

# Heart Run FAQ



Heart Run is Presented By Alaska Heart & Vascular Institute

## **Course & Location**

The Heart Run will start and finish in the Alaska Airlines Center Parking Lot. The 5K course is certified.

## **Parking & Handicap Access**

Parking will be available at: UAA North Parking Lot, UAA West Campus Central lot, UAA Library Main Lot, UAA Library Northeast Lot, UAA Health Sciences Building Lot, King Career Center Parking Lot & Providence Parking Garage #3. Please DO NOT park in the Hospital Patient Parking Lot. Handicap Parking will be available in the Alaska Airlines Center Parking Lot.

## **Fundraising**

All of the money raised at the Alaska Heart Run will benefit the American Heart Association and will fund life-saving research and community programs that help to fight cardiovascular diseases and stroke

## **Cancellation & Refund Policy**

All registrations are non-refundable. Your registration fee is a tax deductible item.

## **Is my registration fee tax deductible**

Yes! The American Heart Association is a registered 501(c)3 and your registration fee and any additional donations are considered tax deductible. Tax ID# 13-5613797

## **Can I earn prizes by participating in Run?**

Yes! All Heart Run Participants will be entered to win one FREE Alaska Airlines Ticket valid for anywhere they fly. Additional School, Team and Individual Awards and Fundraising Incentives for participants can be found on our website.

## **Medals & Awards**

Heart Run Medals will be handed out to all children (6th grade and below) who participate in the Heart Run. Awards will be given to the top 5 Male, Female and Mended Hearts runners overall as well as Top Fundraising & Top Participation Schools and Teams. Certificates & Heart Run Ribbons will be mailed to the top 3 finishers (male & female) for each age group. Visit our awards page for more details.

## **Do participants get a t-shirt?**

Participants that raise over \$100 will receive a Heart Run Top Fundraiser T-Shirt. *(Different from the race shirt)* Race T-Shirts will be sold for \$15 online until April 15th. T-Shirts will then be sold for \$20 at Bib Pickup sessions and on Race Day.

# Heart Run FAQ Continued



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## **Children & Strollers**

Children under the age of 4 do not need to register for the Heart Run  
Strollers are allowed at the Run - however runners with strollers MUST start at the back of the race to keep both children and runners safe.

## **First Aid**

EMS are mobile on the course & stationary at the First Aid Booth as well as the Alaska Nurses Association Booth with capability to handle any general first aid needs or other medical emergencies. Event Volunteers are wearing specially colored Heart Run shirts. Please ask for help and report any incident.

## **Safety**

Pets, Roller Blades, Bicycles & Scooters are not permitted at the event

## **Pets**

Dogs and other pets are not allowed at the Heart Run for the safety of the runners and animals.  
Service animals ARE allowed at the race

## **Water & Rest Stations**

Water & a portable toilet station will be located in the Heart Run Start and Finish Staging Areas. A water station will also be available on the course at the Providence & Elmore intersection.

## **I forgot my username & password**

Please call Alaina Burton at 907-865-5300 or email [Alaina.Burton@heart.org](mailto:Alaina.Burton@heart.org) for assistance

## **Can I upgrade to the Timed Run?**

If you would like to upgrade to the Timed Run, you may do so during a bib pickup session by paying a \$5 upgrade charge (to cover the cost of the timing chip). Participants will not be able to upgrade on race day.

## **Can I participate if I can't attend?**

Yes! You may register for the race and run virtually. Raise money & be entered to win great prize.  
Need to find a 5K Course? Visit our [Start Walking Website](#) to find a local 5K course near you.

## **Additional Questions?**

Please reach out to our Heart Run Team! Call (907) 865-5300 or email [Alaina.Burton@heart.org](mailto:Alaina.Burton@heart.org)