



American Heart Association®
Heart Walk®

DAY OF WALK EVENT GUIDE

2022 Maine Heart Walk

**Sunday, May 15, 2022
Back Cove Trail Parking Lot
Preble Street, Portland, ME
(Across from Hannaford
at 295 Forest Ave!)**

WELCOME. HERE ARE THE BASICS.

Event Schedule

- 8:30 AM Registration at Back Cove Trail Parking Lot
- 9:00 AM Heart Walk Kick Off Ceremony
Walk begins (rain or shine)



Back Cove Trail Parking Lot

**Preble Street
Across from Hannaford
at 295 Forest Ave
Portland, ME 04101**

PARKING. DIRECTIONS.

LOCATION & DIRECTIONS

The Heart Walk celebration site is the Back Cove Trail Parking Lot on Preble Street, Portland, ME. The parking lot is located across from Hannaford at 295 Forest Ave, Portland, ME.

PARKING

Parking is available in the four highlighted locations on the map.

1. The parking garage at InterMed Building at 84 Marginal Way
2. The Portland Post Office Parking Lot at 26 Marginal Way
3. The Gorham Savings Bank Parking Lot at 63 Marginal way
4. The AAA Northern New England Parking lot at 68 Marginal Way



REGISTRATION. DONATIONS

REGISTRATION

- If you **HAVE** registered as a participant on the Heart Walk website you DO NOT need to check-in or register at the Heart Walk.
- If you **HAVE NOT** registered as a participant on the Heart Walk website you MUST stop at the Registration/Donation Collection tent in the Back Cove Trail parking lot to sign a Participant Waiver.
- **HINT HINT** Visit MaineHeartWalk.org and register for the Heart Walk prior to May 15 and you will be able to bypass registration and enjoy the celebration!



DONATIONS

Participants may turn in donations at the Heart Walk. While we request that you make donations online through the website or app, if you are paying with cash or checks, place in a sealed envelope marked with the donor's name, along with the team or participant's name to whom the contributions are to be attributed.

INFORMATION

If you have any questions on the day of the event, please stop by the Donation Collection/Information Tent and volunteers will be available to answer your questions.

MORE INFORMATION.

HEART WALK

- The 3.5-mile Heart Walk take place around the Back Cove Pathway.
- The walkers will be walking from the Back Cove Trail Parking Lot celebration site at 9:00 am—10:30 am.
- **MIRACLE MILE:** There is an optional 1-mile walk route. Continue 1/2-mile down the route until you see the sign asking Miracle Mile walkers to turn around and walk back to the Start Line.



FIRST AID & EMERGENCY

- An ambulance from North East Mobile Health Services will be available at the celebration site from 8:00 am - 12:00 pm
- We will have a golf cart circling the route to assist any walkers who need help.
- In the event of an emergency, please call 911 and find the nearest volunteer to assist you.

FREQUENTLY ASKED QUESTIONS.

SURVIVOR

RED & WHITE CAPS & RED CAPES

The Heart Walk celebrates and honors individuals who have survived cardiovascular disease and/or stroke. We present heart survivors with a red cap, stroke survivors with a white cap, and pediatric survivors with a red cape.

If you are a survivor, please visit our survivor-cap table.

Remember, our survivors are alive today in part because of your fundraising efforts. Let's celebrate their lives!!



FOOD & DRINKS

- Water, granola bars, and bananas will be available to all participants prior to the walk.
- There will be two hydration stations along the water route.

FREQUENTLY ASKED QUESTIONS.

WHAT TO WEAR & WHAT TO BRING

- The weather in May is constantly changing, so it's best to layer your clothing and be prepared for varying temperatures.
- Wear sneakers or comfortable shoes.
- Strollers and wagons are welcome. Note that light umbrella type strollers can be difficult to push on the Back Cove Pathway.

Health & Safety Protocols

- Please note this is a mask friendly event.
- Masks will be available at registration.
- Hand sanitizer will be available in all port-o-potties and on tables through the event.

Still have questions?

Lena Minervino

lena.minervino@heart.org

207-730-1213

Emily Johnson

emily.johnson@heart.org

518-810-6959

