



# **2018 Greater Hartford Heart Walk**

**Yard Goats Stadium | Hartford, CT**

**Saturday, October 6, 2018**

**Activities Begin: 9:00 AM**

**Donation drop off between 9:00-10:00 AM**

**Speaking Program: 9:40 AM**

**Walk Starts: 10:00 AM**

**Kids Ninja Warrior Dash: 10:30-11:30**

Heart Walk is the American Heart Association's annual signature fundraising and awareness event. It is a non-competitive 2+ mile walk that raises funds and awareness to support research, education, and advocacy of cardiovascular disease and stroke.

## **Contact Information:**

Wendy Schrlau, Director  
[Wendy.Schrlau@heart.org](mailto:Wendy.Schrlau@heart.org)  
203-303-3317 (office)

## **Registration:**

Please register online as a Team Coach or Walker by visiting  
[www.hartfordheartwalk.org](http://www.hartfordheartwalk.org)

## **DONATIONS**

Coaches and Walkers should turn in heart walk donations at the Donation Drop-off tent between 9:00-10:00AM. Note: Donations may be submitted to the American Heart Association up to 30 days post event (November 5th) to count toward team totals and to qualify to receive an official Heart Walk t-shirt and prizes\*.

## **PRIZES & T-SHIRTS\***

Walkers who individually raise \$100+ qualify for a 2018 Heart Walk t-shirt, and walkers who individually raise \$250+ qualify for a 2018 Heart Walk t-shirt and prize depending on the level of fundraising. Walkers have 30 days post event (November 5th) to turn in donations. **NOTE:** T-shirts will be distributed at the walk for all walkers that have raised \$100 on-line prior to October 4th.

Prize certificates for those who qualify are emailed the address on file 2-3 weeks after the donation deadline. If you do not attend the walk to pick up your shirt or you raise the \$100 post walk a t-shirt will be sent to you about 3-4 weeks after the donation deadline.

## **EVENT ADDRESS**

Yard Goats Stadium  
1214 Main St., Hartford, CT

## **PARKING**

Parking is available at the lot on 51 Chapel Street at no cost. Please note, this lot is unattended and will be used without liability to the Hartford Public Authority and the American Heart Association. Street parking and other local lot parking is also available at no charge. Please be aware that we will be walking along the sidewalks outside of the stadium, so any car parked along the sidewalk will be along the walk route.

## **WALK ROUTE**

The Heart Walk is a non-competitive two+ mile walk. The walk goes around the ballpark, on the sidewalk. We will walk 4 loops and finish with a lap around the concourse. There will be signage to direct walkers. Please note there are a small set of stairs on the concourse. There is a wheel chair lift if needed. You may choose to walk the outer loops and avoid the concourse lap.

## **START LINE**

Start line is sponsored by Travelers. We encourage that the walk begins with our survivors who will be in red and white caps. The ribbon cutting will be by Executive Leadership Team and the drum line is by Achievement First Hartford High School.

## **NEW: KIDS NINJA WARRIOR DASH**

We are very excited to announce our Kids Ninja Warrior Dash is sponsored by Pratt & Whitney. This will take place on the warning track of the baseball field from 10:30-11:30. Only participating kids and their immediate family will be allowed on the field. Others can watch from the stadium seating. To participate, enter the field from outside the stadium. You will pass the registration table as you walk. On your final loop please proceed past the finish line to just down the hill and register rather than taking the final lap on the concourse. There is no cost to participate, but parents must register their children.

## **NEW: HOT BEVERAGES FOR SALE**

Dunkin Donuts will be opening their concession stand for the sale of hot beverages.

# **FREQUENTLY ASKED QUESTIONS**

## **Is the event rain or shine?**

Yes. If it rains please come prepared with your umbrella, rain coat, etc. We will not schedule a rain date in the case of bad weather. Please note that there may be a few changes to the layout should we have bad weather.

## **Are dogs allowed?**

Yes, well behaved dogs on leashes are welcome at the Heart Walk. If there is severe rain or weather, please consider leaving your dog home. If we move the route to be fully on the concourse it will be very tight space.

## **Are strollers allowed?**

Absolutely! The Heart Walk is a family-friendly event. There is a small flight of stairs when walking the concourse. This can be a challenge for strollers and is only the final lap of the walk which you can choose to avoid. To participate in the Kid's Ninja Warrior Dash you can enter the field from outside of the ballpark. Go to main gate and turn left. We will have volunteers to direct you.

## **Can I bring friends if they haven't registered?**

Of course, anyone is welcome to attend the Heart Walk. However, we do encourage everyone to register online in advance to help us determine how many walkers to expect for logistical reasons.

## **What if one of my walkers can't walk 2+ miles?**

Not a problem. We will walk 4 laps outside, and one inside. The outside lap is .55 miles and the concourse is 1600 feet. If someone chooses not to walk at all they can sit in the stadium seating and watch the Kids Ninja Warrior Dash starting at 10:30.

## **I'm already registered online. Do I need to register at the event?**

No. If you have donations you can bring them to the Donation Drop-off tent, but you don't need to re-register.

# EVENT ACTIVITIES

## On Stage

- Rob Dibble from 97-9 ESPN Radio
- 2018 Co-Chairs Corliss Montesi from Stanley Black & Decker
- Renee Zaugg representing Kay Mooney from Aetna
- Warm-Up presented by Aetna

## Healthy for Good Area:

- Wellness Information
- Red Caps & Heart Hero Capes provided to honor heart & stroke survivors
- Tribute Stickers to honor family & friends
- Heart Walk bandannas provided to dogs
- Little Hats Big Hearts information

## Community Teams

- Recommended area for Community Teams (family & friend teams) to gather together is section 127-128

## Kids Zone

- Pumpkin Decorating
- Meet and Great Characters
- Balloons by Bryan Lizotte

## Food Table

- Apples provided by Stew Leonard's
- Water
- Heart Healthy snacks
  - Still looking for donations– email [Alicia.Young@heart.org](mailto:Alicia.Young@heart.org) if you can donate

## Event Route

- 2+ mile non-competitive walk around the stadium. We will complete 4 laps outside and one lap on the concourse.
  - **Be aware that there is a small set of stairs on the concourse.** There is a chair lift however strollers may pose difficult.
- **See:** Kids Ninja Warrior Dash information



Start/Finish Line



Heart Walk Parking



Water Station



Pacer

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### Main Gate

Donation Drop  
Volunteer Check-in  
Stanley Black & Decker Check-in

### Information

Survivors/Tribute Stickers (Section 103-104)  
Food/Water (Section 112)  
Community Teams (Section 127-128)  
Kids Warrior Challenge (Warning Track)  
Character Meet & Greet/Balloon Animals (Section 108)  
Walk Shirt Pick Up (Section 110)  
VIP Meet & Greet\* (Visitor Dug Out)  
\*enter in left field at section 104 between 9:00AM and 9:20AM  
Pet Partners\* (Section 101-102)  
\*tall chairs in front of section  
Pumpkin Painting (Across Section 105)  
Youth Market (Section 107)  
Little Hats Big Hearts (Section 106)  
Healthy For Good (Section 105)  
Carnival Games\* (Kids Fun Zone)  
\*provided by the Yard Goats

### Sponsors

Aetna (Section 122 & 123)  
Stanley Black & Decker (ConnectiCare Picnic Pavilion)  
Travelers (Section 120)  
Pratt & Whitney (Section 118)  
ConnectiCare (Section 117)  
KPMG (Section 116)  
Fiordella, Milone & LaSaracina LLP (Section 115)

### Yard Goats Stadium

1214 Main Street, Hartford, CT

Registration Opens: 9:00 AM  
VIP Meet & Greet: Between 9:00-9:20  
Opening Ceremony: 9:40 AM (Visitors Dugout)  
Walk Begins: 10:00 AM

Saturday, October 6, 2018

# ***Special thanks to Our 2018 Event Sponsors***

Life is Why Sponsor:

**StanleyBlack&Decker**

Signature Sponsor:

**aetna®**

Locally Sponsored By:

**TRAVELERS** 

**KPMG**



**ConnectiCare**



## ***Special Thanks to Our 2018 Heart Walk Co-Chairs***

Corliss Montesi, Stanley Black & Decker  
Kay Mooney, Aetna

*Thank you to our Executive Leadership Team and volunteers  
for their support and commitment to furthering the mission of  
the American Heart Association.*