



Heart Health

Thursday, September 24, 2026

FAQs

MOVING MONARCHS FOR HEALTHY HEARTS

Is there a registration fee to participate?

No, however, you are welcome to make a donation online or at the event.

Do I need to collect donations to participate in the event?

No, it is not necessary to collect donations to participate.

Will there be food and drinks?

Yes, there will be heart-healthy snacks and beverages.

Do I need to sign a waiver to participate in the event?

Yes, please check the box on the registration form.

Am I allowed to bring a friend or family member to the event?

Yes, friends and family are welcome.

May I bring my dog to the event?

Yes, friendly dogs are welcome on a leash no longer than six feet.

May I bring a baby stroller/jogger?

Yes, strollers/joggers are permitted.

Is the course accessible for wheelchair users?

Yes, the course is wheelchair accessible.

How do I get a T-shirt for the event?

Be one of the first 400 people to participate.

Where do volunteers go when they arrive the day of the event?

The volunteer check-in table.

Is registration mandatory to participate in the walk?

No, however, it is encouraged.

What should I wear for the event?

All participants/guests are encouraged to wear red and comfortable clothing and shoes for walking.

How long is the walk and what is the course like?

The course is one-mile around Kaufman Mall, paved and relatively flat.

**What happens if it's raining on September 24th
at the time of the event?**

The event will be postponed until October 1st
at the same place and time.

**Should you have additional questions not answered here,
please contact the Office of Community Engagement
and University Events 757.683.5759**

***First 400 participants
receive a FREE T-shirt!***

