When will I get my t-shirt and prizes?
T-shirts and prize certificates will be ordered after the walk and distributed to company leaders/team captains. A fundraising minimum of $100 is required for a t-shirt.

What if I want to make a donation?
You can purchase a Heart Walk Torch at the event for $10 to recognize someone who has been affected by heart disease or stroke. You can also make donations at the Registration Tent.

What do I do with my fundraising envelope?
You can turn in your envelope at the Registration Area (See reverse side of this map for location). Volunteers will assist you with processing your donations.

Who gets a Red Cap?
The Red Cap honors survivors of heart defects and stroke. Survivors in attendance can stop by the “Survivors” table to pick up their Red Cap (See reverse side of this map for location).

Locally Sponsored by

Avera Health
Argus Leader
Kelo Communications
Midwest Communications
Midcontinent


Corporate Heart Walk Sponsors

Avera Health
Medica
Kelo Communications
Midwest Communications
Midcontinent