



Greater Hartford Heart Walk at Bushnell Park Participant Guide for Saturday, October 19, 2019

Donation Drop-off & Activities Begin:	9:00 AM
Remarks & Opening Ceremony:	9:30 AM
Warm-up & Stretch:	9:50 AM
Heart Walk Starts:	10:00 AM



Heart Walk is the American Heart Association's annual signature fundraising and awareness event. It is a non-competitive 3-mile walk that raises funds and awareness to support research, education, and advocacy of cardiovascular disease and stroke.

Contact Information:

Bill Lee, Heart Walk Director: bill.lee@heart.org, 203-303-3340 / 860-966-2033 (event day)

Todd Munn, Executive Director: todd.munn@heart.org, 203-303-3326 (office)

Registration:

Register and/or contribute online ahead of time at:

www.HartfordHeartWalk.org Registration at the Heart Walk is available at the Registration & Donation Drop-off Tent starting at 9 AM. The tent will be to the right of the Bushnell Park Performance Pavilion. (map on following page)

Donations:

Coaches and Walkers should turn in Heart Walk donations at the Registration & Donation Drop-off tent between 9:00-10:00AM. (NOTE: Donations may also be submitted to the American Heart Association through November 19th to be counted toward team & participant totals for Heart Walk Hero Gear Rewards.

Contact Bill Lee to coordinate a pick-up, or a drop off date beyond November 19th.)

T-Shirts and Heart Hero Gear Rewards:

Participants who individually raise \$100+ for their team will be qualified to select one of the 2019 Heart Walk T-shirts through the Heart Walk Rewards Center.

NEW! - Those who raise more can select from other cool Hero Gear choices. Visit your Rewards Center via the Participant portal online, or with the Heart Walk App on your phone. Stop by the Registration & Donation Drop-off Tent for more information.

Event Address:

Bushnell Park, Trinity Street, Hartford, Connecticut

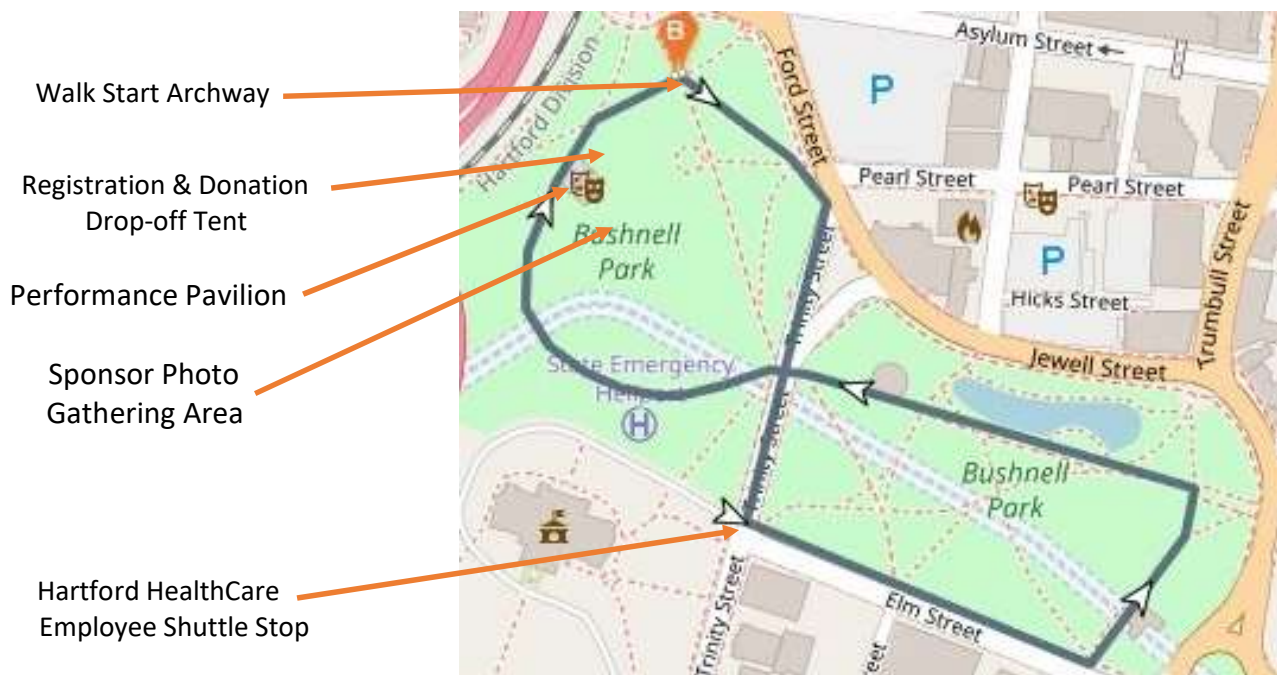
To review additional Park information: www.bushnellpark.org

Parking Options around Bushnell Park:

- Top Walkers, ELT & Board Members, and Invited Guests will be provided a pass for a reserved space in the Connecticut State Capitol Lot.
- The closest parking to the Bushnell Performance Pavilion and the Walk Starting Arch is the **ProPark Mobility** lot across from Union Station (behind the Red Roof Inn on Union Place). A special \$4 Heart Walk rate is available until 1 PM.
- The **ProPark Mobility** lot at the corner of High & Church Streets will also be offering a \$4 Heart Walk rate until 1 PM.
- The **Legislative Office Building Garage** at 300 Capitol Avenue will be open to Heart Walkers. No cost.
- On street parking along Elm & Trinity Streets is available. Be mindful of the planned road closure on Trinity Street during the Heart Walk itself.
- Additional paid parking is available at lots on Asylum Avenue.

Walk Route:

The 2019 Heart Walk is a non-competitive 3-mile walk. The route is a 1-mile loop.





Hartford HealthCare Employee Shuttle

Members and guests of Hartford HealthCare Heart Walk Teams may elect to park in their employee garages at the Hartford Hospital Campus and utilize the LAZ Shuttle service to Bushnell Park.

Shuttles will run between 8 AM & 1 PM. Board the shuttle at the parking circle at the ERC Main Entrance on Hudson Street. Drop off will at the Park will be at the corners of Elm & Trinity Streets, where riders will also board for the return ride back to the Hartford Hospital Campus.

(UPDATE: Your leashed pet will be allowed on the shuttle bus!)

Frequently Asked Questions

What about inclement weather?

Because Heart Walks cannot be rescheduled it is a rain or shine event. Please dress accordingly.



Can I bring my dog on the Walk?

Yes! Fur-friends welcomed! Well behaved dogs on leashes can certainly participate. Water bowls will be out at the MDC Hydration Station.

Are strollers allowed?

Absolutely. The Heart Walk is a family-friendly event. The Walk itself is on paved surfaces and sidewalks.

Can I bring friends if they haven't registered?

Please do! Anyone is welcome to attend the Heart Walk. However, we do encourage them to register online in advance to help us determine how many participants to expect. Registration online is done at: www.HartfordHeartWalk.org
Event-day registrants must complete the simple waiver form at the Registration Tent.

What if I or one of my team members can't walk 3 miles?

That's fine. We understand. The route this year is designed as three 1-mile loops. Do what you can!

I'm already registered online. Do I need to register at the event?

Nope. But do drop off any donations you may have between 9-10 AM, please.

Heart Walk Activities:

On Stage

Wendy Steele of Country 92.5 & will be our emcee for the day.

2019 Heart Walk Chairperson:
Bimal Patel, President of Hartford Hospital

Andrew Jones, a patient-alum of Hartford Hospital's Heart and Vascular Institute

Warm-Up led by **Nick Nero** of Hartford HealthCare's Barney Fitness Center

Healthy for Good Tent:

Caps & Heart Hero Capes
Provided to honor heart & stroke survivors. **They are Why!**

Tribute Stickers
Dedicate your 2019 Heart Walk efforts. Tell us Your Why.

Heart Walk Dog Bandannas
Available to make your friend an *official* part of your Heart Walk Team!

Blood Pressure & Wellness Screening
Sponsored by Hartford HealthCare

Stroke Awareness and Response Info
Learn what F.A.S.T. means and why it's critical to act.
Sponsored by Hartford HealthCare

Grand Club Check-in
Top Walkers can check in here for their recognition for raising \$1,000 or more.

Photos

Sponsor Teams should be gathered at the Photo Post (marked by balloons) for their Team Photo at these times:

- 8:50 AM: Hartford Healthcare
- 9:00 AM: KPMG
- 9:10 AM: Travelers
- 9:15 AM: Aetna
- 9:20 AM: Stanley Black & Decker

IMPORTANT: A photographer will also be stationed at the Corning Fountain for Team or Family Pictures starting at 8:30 AM.

Kids Zone

Decorating Pumpkins - Provided by ShopRite of Manchester

Meet and Greet Characters

Balloon Animals & Sculpture



Gather for Kids' Ninja Warrior Obstacle Course starting at 10:30 AM.

IMPORTANT: The Ninja Warrior activity requires that a Parent or Guardian complete a release form and obtain a wristband for the child at the Registration Tent.

Snacks & Water

Apples provided by Stew Leonard's
Hydration Station provided by the MDC



Thank You to Our 2019 Heart Walk Sponsors

StanleyBlack&Decker



And special thanks go to your
Greater Hartford Heart Walk Executive Leadership Team:

Chairperson Bimal Patel, and Carolyn Martindale of Hartford Hospital
Ellen Hancock of KPMG
Elizabeth Maerz of Travelers
Russ Mills of Stanley Black & Decker
Mary Wisenski of Fiondella, Milone & LaSaracina, LLP
Renee Zaug & Karen Weinseiss of Aetna



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