



FRIDAY, MARCH 1, 2019

EXPO 9 AM - 7 PM



American Heart Association.
America's Greatest
Heart Run & Walk™

Fill out this form and drop it off at the information booth at the Expo to be entered into door prize drawings.

Name: _____

Phone Number: _____

Address: _____

Email address: _____

Entrants do not need to be present to win. Form must be submitted in person at the Expo.

UTICA COLLEGE

CLARK ATHLETIC CENTER

FREE Park & Ride Services for Expo

Park and let the Birnie shuttles take you to the events

Former MetLife building
125 Business Park Drive

HEALTH & WELLNESS ASSESSMENT

Sponsored By:



Screenings Include:

Heart Assessment

- Blood Pressure
- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Diabetic Risk Score

Lung Assessment

- Pulmonary Function Screening
- Blood Oxygen Saturation Testing

Stroke Risk Assessment



www.uticaheartrunwalk.org
(315) 580-3964

A minimum donation amount of \$30 per participant, ages 16 and up.

For personal tracking only.
PARTICIPANT'S NAME: _____

Sponsor's Name	Mailing Address	City, State, Zip	Business or Home Phone	Total

America's Greatest Heart Run & Walk Registration Form

Minimum donation of \$30 for participants 16 years & older is required at registration. Complete all fields or register online at WWW.UTICAHEARTRUNWALK.ORG

NAME: _____

ADDRESS: _____

C/S/Z: _____

PHONE: _____

EMAIL: _____

TEAM: _____

CAPTAIN: _____

MY AGE GROUP IS: Under 16 16 - 20 21 +

- Yes, I am a survivor of heart disease &/or stroke!**
- Yes, I am interested in learning more about Planned Giving Options
- Yes, my company offers matching gifts

I PLAN ON PARTICIPATING IN THE: 30K RUN 10M RUN 5M RUN
 3M RUN 5M WALK 3M WALK

In signing for myself (or the participant named above if he or she is under 18), I understand and agree to absolve the American Heart Association and all sponsors be they individuals or organizations, singly or collectively, of all blame for injury, misadventure, harm, loss or inconvenience suffered in any of the activities associated with the said event. I grant full permission to the organizers of this event to use and publish my name and image as a participant in photographs, videos, online or via other media recordings.

X _____
Participant/Guardian Signature

For Event Information and to Register, Visit:
www.uticaheartwalk.org
 (315) 580-3964

To opt into emergency messaging updates text: uticahw to 515-55



LOCAL SPONSORS



UTICA COLLEGE
 SATURDAY
 MARCH 2, 2019



PARK & RIDE SERVICES



Official transportation sponsor of the 2019 America's Greatest Heart Run & Walk

Event parking is limited at Utica College. Please let our Birnie Bus Park & Ride Shuttle services take you to these events.

MARCH 1 - REGISTRATION / EXPO

Park & Ride from: American Heart Association
 125 Business Park Drive, Utica
 Former MetLife Building

MARCH 2 - HEART RUN / WALK

Park & Ride from: Excellus Blue Cross Blue Shield
 12 Rhoads Drive (Utica Business Park)
 Utica National Insurance Group
 Genessee St., New Hartford
 American Heart Association
 125 Business Park Drive, Utica
 National Grid
 221 Old Campion Road, New Hartford

Birnie Bus Shuttle service will begin at 6 am, buses will leave on time!
 Please allow one (1) hour from shuttle parking lot to the event.

SATURDAY, MARCH 2, 2019 DAY OF EVENTS SCHEDULE

For safety reasons, PLEASE start at the official time and place.

30K run and 10 mile run participants will board at Utica College, Ney Avenue side and ride to their respective starting points (see schedule). All 3-5 mile walk and run events begin and end at Utica College.

Events	Buses Leave Utica College	Start Points	Start Times
30K Run	6:30 am	Van's Tavern, Barneveld	7:30 am
10-Mile Run	8:10 am	Rte 291 @ Irish Rd, Stittville	8:40 am
5-Mile Run		Utica College - start line Champlin Ave	9:20 am
3-Mile Run		Utica College - start line Champlin Ave	9:20 am
5-Mile Walk		Utica College	10:30 am
3-Mile Walk		Utica College	10:30 am

RUN / WALK PRE-REGISTRATIONS

Saturday, February 9 - Site B
 Rome Free Academy
 Griffis Business & Technology Park, Rome
 8 am - 11 am

Saturday, February 16 - Site A
 Foxcare Center, Oneonta
 10 am - 2 pm

Wednesday, February 20
 Senior Walk for Heart
 Masonic Care Community
 10 am - 1 pm

Tuesday, February 26 - Site C
 Herkimer College RMCC 282/283, Herkimer
 4 pm - 7 pm

Tuesday, February 26 - Site D
 Kirkland Art Center, Clinton
 4 pm - 7 pm

Wednesday, February 27 - Site E
 Sangertown Square, New Hartford
 7 am - 7 pm

Thursday, February 28 - Site F
 Van's Tavern, Barneveld
 5 pm - 8 pm

Friday, March 1 - Site G
 Utica College Clark Athletic Center, Utica
 9 am - 7 pm

Saturday, March 2 - Site H
 Utica College Clark Athletic Center, Utica
 6 am - 9 am

SATELLITE RUN / WALK EVENTS

Once registered, you can participate in any and all events of your choice

Locally sponsored by:



Saturday, February 9
Rome Run / Walk
 Site Sponsor: Rome Memorial Hospital
 Rome Free Academy
 Griffis Business & Technology Park
 8 am - 11 am

Saturday, February 16
Oneonta Indoor Walk
 Foxcare Center
 10 am - 2 pm

Wednesday, February 27
Sangertown Indoor Walk & Pre Registration
 Sangertown Square
 7 am - 7 pm

125 Business Park Drive, Suite 106
 Utica, NY 13502
 Founders Affiliate
 American Heart Association.

Registration Sponsor: Utica Pediatrics
 Healthy Heart Smile Photos By: CARUSO ORTHODON
 Sponsored By:
 Free Event with Promo Code KHC
 1307 Champlin Ave., Utica, NY 13502
 Valley Gymnastics
 Parking for the Kids Heart Challenge is at:
 Event begins at 7:00 pm
 6:30 pm-7:00 pm
 Registration at Valley Gymnastics
 Friday, March 29
Kids Heart Challenge

HEART WALK: KIDS HEART CHALLENGE

Friday, March 1, 6 am - 6 pm
 Saturday, March 2, 5 am - 1 pm

WIBX 950 AM
 Broadcast live over:
 News • Talk • Sports

Locally sponsored by:
 Stocum-Dickson
 Medical Group P.L.C.

48TH HEART RADIOTHON

Friday, March 1, Noon - 8 pm
 Saturday, March 2, 8 am - 1 pm
 Streaming online at www.wktv.com



Broadcast live by:

HEART TELETHON

INCENTIVES

- \$150 Heart Run & Walk Heavyweight Long Sleeve T-shirts
- \$250 Heart Run & Walk Long-Sleeve T-shirt and a commemorative 45th Anniversary keychain
- \$500 Heart Run & Walk Hoodie, Membership in the High "5" Club and the \$250 level
- \$1,000 Membership in the "Grand" VIP Club and the \$500 level
- \$2,500 Incentive catalog item and the \$1,000 level
- \$5,000 Incentive catalog item and the \$2,500 level

All registered runners and walkers will receive a Finisher's Pin and Event Guidebook.

Donations due by April 15, 2019 to receive incentives, prizes, club benefits and awards.

Team photos available from 6 am - noon
 March 2, 2019
 In the Utica College gym

Team Photos Sponsored By:

