



American Heart Association®

Heart and Stroke Walk™

2021 GUILFORD HEART AND STROKE WALK

#WALKINGROCKSTRIAD



**Go for a WALK on May 1st – 15th to get in your steps
& join in our #WalkingRocksTriad activities!**

Here is how it works:

- Paint a rock and place it on a Greensboro City Trail or anywhere you walk! (Paint a rock with a design, write an inspirational message, or even honor a survivor, frontline health hero, veteran, educator, first responder, or a memory of loved one on your rock.)
- As you walk and find a painted rock or as you place a rock on your walking route, post a picture using #WalkingRocksTriad for a chance at tons of fun prizes!
- Register at www.GuilfordHeartWalk.org for the 2021 Guilford Heart and Stroke Walk Digital Experience!

Signature Sponsors:

Walking Rocks Program Made Possible By:



Find a local trail by using the Piedmont Discovery App or go to www.piedmontdiscoveryapp.com.

Here are some suggested trails:

Easy Level

Crockett Trail
Townsend Trail
Hamilton Lakes
Brightwood Trail

Paved Surface

Atlantic & Yadkin
(Bur-Mil Park)
Lake Daniel Greenway
Brown Center Loop
Country Park

1 Mile Loop

Barber Park Trail - Paved

Difficult Level

Laurel Bluff