



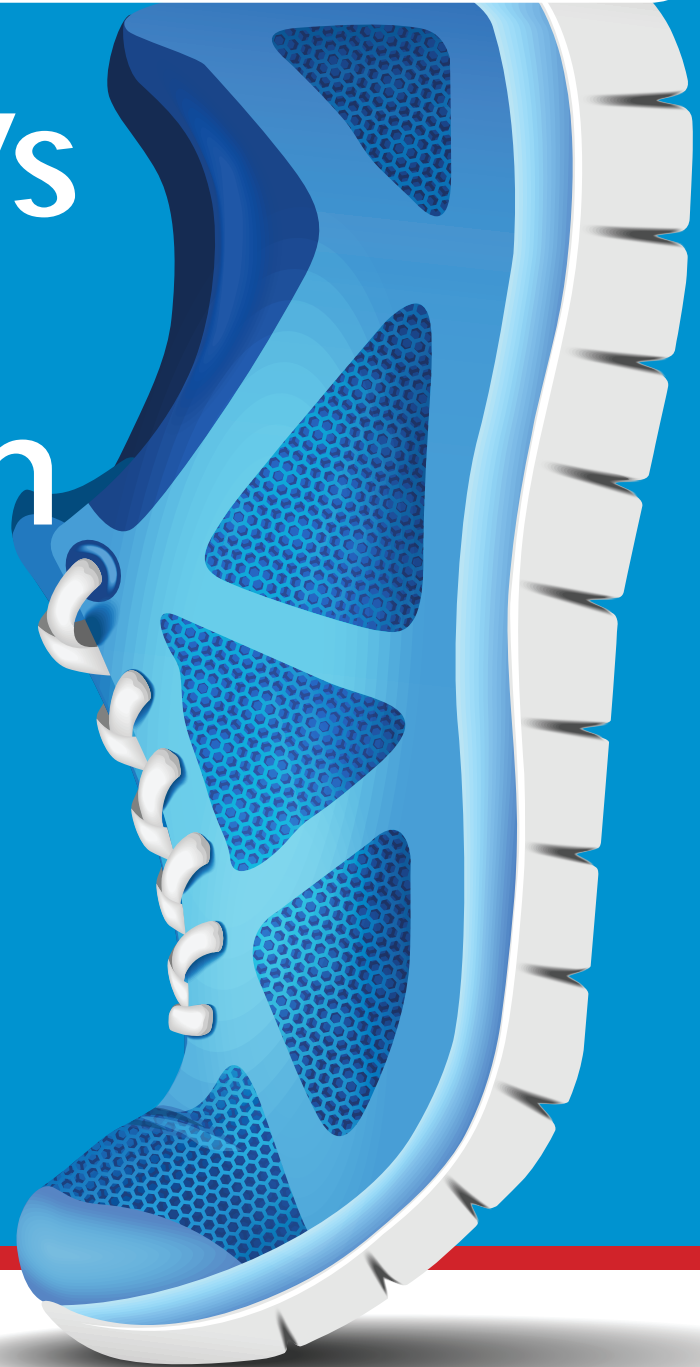
**American
Heart
Association®**

life is why™

Healthy For Good™

**America's Greatest
Heart Run & Walk**

America's Greatest Heart Run & Walk Event Guidebook



**Saturday
February 11, 2017**
Oneonta Indoor Walk
FoxCare Center
■ 4 laps = 1 mile

**Saturday
February 25, 2017**
Rome Run/Walk
Rome Free Academy
■ 36 laps = 3 miles
■ 60 laps = 5 miles

**Wednesday
March 1, 2017**
New Hartford Indoor Walk
Sangertown Mall
■ 7 laps = 3 miles
■ 12 laps = 5 miles

**Saturday
March 4, 2017**
America's Greatest
Heart Run & Walk
Utica College



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2017 Event Logo designed by
Alejandro Alvarez from Dominican Republic
Pratt @ Munson-Williams-Proctor Art Institute





2017 America's Greatest Heart Run & Walk Corporate Chair

Daniel B Jones, CLU®, ChFC®, CFP®
Northwestern Mutual Wealth Management Advisor

Leading the efforts for the 2017 Heart Run & Walk this year, Dan Jones has assisted the American Heart Association/American Stroke Association in the Utica area to lead the fight against heart disease and stroke. The money raised brings the American Heart Association/American Stroke Association closer to achieving its 2020 Impact Goal of decreasing death from heart disease and stroke by 20% and improving the cardiovascular health of all Americans by 20% by the year 2020.

"It's been my honor to act as your chairperson for the 2017 America's Greatest Heart Run and Walk," said Jones. Each year, we look forward to gathering in support of the AHA/ASA as a community committed to battling heart disease and stroke. Please enjoy your day with family and friends."



Northwestern Mutual®

THANK YOU

From the bottom of our hearts for your participation in America's Greatest Heart Run & Walk and for your support of the American Heart Association/American Stroke Association's mission of building healthier lives, free of cardiovascular diseases and stroke.



Jennifer, Kristy, Sarah, Abby, Anne, Wendy and Tabitha



Welcome to the **43rd America's Greatest Heart Run & Walk**. The American Heart Association/American Stroke Association staff and our committee are extremely pleased that you have chosen to join us for this year's event! We have been working diligently over the past year to bring you a signature event that will inspire you to lead a heart healthy life!

In the past 43 years, we have raised more than \$24,000,000 for the American Heart Association/ American Stroke Association to support the fight against the No. 1 and No. 5 killers of Americans - heart disease and stroke. This would not be possible without the continued support of our sponsors, the local community and YOU, our participants! This is why we are the longest running, most successful event in the country!

In recent years the American Heart Association/ American Stroke Association has expanded it's focus to educate our community on the benefits of healthy eating, exercise and knowing your risk factors for heart disease and stroke. Heart Run/Walk Weekend is a perfect time to immerse yourself in activities that will educate you by: attending the **Healthy For Good Expo** at Utica College and learning about

healthy eating; partaking in a health screening during the Risk Assessment at the Health Expo; and start yourself on an exercise program by walking or running in America's Greatest Heart Run & Walk. But the education does not stop at the end of Heart Run/Walk Weekend. **You can take part in other educational activities throughout the year such as the Go Red For Women Luncheon, National Healthy Eating Day, National Walking Day, learn Hands-Only CPR™, or visit an American Heart Association/ American Stroke Association booth at health expos throughout the community.** Speaking of Hands-Only CPR, we are proud to say that New York State has become the 26th state to require Hands-Only CPR training as a graduation requirement. This means more than half of our county's high school students will be trained in CPR every year, putting a new generation of lifesavers into our communities.

Whether this is your first Heart Run/Walk or your 43rd, we hope you have a great day and from the bottom of our hearts, **THANK YOU** for your dedication to this cause!

Jim and Theresa



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With heartfelt appreciation to all participants
of the 2017 America's Greatest Heart Run & Walk
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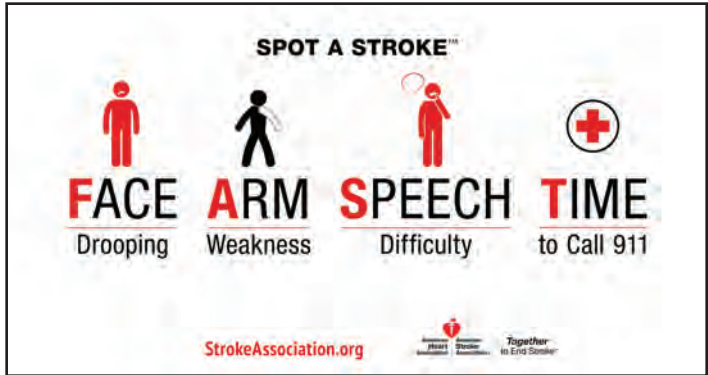
Last year David and I had the opportunity to volunteer with a group of outstanding individuals as we worked to bring a new look to the Expo for its 30th anniversary. This year, the **Healthy For Good Expo** will keep its new look, with a few added bonuses scattered throughout.

Participants have the opportunity to register for the Heart Run & Walk and then take a walk through four zones where they can get information about healthy eating, fitness and so much more. Demonstrations done by our vendors will allow participants to be interactive, providing many opportunities to learn about all aspects of healthy living.

Also included in the expo is the **Health and Wellness Assessment Program**, sponsored by the Mohawk Valley Health System. In this area of the expo, participants are able to obtain a free health and wellness assessment from area medical providers. The screenings provide valuable information and can aid in detecting important medical conditions including high blood pressure, cholesterol and diabetes. Understanding your risk of developing these conditions can be lifesaving!

In addition to our vendors, **The WKTV Heart Telethon**, which will be broadcast by WKTV on Channel 2 and sponsored by UFCW Local 1, will be going on throughout the day. **The WIBX Heart Radiothon**, which is sponsored by Slocum Dickson Medical Group and broadcast over WIBX 950, will also be live on Friday.

While online and remote registration is available, we encourage all participants to come to the Expo on Friday, March 3, 2017, at the Utica College Athletic Center, to see what the Expo has to offer. Together we can promote health and wellness and continue to reduce the burden of cardiovascular disease and death. We hope to see you at the Healthy For Good Expo!





Knowing Your Numbers Could Save Your Life

Thomas L. Norton
Health & Wellness Screening Chairman
Mohawk Valley Health System Cardiac Services

One of the main reasons the **Mohawk Valley Health System (MVHS)** is a sponsor of **America's Greatest Heart Run & Walk Healthy For Good Expo** is to get as many participants as possible to **"Know Their Numbers."** Knowing your numbers for cholesterol, diabetic risk score, blood pressure and waist measurement is important; it could literally save your life.

Free testing for those numbers will be offered at the Expo to adults over 17 years of age and a pulmonary function test is offered by the Mohawk Valley Community College Respiratory Care Program. Following the screening, participants will have the opportunity to discuss their results with one of our healthcare professionals who donate their time and expertise at the event.

MVHS is a tertiary care center for cardiac services, providing award-winning, patient-centered care right here in Utica. Our Cardiac Services team is dedicated to bringing high-quality care to the hearts and people of our community.

Our Health & Wellness Screening is at the Healthy For Good Expo in the Utica College Gymnasium on Friday, March 3, 2017 from 9:00 a.m. to 7:00 p.m. We encourage you to stop by for information on how to live a heart-healthy life!

The Mohawk Valley Health System Cardiac & Thoracic Surgery Group

The right place for your heart.

The Mohawk Valley Health System (MVHS) is a proud sponsor of America's Greatest Heart Run and Walk.

Laszlo Fuzesi, MD, chief of cardiothoracic surgery, relocated from Pocono Medical Center in East Stroudsburg, Pennsylvania, where he also held the department chief role. Anne Cahill, MD, cardiothoracic surgeon, served as director of cardiothoracic surgery at Champlain Valley Physicians Hospital in Plattsburgh, New York, before joining MVHS and specializes in women's cardiac health. They join Frederic Joyce, MD, cardiothoracic surgeon, at St. Elizabeth Medical Center (SEMC), where he has practiced since 1997.

Our surgeons perform operations on the heart, lungs and blood vessels in the chest, including transcatheter aortic valve replacement (TAVR), cardiac bypass surgery, aortic and mitral valve surgery, surgery to repair aortic aneurysms and correct irregular heartbeats, hybrid coronary revascularization, intra-operative echocardiography, esophageal surgery and surgery to treat lung cancer. Our providers specialize in minimally invasive surgery of the heart and lungs and specialized care for women's cardiac and vascular health.



Left to right: Frederic Joyce, MD, Anne Cahill, MD and Laszlo Fuzesi, MD



MVHS Cardiac & Thoracic Surgery Group
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Health Expo

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Red Cap Ambassadors Nixon Dudajek-Bush



Nixon was born April 20, 2015 after a healthy, full-term pregnancy. No problems were noted at birth. However, a few days later in the hospital, thanks to pulse oximetry testing and a concerned pediatrician, an echocardiogram was scheduled. The test found

that Nixon had a hole in his heart and other possible complications. It was devastating news and we were extremely concerned about our little one's health. Nixon was referred to, and has been followed by, a pediatric cardiologist who determined that Nixon needed open heart surgery to repair a ventricular septal defect and pulmonary stenosis. After a few months of appointments, we were told that Nixon had a form of Tetralogy of Fallot, a congenital heart defect affecting four different parts of the heart. The surgery was scheduled out a few months, giving him a time to grow bigger and stronger before undergoing surgery.

On August 6, 2015, Nixon underwent open heart surgery. It was the hardest thing we have ever been through. Seeing your baby fighting so hard and recovering from such trauma is difficult, to say the least. There were some complications after surgery and Nixon was hospitalized longer than expected. However, he recovered and came home on August 19, 2015. He had multiple areas of his heart fixed and they continue to recover and heal. He may need another procedure down the road to fix his absent pulmonary valve.

Congenital heart defects (CHD) affects one in every one hundred births. They are the number one birth defect. There is no cure for CHDs, however, if they are caught early there is a better chance for survival and recovery.

Nixon will need to be monitored for the rest of his life. He fights CHD everyday with every heartbeat. We hope his story can help raise awareness of CHD and the importance of early detection and pulse oximetry

testing. We are so very fortunate that the pediatrician was conservative enough to order follow up testing to his pulse ox readings. Nixon is our strong, tough, little man and he is our Heart Hero! He is our everything and that is why he is our WHY!



Red Cap Ambassadors Ken Palmer



My story starts in the summer of 1999. While marching with my Fire Department I would get a little burning situation in my chest if marching up a slight grade. In addition, while helping my son on his farm I would get the same feeling if I was doing anything strenuous. I began to think about this and

would, if possible, avoid any activity that might give me too much stress.

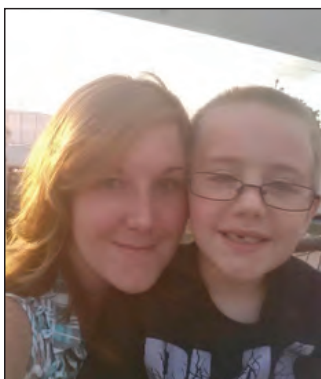
I knew that in January I would be having my semi-annual physical so I was ready to speak to my doctor about this. At the time of my physical there appeared to be no indication of a problem. However, when the doctor told me all signs were good he said, "Other than that, how do you feel?" My answer was, "I have been having some shortness of breath."

That began my series of tests. Two weeks later, I had a stress test and I failed. In two more weeks I had a heart catheterization. The results: five blockages. I believe it was two at 100%, two at 90%, and one at 85%. The doctor's words were, "I have some good news and some bad. Bad news were the blockages, good news, we can fix it."

On Friday, February 25, 2000 I had successful quadruple bypass surgery. On Monday, February 28, I was home and taking walks outside my home in Mohawk. Following a time of recovery and rehab, I was able to return to full service with my Fire Department at the end of May 2000. I had many people praying for me at home and as far away as California. Today, I continue to have an active part in my Fire Department, Church and community.



Red Cap Ambassadors Ashley Hurteau



Hello, my name is Ashley. I am 29 years old and I am a mother to a nine-year-old boy. I was born with a congenital heart defect, but no one was aware of it until I had my kindergarten physical when I was five. I was not a very active kid before that and the doctors would say, "That's fine."

When I had my physical, the doctor listened to my heart and noticed my lips kept turning blue. He noticed a murmur, so just to be on the safe side he sent me to see a pediatric cardiologist. The cardiologist was amazed no one had noticed my heart condition before this and told us I had a quarter size hole in my mitral valve.

When I was five years old, I had my first open heart surgery to repair the quarter size hole along with a couple other stitches in my valve. While I was growing up, I was not allowed to play any long exerting sports, like track or soccer, but I could play in gym. I was told I would have to have open heart surgery again by the time I turned 18. Every year we would go back to see my cardiologist to have more tests done.

I made it to 26-years-old before I had to have my second open heart surgery. I would go to the gym every day and go to work, but then I began to pass out more often at work. The doctor would say, "You need to eat more protein." I would tell them it's my heart and I would be told I had textbook blood pressure. My pulse was always under 50, ever since I was 5, and that textbook blood pressure was not normal for me.

I then began to go see a new cardiologist. The new doctor said I wouldn't need a surgery again till I was 50. I did not agree with this as the same thing kept happening. Then another cardiologist listened to me and performed a test called the TEE. That test pretty much saved my life, because my valve was leaking in the back of my heart and it did not show on any other test. My surgery was then scheduled to repair the mitral

valve. Instead of a pigs valve they were able to use technology called an annuloplasty band.

I will eventually have another surgery when I'm older, but today I am able to run, walk, and play with my son because of all the advancements that are made for the heart!

The advancements in technology for heart conditions is what makes me a proud supporter of America's Greatest Heart Run & Walk.



Red Cap Ambassadors Kaydence Lupinski



Kaydence Lupinski, born August 9, 2014, was diagnosed with a ventricular septal defect (VSD) at birth. After being monitored for a short time, doctors informed her parents she would need to have heart surgery in order to correct the VSD. There was a time period of waiting, however, for surgery since Kaydence's lungs needed further developing to tolerate the anesthesia. The thought of having a baby, your baby,

go through heart surgery is terrifying. There were many sleepless nights monitoring Kaydence until she was strong enough for surgery to be done. While waiting for surgery Kaydence developed complications such as difficulty breathing, not sleeping or eating, and too much fluid in her lungs. Through this difficult time Kaydence's parents needed strong support. This was their first child; there are uncertainties with being a new parent let alone a new parent whose child is diagnosed with a heart defect. At the age of 6 months on February 24, 2015, Kaydence had successful heart surgery to correct her VSD and another hole in her heart they found during the procedure. Kaydence's recovery went well and she was able to go home. Kaydence is a happy, wonderful toddler with an endless smile! She still needs to be monitored but is a beautiful heart survivor!



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WKTV Heart Telethon



This will be my ninth year as the **Volunteer Chair of the 2017 WKTV Heart Telethon.** We have come a long way over the years and this continued success of the Telethon is due to the commitment of our volunteers and our dedicated sponsors.

This is the second year we are proud to have United Food and Commercial Workers Local One as our Presenting Sponsor. With them, and the generosity of the community, this event grows every year. It is those pledges that help support further research, education and programs to reduce heart disease and stroke in the future.

Each and every individual that contributes to this worthy cause, whether it be volunteering on the phone, back office, supervising, or in another capacity, all work hard and tirelessly to make this event successful year after year.

With the assistance of the Utica College Athletic Department this is the second year we will be starting the event at noon on Friday. WKTV, as it has done in the past, will use all its latest technologies to give viewers superior coverage on its networks and on its web site for live streaming of the event.

On behalf of the Telethon Committee we want to also recognize **New York State Correctional Officers and Police Benevolent Association (NYSCOPBA), Preferred Mutual Insurance, Regional Primary Care Network (RPCN), Honda, Masonic Care Community, Assured Information Systems** and all of our sponsors and volunteers who are so generous and supporting of our efforts. Each and every sponsorship and pledge helps us to reach our goal and I am very proud to have yet another opportunity to take part in this worthwhile lifesaving endeavor.

Together, we are winning the battle against heart disease and stroke.

Steve Gassner
WKTV Heart Telethon Chairperson



Don't Wait for a Second: Make a List and Check it Twice

- 1 Take Your Medications**
Take medications as your doctor prescribed. They help you avoid another heart attack. Forgetting to take a dose or get a refill can lead to big health problems.
- 2 Follow-Up With Your Doctor**
Getting better means working together with your healthcare team. See your doctor within 6 weeks of your heart attack to help keep your recovery on track.
- 3 Participate in Cardiac Rehab**
Cardiac rehabilitation improves your physical and emotional recovery by increasing your physical fitness, helping you adopt heart-healthy living, and addressing sources of stress.
- 4 Manage Risk Factors**
Common risk factors include smoking, high cholesterol, high blood pressure and diabetes. Use medications and lifestyle changes to lower your risk of another heart attack.
- 5 Get Support**
Sharing your journey to recovery with family, friends and other survivors can help reduce anxiety and loneliness.

Act now to prevent another heart attack. Visit heart.org/heartattackrecovery to learn more.



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 and
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And we look forward to taking your calls at the telethon!



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WIBX Slocum-Dickson Heart Radiothon

Adam Lawless



Why do I volunteer? That's easy. Simply put, it is a part of our local culture. Just like greens, chicken riggies and halfmoons, giving back to the local community is part of who we are as Uticans. Growing up in this community, we're raised knowing that giving back to others

is a central component of everyday life. There are many causes this community supports throughout the year and I am proud to be a part of one of its biggest and longest running fundraisers- America's Greatest Heart Run & Walk.

Having a family history of heart-related health issues, I am well aware of the continuing need for fundraisers like this. I have seen this event from various vantage points, as a walker, a runner, a volunteer, a donor and an inspired participant. Coming off a successful two-

year streak of setting new Radiothon records, I am excited and honored to return as the Radiothon Chairperson for 2017. I am particularly looking forward to continuing our Treadmill Challenge sponsored by Walmart, which has been gaining momentum with each passing year.

The coordination and partnership on the behalf of **WIBX and Slocum-Dickson Medical Group** is something to be admired and applauded. I look forward to continuing this tradition of generosity alongside the multitude of incredible volunteers and kindhearted donors. Without the time and dedication of so many, we would not be able to raise the funds that help countless people right here at home. Thank you to all those who continue to support this worth-while local event.

Adam Lawless

WIBX Slocum-Dickson Heart Radiothon Chairperson

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**Thank you from the bottom of our hearts
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Lifestyle Change Award

Heart diseases and stroke remain the #1 and #5 killers of Americans, although largely preventable. This is why the American Heart Association (AHA) established the **Lifestyle Change Award** to recognize individuals who have made significant and positive changes to improve their quality of life and overall health.

This award is presented annually to a deserving individual, whether they have lost weight, started to eat better, improved their cholesterol through exercise and diet, or a combination of these things and more. The recipient is chosen to inspire others to improve their health. The winner will help the AHA to educate others on how to make similar lifestyle changes, and to reach our impact goal of improving the cardiovascular health of all residents of the Greater Utica area.



Mended Hearts

Mended Hearts, Inc. is a volunteer organization that consists of people who have heart disease, their families, medical professionals, and other interested individuals. It was formed in 1951 by two men and two women recovering from heart surgery in 1950. They felt the need, as we do today, to help others facing heart-mending procedures. **Mended Hearts** was incorporated in October 1955. The Mended Hearts, Inc. membership has grown each year with more than 200 chapters across the country.

The programs of **Mended Hearts, Inc.** chapters are designed to be of interest to heart patients and their families- and guests are always welcome. This program is endorsed by the American Heart Association and numerous institutions and agencies throughout the United States. Many physicians and surgeons recognize the value of the service that Mended Hearts, Inc. can offer. In addition to providing information, chapter members form a support group for one another, contributing emotional backing to recovering patients and their families.

If you're interested in joining Mended Hearts, Inc. Utica Area Chapter 288, please contact Chris at 315-732-1713 for information. Individual dues are only \$22 per year, and this includes a subscription to Heartbeat Magazine.



Community Team

COMMUNITY BANK
Wealth Management
Investments • Insurance • Trust Services



Heart Healthy Smile

Caruso Orthodontics



Red Heart Day

NEW HARTFORD
Shopping Center

Gross Pledge Amounts

Per Year & Total Participants

1975	5	\$274
1976	32	\$2,200

(First Official Run Event)

1977	53	\$4,000
1978	60	\$4,800
1979	68	\$5,400
1980	75	\$6,000
1981	91	\$6,800
1982	115	\$9,800
1983	186	\$18,000
1984	310	\$36,000
1985	467	\$67,459
1986	636	\$98,157
1987	802	\$133,320
1988	1,341	\$196,720

(First Official Walk Event)

1989	1,798	\$238,157
1990	2,425	\$303,960
1991	2,604	\$331,747
1992	2,952	\$352,644
1993	3,045	\$371,789
1994	2,730	\$356,369
1995	3,243	\$395,525
1996	4,395	\$474,196
1997	5,719	\$566,606
1998	7,280	\$667,341
1999	8,601	\$872,477
2000	8,278	\$1,001,067
2001	8,106	\$1,036,393
2002	7,507	\$1,010,690
2003	7,102	\$1,066,515
2004	7,746	\$1,114,316
2005	7,882	\$1,174,747
2006	7,888	\$1,141,888
2007	7,963	\$1,207,515
2008	8,004	\$1,260,731
2009	8,590	\$1,123,948
2010	9,060	\$1,166,102
2011	9,271	\$1,142,078
2012	8,966	\$1,132,223
2013	8,809	\$1,120,827
2014	7,544	\$1,096,085
2015	6,307	\$1,112,941
2016	6,576	\$1,090,495

Water Stops

- ◆ Route 365 in Holland Patent
- ◆ Holland Patent American Legion & Stittville VFW
- ◆ Corner of Route 291 and Olin Road
- ◆ Whitestown American Legion
- ◆ Route 291, Marcy Whitestown Post 1113 American Legion
- ◆ Main Street, Whitesboro
- ◆ Whitestown Vets
- ◆ Campbell Ave. and 3rd Ave., Yorkville Whitestown Vets & Yorkville FD
- ◆ Communication Workers of America
- ◆ VFW Post 7393
- ◆ Heartbreak Hill
- ◆ Our Lady of the Rosary Church
- ◆ Finish Line

42 Year Total
\$24,518,302



14th Annual Rome Run and Walk

Welcome to the **Rome Run & Walk Event** as part of America's Greatest Heart Run & Walk!

This year's event returns to Rome Free Academy on February 25. The event features two different indoor walk courses as well as a 5k outdoor run through the Griffiss Business and Technology Park. The event also features a vendor fair where participants can learn about healthy lifestyles.

Our event also features a wide-array of family friendly activities inside "Sidney's Circle." Sidney was a Rome resident who passed away from heart disease and Sidney's Circle is a way to honor her memory through the many fun filled activities which are offered.

The Rome Committee would like to thank the many volunteers who help make this day possible including the RFA JROTC, the Roman Runners, as well as our Sponsor, Rome Memorial Hospital.

Whether you are walking in honor of someone currently fighting a battle, in memory of someone who has passed away or simply to help raise money for research, please know that your dollars play a vital role in ending heart disease and stroke.

Thank you!
The Rome Committee



Proud Presenting Sponsor of the Rome Run & Walk for 14 Years!

ROME
MEMORIAL HOSPITAL
www.romehospital.org

Locally Sponsored by:
Brown & Brown Insurance
Utica/Rome



Rose Butler



Have a Heart Half

HALF MARATHON | 3♥4♥17

Thank you for participating in the **2nd Annual Have a Heart Half Marathon** for the American Heart Association, which is dedicated to Run/Walk Director Jim Stasaitis. I have been a volunteer with the American Heart Association for 25 years and part of the running community since 2004. Mike Brych, President of ATC Endurance will be returning as Race Director along with the capable and well qualified Race Team.

The mission statement of the American Heart Association is to build healthier lives free of cardiovascular disease and stroke.

I know the value of daily movement for people, be they young or old, to develop and maintain an active lifestyle. The more we move at a sustained and consistent level, the stronger the heart muscle gets and the blood flow increases throughout the

body. The health benefits of running include increased prevention of stroke and cardiovascular disease, weight loss, boosting the immune system and helping to lower high cholesterol levels. Physical activity also helps reduce stress, build muscle and reduce bone loss.

Most of all running, especially with a group or running club, builds lasting friendships and a fantastic support and training system. It makes you happier, helps with fitness, strengthens your knees and joints, keeps you more alert and slows the mental decline associated with aging and can add years to your life.

We hope you enjoy the **Have a Heart Half Marathon** and have a fantastic winter run in beautiful Central New York, home of **America's Greatest Heart Run and Walk**. Thank you for supporting the mission of the American Heart Association.

life is why™
Rose Butler

AMERICA'S
GREATEST
heart
Run & Walk
2017

Heart Walk

kids heart challenge

America's
Greatest Heart
Run & Walk

Healthy For Good
Expo

March 3rd

Every
participant will
receive a
bandana and
finisher medal
at completion!

**1/2 Mile Course
with Obstacles**

(No water or mud activities in the course)

For Kids 5-12

Parents must complete a waiver
for each child to participate.

Register at
Utica College – 9am-6:30pm
Valley Gymnastics - 6:30pm

Challenge at
Valley Gymnastics – 7pm



Healthy For Good™
America's Greatest
Heart Run & Walk





2016 Team Challenge Winners

Team Competition Category	Highest Total	Highest Average
Fire Department – Volunteer Arthur Bizzari Memorial Award	Lee Center	Clinton Fire Department
Government Challenge	Utica Police Department	Oneida County
Healthcare	Bassett Healthcare Network	Masonic Care Community
Institutions of Finance	Theresa Flemma/M. Griffith Investment Services	Northwestern Mutual
Organization & Clubs James Blackshear Memorial Award	Rome Lions Club/Team Chad	Mohawk Valley Heartrunners
Friends & Family	Team Stasaitis	Team Ortlieb
Colleges & Higher Education	Utica College	Hamilton College
Schools – K-12 Michael J. Arcuri Memorial Award	Poland Has Heart	Oriskany High School
Veterans Organization Bill Oliver Memorial Award	American legion Post 404/Vernon	
Unions Richard E. Roy Memorial Award	CWA/Verizon	IBEW
Retail	Hannaford Supermarkets	Home Depot
Non-Profit	Human Technologies	Pathfinder Village

Other Award Winners

The Edmund Bruni, Sr. Memorial Award – NYCM Insurance
 The Donald and Maureen Montano Memorial Award – Theresa Flemma
 The George Lein Memorial Award – Albert Pylinski, Jr.
 The Heart Survivor Award – Albert Pylinski, Jr.
 The Lew Roberts Memorial Award – Patricia & Joesph DeFina
 Faithful Participant Award – Gerard Capraro
 Faith Schrek Award – Carl Ciccarelli



HIGH "5" CLUB

Albert Pylinski, Jr.,
Theresa Flemma
Anthony Scott
Sonya Ezell
Patrick McNulty
Jim Stasaitis
Brian Sciortino
Georgianna Fernandes
Gerard Capraro
Victoria Swider
Christine Fuhrer
Steve Campanaro
Crystal Moraco
Maryanne Mamrosch
Dan Jones
Paul Grube
Deborah O'Neill
Scott Gwilt
Susan Garcia
Jim Hastie
Donna Myers
Michael Getnick
Edward View
Dorothy Sperbeck-
Cornell
Bradley Sklar
John Harris
Marolyn Wilson
Victor Powers
Todd Hutton
Marcia Cadwell
Theresa Loring
Thomas Mathew
Vincent Rev. Kelly
Rebecca Alford
Ben Sklar
Kathleen Crossett
Jacalyn Williams
Debra McQueary

Emily Mariani
Timothy Lachacz
Lauren Mattia
Sandy Shivas
James Clare
Carl Ciccarelli
Steven Fuhrer
Kristina Hart
Alison Clare
Gloria Barbato
Laurie Grube
Deborah Loomis
Denielle Bailey
Jonathan Henderson
Jamie Callari
Amanda Kahler
Susan Trout
Lynn Guca
Karen Freytag
Stephanie Thompson
Mary Tramacera
Eileen Cooley
Michael Guca
Anne Hauf
Howard LaFave
Elaine Presley
Jay Snow
Sarah Milograno
Bob Andrews
Edward Croniser
Karen Livingston
William J Baker
Melissa Zeina
Neil Case
Joanne Hewitt
Mollie Wadsworth
Jeanne Marie Case
Karen Eaker Hazlett
Benjamin Poplaski

Michael Kelly
Ronald Yando
Anne Milograno
John Brown
Joshman Case
Brittany Hilts
John Joseph
Gail Parsons
Melissa Strait
Christopher Taft
Shirley W. &
William L. Griffin
Bill Williams
Donna Yando
Dana Silano
Judi Moore
Tom Swider
Joette Criscio
Nancy Novak
Joanne Parent
Brenda Torres
Maryrose Wengert
Judy Widrig
Riza Zimmerman
Gary Urich
Christine Van Meter
Jeanette Meyer
Isabella Stone
Bill Bates
Ardath Johnson
Della Cummings
Carol Larkin
Jonathan Batson
Bill Kosina
Jim Coe
Justine Testa
Daniel Bacon
Carole Barletta
Cindy Coe

James Moragne
Anne Sullivan
Dale Rashford
Brian Lange
Jackie Zbiegien
Charles Sheppard
Lisa Kimmel
Dianna St-Marie
Shari Taylor
James Coyle
Edward Gunn
Scott Fallon
Kaylie Hanna
Judy Robinson
Rae Vanwalker
Clayton Bink
Barry Depot
Alan George
Sue Hughes
Gary Perkins
Theresa Swider
Joe Varlaro
Sara Fisk
Alison Benjamin
Joan Wolek
Jolyn Sweet
Jennifer Gaffney
Dale Jean Decker
Connie Yando
Stephanie Tocci
Mary Jacobs
Kevin King
Ryan Buckley
William Church
Donald DeCarr
Melissa Mann
Matt Moore
Dawn Ortlieb
Michael Park

Donna Williams
Rachel Baker
Maggie Wesolowski
Kathy Abruzzese
Mildred Blackshear
Jennifer Balog
Brian Williams
Debra Crane
Edward Crosnier
Robert Gondeck
Paul Hanley
Chris Illingworth
Peter IV
Kathryn O'Neill
John Regan
Marissa Finch
Kimberly Shlotzhauer
Helen-Holly Crouch
James Merriam
Christopher Abbe
Rosemary View
Gerry Schaller
Ryan Zbiegien
Tara A. Baker
Bill Loomis
Corina Miller
Donna Clifford-Merriam
Lori Dolly
Martha Harris
Ashley Learned
James Warner
Ann Smith
Cindy Revak
Judy Ingersoll
Helen Alberding
Aubrey Alberding, Jr.
Beau Bailey
Timothy Barletta
Phil Beardsley

Rachel Bourgeois
Lynda Briggs
Janet Bunce
Chena Campanaro
Deb Conley
Ginamarie Corridori
Mary Cross
Kayla Cross
John DeTraglia
Gail Dicks
Raymond Edic
Helen Evans
Rebecca Harris
Amy Jones
Dawn Kahler
Robert Kawa, Sr.
Barbara Knight
Chad Lesniak
Nick Mayhawk
Cheryl Nestved
Jeremy Nestved
Dan Niznik
Suzanne O'Neill
Carleen Pelano
Cindy Powell
Jill Riegler
Dawn Schultz
Michele Sheridan
Eric Sims
Brenda Slate
Jackie Stachnik
Dan Swider
Debbie Swider
Susan Tanner
Danielle Taylor
Helen Thomes
Michael Trevisani
Molly Way
Harvey Yando



GRAND VIP

Albert Pylinski, Jr.
Theresa Flemma
Anthony Scott
Sonya Ezell
Patrick McNulty
Jim Stasaitis
Brian Sciortino
Georgianna Fernandes
Gerard Capraro
Victoria Swider
Christine Fuhrer
Steve Campanaro
Crystal Moraco
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Brittany Hilts
John Joseph
Gail Parsons
Melissa Strait
Christopher Taft
Shirley W. &
William L. Griffin
Bill Williams
Donna Yando

I'M PAUL GEORGE

WHEN I WAS SIX

NBA All-Star Paul George

MY MOM HAD A STROKE

Learn the signs of a stroke F.A.S.T.

Face drooping **A**rm weakness **S**peech difficulty **T**ime to call 911



FAST
strokeassociation.org



Together
to End Stroke™

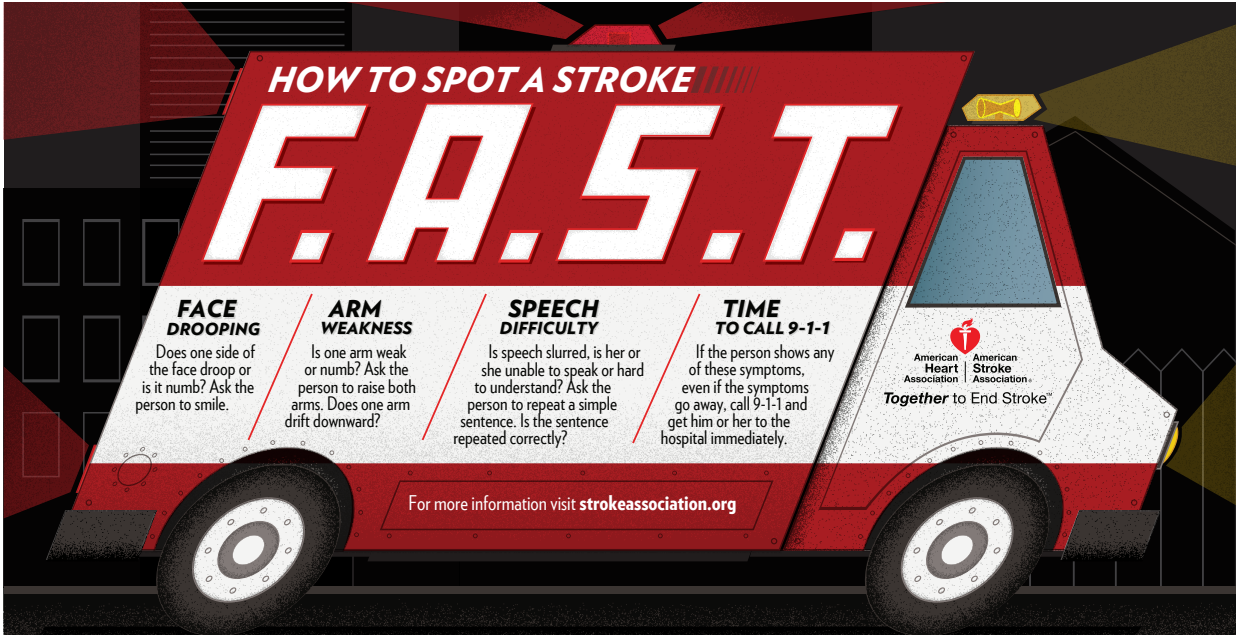
We see people, not patients.

Proud Sponsor of the American Heart & the American Stroke Association



Bassett Healthcare Network

bassett.org



FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY

Is speech slurred, is her or she unable to speak or hard to understand? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?

TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get him or her to the hospital immediately.

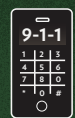
For more information visit strokeassociation.org



F.A.S.T. is an easy way to remember the sudden signs of a stroke and what you need to do when it happens. When you spot the signs, call 9-1-1 right away.

This is important because the sooner a stroke victim gets to the hospital, the sooner they can begin treatment. And that can make a remarkable difference in recovery.

WHAT TO DO IF YOU THINK SOMEONE IS HAVING A STROKE



Immediately call 9-1-1 so an ambulance can be sent.



Check the time so you'll know when the first symptoms appeared.

WHY IS CHECKING THE TIME IMPORTANT?

Immediate stroke treatment may improve the chances of survival, but only if you get help right away.

Stroke is largely a preventable, treatable and beatable disease that affects



On average, a stroke occurs every 40 seconds.



Every 4 minutes someone dies of stroke.

STROKE IS THE NO. 1 PREVENTABLE CAUSE OF DISABILITY.

SPOT A STROKE



strokeassociation.org



National Walking Day

Come join us for our ceremonial walk:

Date: Wednesday, April 5, 2017

Location: Boilermaker Finish Line

Time: 12:00 Noon



Ready, Set...

Lace up your sneakers and make a commitment to live healthier by joining us for the annual **American Heart Association/American Stroke Association National Walking Day!** It's always on the first Wednesday in April. The day is all about taking the first step to become more active. Walking has the lowest dropout rate of any physical activity and can effectively improve heart health.

The American Heart Association/American Stroke Association holds a ceremonial walk each year. Our 2017 event will begin at the Boilermaker Finish Line and loop up and over the new walking bridge.



National Eating Healthy Day



Most Americans know that eating good-for-you foods comes with a lot of health benefits, but it isn't always easy to break old habits. **National Eating Healthy Day** offers people across the country – at home, work or in their community – an opportunity to make a healthy change together and provides necessary resources to make the changes as easy as possible. But eating healthy is more than just an easy way to reduce the risk of heart disease and stroke; it's also fun and delicious.

More than two-thirds of American adults and one in three children and teens are overweight or obese, putting them at risk for heart disease and stroke, as well as many other chronic illnesses and conditions. To improve heart-health, cities all over the country are taking simple steps to participate in **National Eating Healthy Day**.

In the Greater Utica area, the American Heart Association/American Stroke Association held its **2nd National Eating Healthy Day** soup, salad, and sandwich contest. Participants submitted recipes for one or more of the three categories. A panel of **National Eating Healthy Day** volunteers reviewed the recipes to ensure they meet **American Heart Association/American Stroke Association** guidelines and selected the following winners: **Paula Bicking, Melanie Miller, Hannag Gerhardt**.



2016 Contest Winners

Soup: Stuffed Pepper Soup, by Paula Bicking

Salad: 1st Watch Turkey Salad, by Melanie Miller

Sandwich: Turkey & Tomato Panini, by Hannah Gerhardt



Community Impact Grants

Twelve local organizations received funding for community projects to improve the health of the Greater Utica Area. This year's recipients received between \$2,300 and \$5,000, for a total community investment of \$50,000. Over the past four years, the local American Heart Association has been able to award \$200,000 with 52 grants to 35 deserving organizations who are working to improve the health of the Greater Utica area.

The 2016 grant recipients:

- Pathfinder Village
- Utica Roadrunners
- Mohawk Valley Refugee Center
- Utica Zoo
- Thea Bowman House
- Mohawk Valley Institute for Learning in Retirement
- Cornell Cooperative Extensions
- YWCA of Mohawk Valley
- Boy Scouts
- Masonic Care Community
- Center for Family and Recovery
- Food Bank of CNY

"We were so happy to see the level of creative projects being developed to support the fight against heart disease and stroke," says Steve Gassner, past chairman of the AHA/ASA Greater Utica Area advisory board. "There were many merit-worthy projects that would result in improvements in the cardiovascular health of our community. The decisions were not easy."



Oneonta Youth Soccer Club- AED Grant



The American Heart Association / American Stroke Association of the Greater Utica area is pleased to be one of only a few chapters across the country with the privilege of awarding Community Impact Grants.

These grants help start or continue programs within local community groups and organizations that help improve the health of our community. The program supports projects aiming at reducing cardiovascular disease and its risk factors by specifically targeting childhood obesity and family health that fall within the four cause areas; **Go Red For Women, Childhood Obesity, Power to End Stroke and Physical Inactivity.**

Local organizations started applying for grants last December. A committee of local community volunteers reviewed and ranked the grant applications by the projects' alignment with the mission of the **American Heart Association/American Stroke Association.**



Go Red For Women is nationally sponsored by



©2017. American Heart Association, Also known as the Heart Fund. TM Go Red trademark of AHA, Red Dress trademark of DHHS



The 2017 Survivor Class are true examples of women reaching out to their peers to save lives.



Go Red For Women

Heart disease is the number one killer of women, more deadly than all forms of cancer combined! Stroke is the number five killer. The American Heart Association is leading the charge to change these statistics with the education and outreach programs that are a part of the Go Red For Women Campaign. Nearly 1 million women have joined this movement to eat healthier, get active, and educate other women on heart disease and stroke.



Cultural Diversity Outreach

Cardiovascular disease is a leading cause of death for women in America and those from diverse racial and ethnic backgrounds are at a much higher risk. These women confront the barriers to diagnosis, care, and education. The Go Red For Women Campaign in the Greater Utica area has successfully begun a diversity outreach program, where we meet our women where they live and pray. The outreach started through the churches, a gathering place for families, where we are speak about the signs and symptoms of heart disease and stroke, as well as providing information on healthy eating and prevention.

Reaching this diverse population is a priority to the American Heart Association in achieving it's 2020 Impact Goal of reducing deaths from heart disease and stroke by 20% and improving the health of all Americans by 20% by the year 2020.



Go Red For Women Fitness Quest

The Fitness Quest is a mission focused program where companies encourage their employees to lead a healthier lifestyle. Local companies agree to take on this challenge providing information to their employees on healthy eating and increasing activity. In turn, the companies track the participation and receive an award at the end of the challenge period.

Go Red For Women Luncheon
Wednesday, May 3, 2017

12:00-1:30pm

Daniele's Banquet Specialists
New Hartford, NY

<http://heartofutica.heart.org>

2017 Survivor Class Sponsor



FIRST SOURCE
FEDERAL CREDIT UNION
You're First.

Faith in Fitness Sponsor



Utica National Insurance Group



Supporting Sponsors





2016-2017 Greater Utica Area Advisory Board

Thank You

Marolyn Wilson - Chairwoman of the Board

Steven Gassner - Immediate Past Chair

Patrick McNulty, MD - President

Jonathon Henderson, MD - President Elect

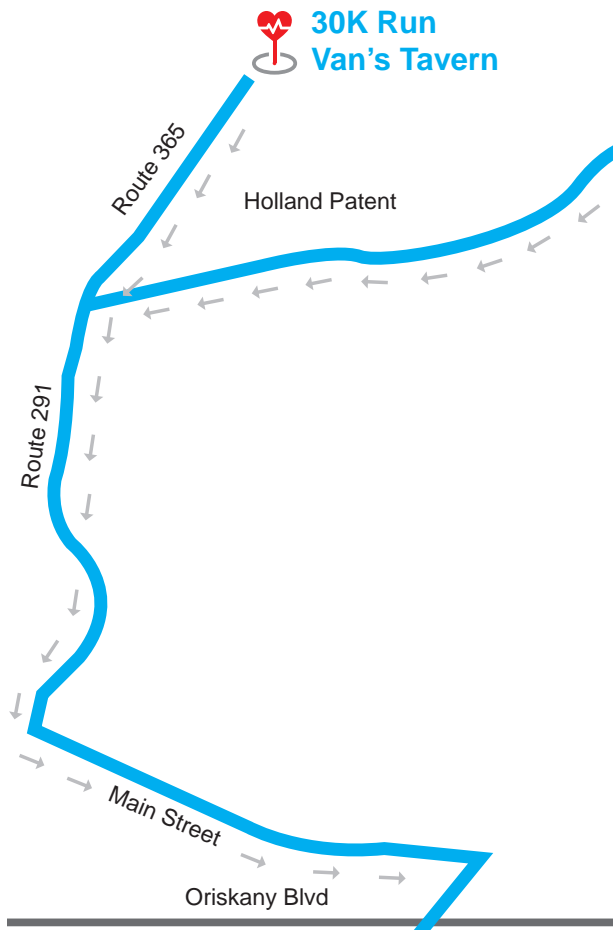


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Albert Pylinski, Jr.
Patricia Roach, RN
Michael F. Trevisani, MD,
MBA, CPE, FASCRS, FACHE
Marolyn Wilson



Thank you for all the hard work and education you have given the American Heart Association





13.1 Mile Run Half Marathon
William Floyd Elementary

Run participants will board bus  at Utica College, Nye Ave. side and ride to their respective start points (see chart for schedule)

Busses  will leave on time! For safety reasons, please start at official time and place.

All run/walk events begin  and end  at Utica College. Event parking is limited so please use the Park & Ride service.

Total dollars pledged must be turned in to receive incentive prizes & awards.

Distance	Utica College	Start Point	Start time
30K Run	6:30 am	 Barneveld	7:30 am
13.1 Mile Run	6:45 am	 Holland Patent	8:00 am
5 Mile Run		Utica College	9:20 am
3 Mile Run		Utica College	9:20 am
5 Mile Walk		Utica College	10:30 am
3 Mile Walk		Utica College	10:30 am



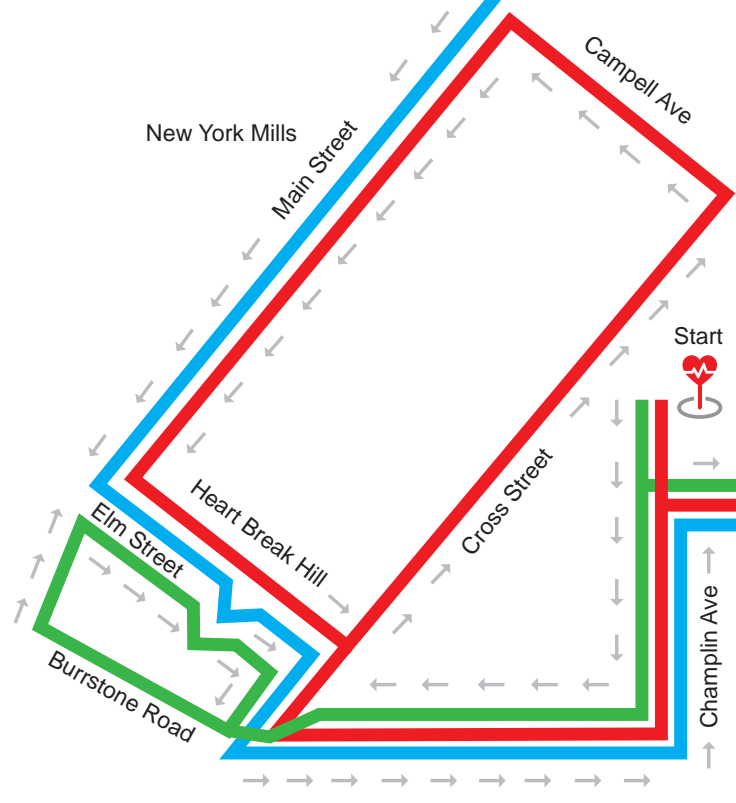
Healthy For Good™
America's Greatest Heart Run & Walk

3 & 5 Mile Run/Walk
Utica College






Welcome Home Sponsor



BNY MELLON



Legend

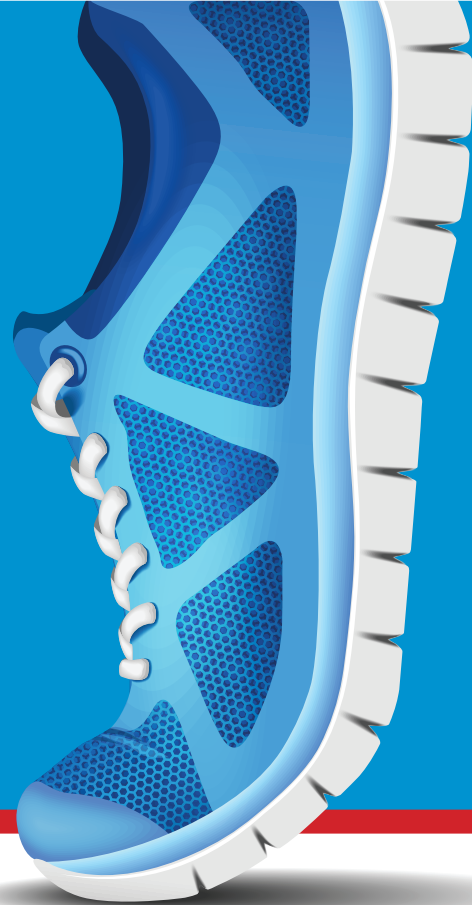
-  Route of 3 Mile Walk/Run
-  Route of 5 Mile Walk/Run
-  Route of Runs
-  Start of Route
-  End of Route



**American
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Healthy For Good™
**America's Greatest
Heart Run & Walk**

America's Greatest Heart Run & Walk Event Guidebook



National sponsor

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Signature sponsor



315-580-3964

Local sponsors



American Heart Association - Founders Affiliate
Lomond Office Park – 120 Lomond Court, Suite 3, Utica, NY 13502
Phone: (315) 580-3964 – Fax: (315) 732-6563 – heartofutica@heart.org