



American Heart Association®

Heart and Stroke Walk™

San Diego Heart & Stroke Walk

SATURDAY, SEPTEMBER 16, 2023

7:30am

OPENING CEREMONY

7:45am

WALK BEGINS

9:30am

CLOSING CEREMONY

10:00am

EXPO CLOSES

Balboa Park

6TH AVENUE & LAUREL STREET
SAN DIEGO, CA 92101



AMBULANCE



WATER STATION



RESTROOMS



START / FINISH

The start and finish line are located in the expo area at the intersection of 6th and Laurel St.

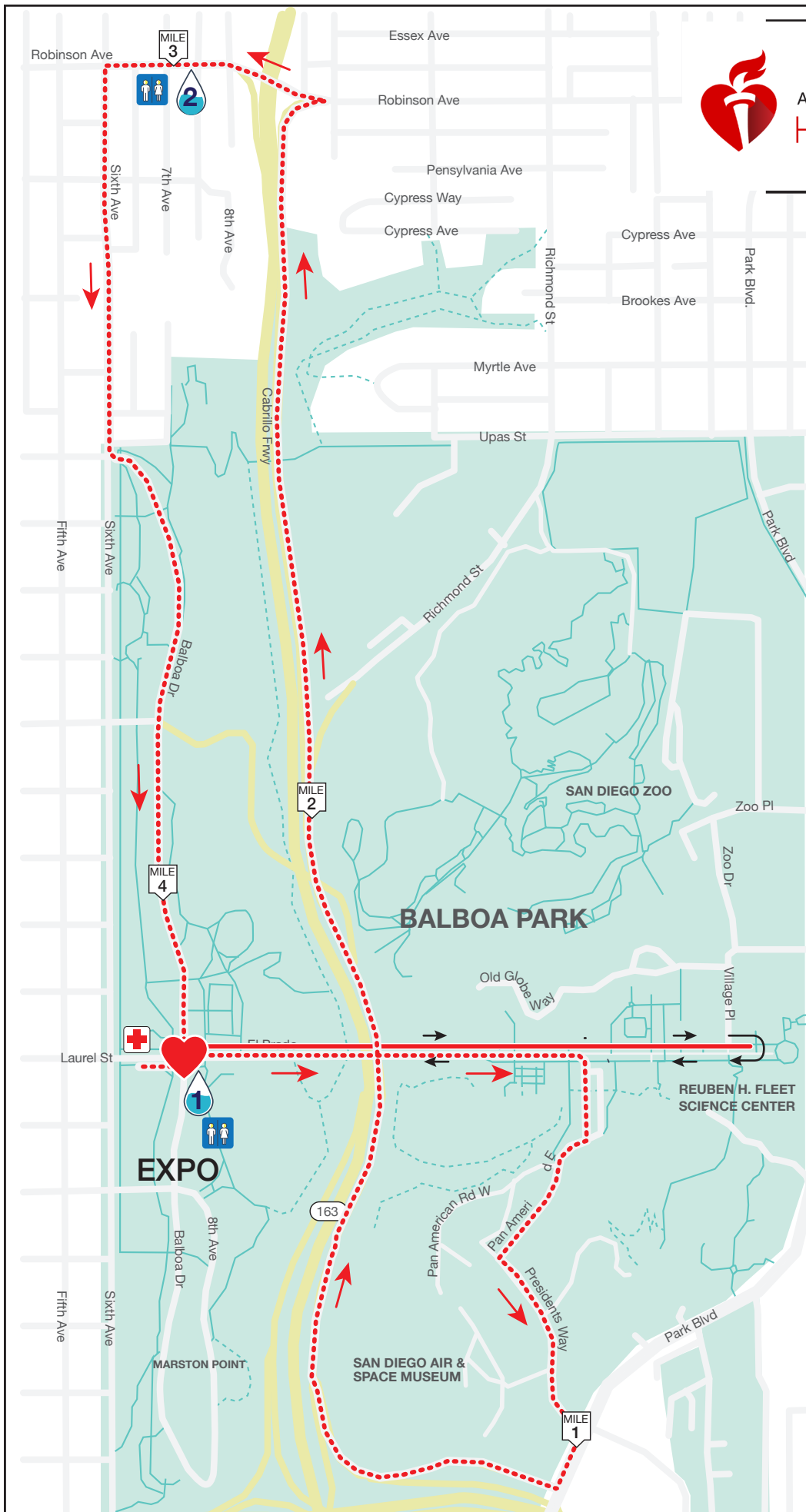


SURVIVOR ROUTE (1 MILE)

Survivors will lead all walkers at 7:30am, walking the Miracle Mile to the Reuben H. Fleet Center Fountain



WALK ROUTE (4.1 MILE)



COURSE MAP – WRITTEN GUIDANCE

START (WALK ROUTE)

- a) The walk will begin at the Heart Walk arch Start/Finish line on the corner of El Prado and Balboa Drive, in the vicinity of Balboa Park's Laurel Street and Sixth Avenue entrance. While facing East in this area, cheer squad #1, as well as a water stand, will be stationed to the right. All streets will be closed to vehicular traffic.
- b) Walkers will proceed easterly on El Prado Street, over the Hwy 163 bridge, and bear right (South) where El Prado becomes Plaza de Panama. C squad #2 will be stationed at the Southeast corner of this initial turn.
- c) Walkers will bear right to proceed southerly on Pan American Road. Walkers will keep left to follow Pan American Road East, where another cheerleading squad will be stationed to the left.
- d) Walkers will turn left at the end of Pan American Road E onto Presidents Way, proceeding southerly until Presidents Way meets Park Boulevard. This is the one-mile marker.
- e) Walkers will turn right on Park Boulevard, proceeding southerly until cheerleading squad #4 is stationed to the left. At this point, walkers will take their first right onto the CA-163 North onramp that curves around the San Diego Air & Space Museum.
- f) Walkers will walk along this onramp curving left initially, and then curving right, where they will then merge onto CA-163 North / the Cabrillo Fwy.
- g) Walkers will proceed northerly along CA-163 North / the Cabrillo Fwy under the El Prado bridge, after which a water stand will be stationed to the right. This is also the two-mile marker.
- h) Walkers will proceed northerly along CA-163 North / the Cabrillo Fwy until Exit 2a, where they will bear right to take the exit. At the first intersection along this off ramp, walkers will take a sharp right turn onto Robinson Avenue and proceed westerly.
- i) Cheer squad #5 will be stationed at the Southeast corner of Robinson Avenue and Sixth Avenue, where walkers will turn left to proceed southerly along Sixth Avenue.
- j) Cheer squad #6 will be stationed at the Southwest corner of Upas Street and Sixth Avenue, where walkers will bear left onto Balboa Drive. (Almost there!!!)
- k) Walkers will proceed southerly on Balboa Drive, returning to the vicinity of Balboa Park's Laurel Street and Sixth Avenue entrance. Cheer Squad #7 will be on your left, followed by cheer squad #8, on your right.
- l) That concludes the San Diego Heart & Stroke Walk, which is about 4.1 miles in length. Water, first aid, and restrooms, and will all be in the vicinity of the Start/Finish line.

END (WALK ROUTE)

START (SURVIVOR ROUTE)

- a) The walk will begin at the Heart Walk arch Start/Finish on the corner of El Prado and Balboa Drive, in the vicinity of Balboa Park's Laurel Street and Sixth Avenue entrance. While facing East in this area, cheer squad #1, as well as a water stand, will be stationed to the right. All streets will be closed to vehicular traffic.
- b) Walkers will proceed easterly on El Prado Street and over the Hwy 163 bridge. Cheer squad #2 will be stationed at the Southeast corner of where El Prado bears right to become Plaza del Panama.
- c) Walkers will pass the Plaza fountain and continue easterly across the Plaza, along the walking path between Balboa Park's museums (Timken Museum of Art to the right, San Diego Model Railroad Museum to the left, etc.)
- d) A second fountain will be at the end of this path, where the Reuben H. Fleet Science Center is to the right.
- e) This point is the 0.5-mile marker, wherein walkers will turn around and proceed westerly, retracing the exact path they took back to the Heart & Stroke Walk Start/Finish line, in the vicinity of Balboa Park's Laurel Street and Sixth Avenue entrance.
- f) That concludes the San Diego Heart & Stroke Walk Survivor Route, which is about 1 mile in length. Water, first aid, and restrooms, and will all be in the vicinity of the Start/Finish line.

END (SURVIVOR ROUTE)

Volunteers will be on hand to direct walkers. If you need assistance or have any questions, please contact Andrew Johnson (562) 354-0570.