



American Heart Association®

Heart Walk®

Eastern CT Heart Walk

Sunday, October 1st, 2023

UConn Avery Point - Route Map



Route Directions

- The 1-mile route begins at our event grounds located at 1084 Shennecossett Road, Groton, CT.
- From the start, participants will head south and quickly loop around the event grounds towards the student parking lot, before connecting to Avery Point's beautiful shoreline path.
- The path continues for one-third of a mile along the shoreline, before participants walk through the Avery Point Campus.
- After walking .20 of a mile, participants will make a left turn at the athletic center and one final left towards the student center.
- The Route concludes back at the event grounds.
- Participants are encouraged to walk three laps to complete the full Heart Walk course or one lap for the Survivor Mile course.

Please contact us with any questions:

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