



Heart Walk®

Volunteer Information You Need to Know!

Where to Report for Your Shift:

Saturday, September 10th, 5:30 AM

Nathan Benderson Park

5851 Nathan Benderson Circle

Sarasota, FL 34235

Where to Park & Meet:

You can park anywhere around the lake or in any designated parking spot. There is no fee to park at the event. Once you have parked, please sign-in at the Volunteer Check-In tent.

What to Wear:

Please wear whatever appropriate clothing you will be comfortable in, keeping in mind you will be working outside in the heat. Shorts are fine. For footwear, please wear sneakers or other comfortable closed toed shoes. You will be given a yellow Volunteer Shirt to wear. Please make sure you wear an undershirt or something you will be comfortable in, just in case we do not have your size.

What will you be doing during your shift?

Set-Up

You will be helping before the event starts with route set up, making sure the tents are set, hanging banners, decorating, etc. Assignments will be given when you check in that morning.

During Event

You will be assigned an area to hand out water, cheer on walkers, man a tent in the Heart Walk community, etc. When the walk comes to a finish, we will need help packing up the tent materials, taking down banners, etc. You will need to check out with an American Heart Association staff member to leave and/or to get a volunteer hour sheet signed.

If you have any questions or concerns prior to the walk,
please contact Stephanie Dean, Senior Assistant Director:

Office: (727) 563-8013

Cell: (813) 508-3161

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