



American Heart Association®
Heart Walk®

2024 ASHTABULA COUNTY

HEART WALK

Saturday, October 5
SPIRE ACADEMY

locally sponsored by



Edward Jones



HUFFMAN·MAYER
WEALTH MANAGEMENT GROUP
of Wells Fargo Advisors

INEOS | KOH



Molded Fiber Glass Companies
A Distinguished International Composites Company



Grand River Rubber & Plastics
Carter Lumber
Ashtabula Regional Medical Center
Community Care Ambulance
The Emerald Foundation
The Sanctuary of Geneva
Snodgrass of NE Ohio

In-Kind Donors: Community Care Ambulance | Run the Land | Ringer Screen Print | Starbucks | Spire Academy





Dear Walkers,

Welcome to the 2024 Ashtabula County Heart Walk! For 100 years the American Heart Association has saved and improved lives, pioneered scientific discovery and advocated for healthy communities. With bold moves and support from donors like you, Heart Walk saves lives by bringing friends, families, coworkers and neighbors together.

We hope that today's event fills you with inspiration. Every step you take and every dollar you raise is a vital contribution to the American Heart Association's mission of building a world of longer, healthier lives. It's more than just a day of fun —it's a powerful fundraiser that helps protect our loved ones from heart disease and stroke, the leading and fifth-leading causes of death in our country.

As the American Heart Association enters into its second century of saving lives, let's channel this energy as we unite to make a bold, meaningful impact in our community. Together, we can drive change and pave the way for a healthier future. Let's walk with purpose. Let's walk to save lives.



Jeff Orloff
Heart Walk Chair
President

THANK YOU, EXECUTIVE LEADERSHIP TEAM MEMBERS!

ALAN BLANKENSHIP



CHARLIE BOSUKOFF



BILL DOUGLASS



MIKE FEDLER



JAMES MAYER



RICHARD MORRISON



WIDD RAYMOND

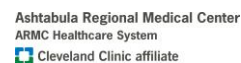


ROB SCHIMMELPFENNIG



DIXIE SELIP
Community Advocate

LEONARD STEPP



RICHARD TRICE



Cor Vitae Society member





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Week of **Wellness**

MOVE MORE MONDAY – September 30th

Get warmed up for Week of Wellness and [Stop Sitting](#) today with a binge break with our #MadeYouMove [Sofa Stretch](#), [Accent Chair Dips](#) or [Torso Twist](#).

EAT SMART: HEALTHY TIPS TUESDAY – October 1st

Cooking more meals at home gives everyone in the family an opportunity to build better eating habits, one plate at a time. Eat Smart with [healthier condiments](#) or [smart substitutions](#)!

BE WELL WEDNESDAY – October 2nd

On our final Heart Walk Wednesday, take a short break in your day to be mindful, improve your mood, reduce stress and increase energy with a [guided meditation](#).

THANKFUL THURSDAY – October 3rd

Gratitude is more than a buzzword. It's a habit that may change your sense of well-being. Take a moment today to call or text someone you are thankful for.

BEST FRIENDS FRIDAY – October 4th

Pets can help you reduce stress, boost mood, get more exercise and lower blood pressure and cholesterol. (We've got [the science](#) to prove it.) Show us your best photo of you and your furry best friend on walk!

HEART WALK DAY – October 5th

Join us at SPIRE Academy for our Heart Walk & 5K run celebration.

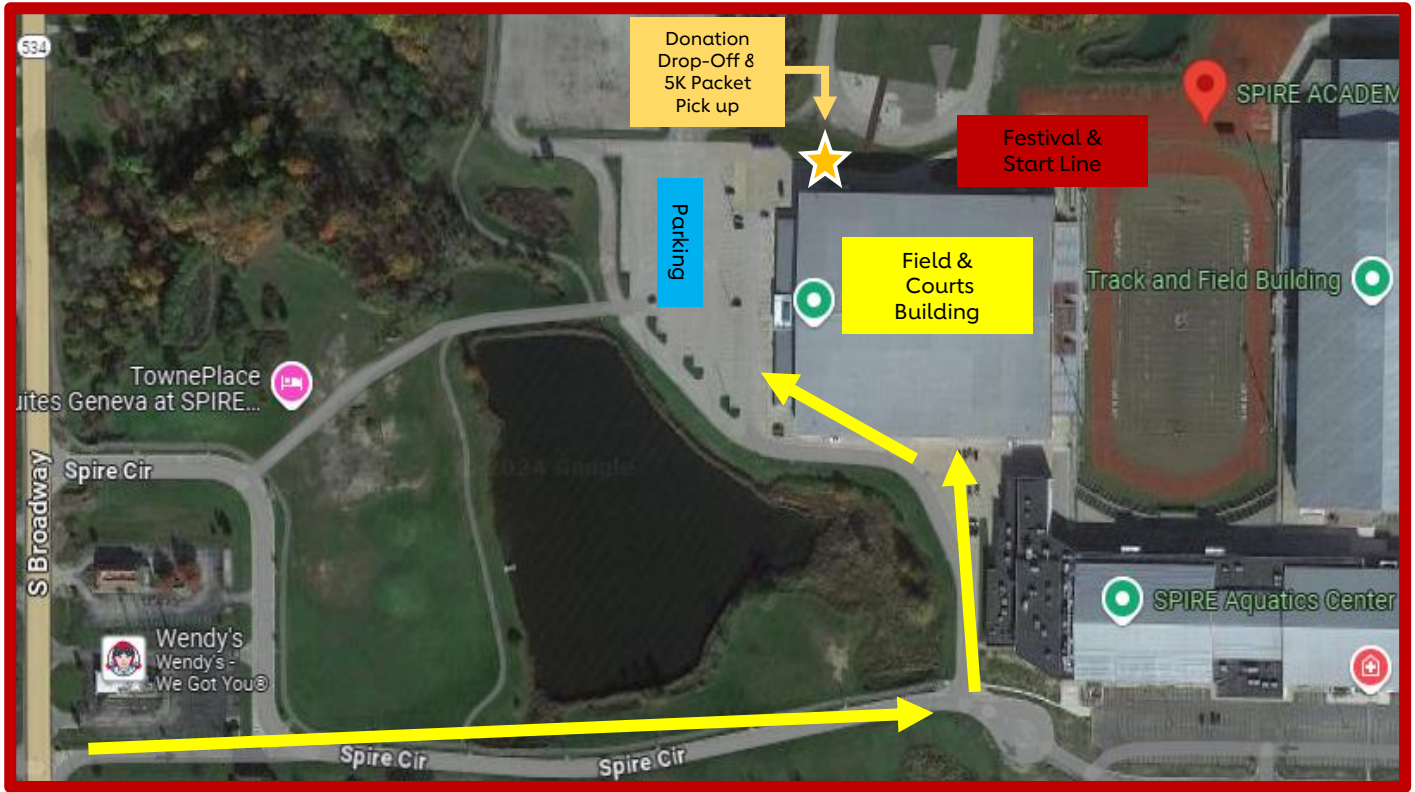
8:00 – 8:45 a.m. – Heart Walk Festival & 5K Run Packet Pick Up

8:45 a.m. – Heart Walk Program and 5K Run & Walk Start

WEEK OF WELLNESS SPONSORED BY

Carter Lumber
Emerald Foundation
Sanctuary of Geneva
Snodgrass of NE Ohio





SPIRE Academy, located at [5201 Spire Circle, Geneva, OH 44044](https://www.spireacademy.com)



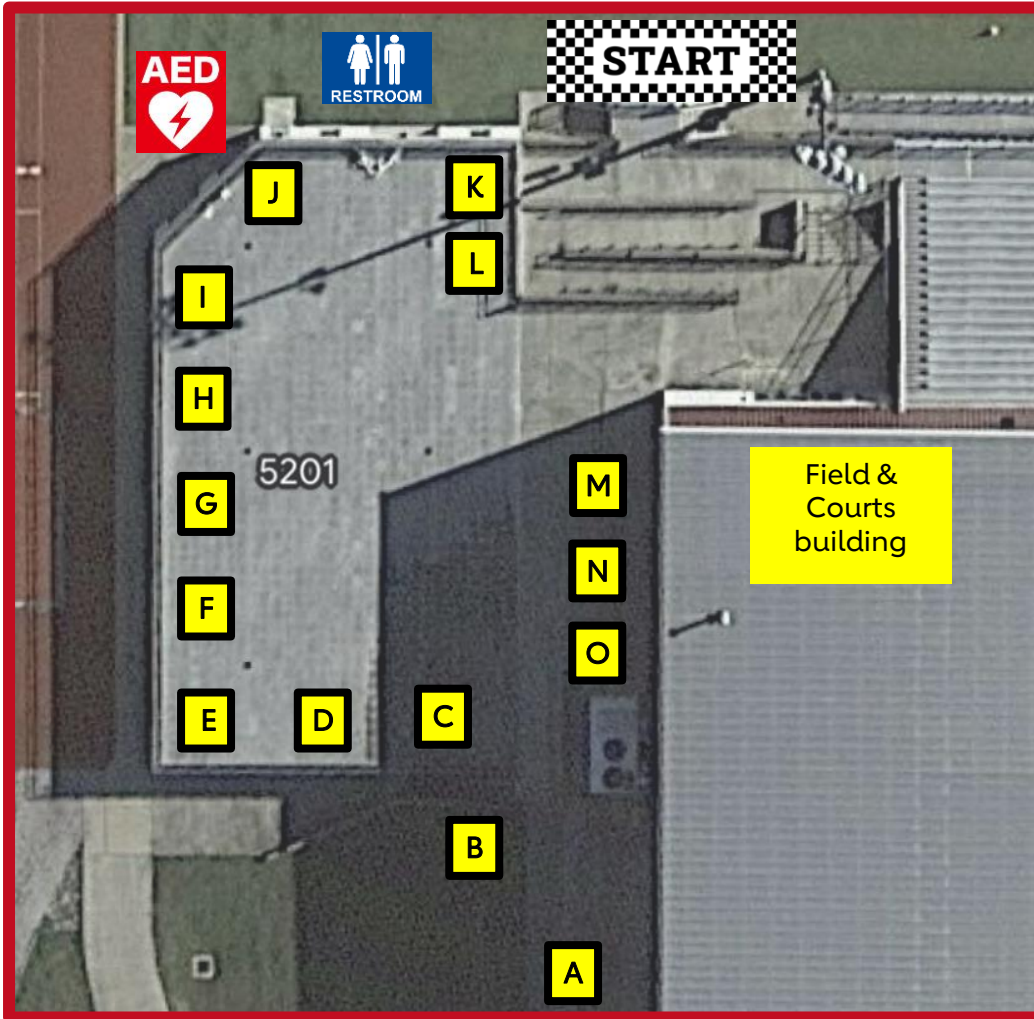
It is recommended walkers and runners park in front of the main entrance to the indoor Fields & Courts building. Head east on SPIRE Circle for .35 miles. Turn left at cul-de-sac and continue straight for .2 miles.



The Heart Walk festival and START line is northeast of the Field & Courts building, near the outdoor track and field stadium.

Runners: Please pick up your race day packet at the main entrance of the Heart Walk. View FAQ page for additional details.





Festival Map

- A. 5K Packet Pick-Up & Donation Drop Off
- B. Pet Zone
- C. Cleveland Dental Institute
- D. INEOS
- E. Ashtabula Regional Medical Center
- F. Blood Pressure Screening, *provided by Ashtabula Regional Medical Center*
- G. SPIRE Academy
- H. Grand River Rubber & Plastics
- I. Andover Bank
- J. Stage
- K. Kids Zone
- L. HAVE Heating + Cooling
- M. Hands-Only CPR, *provided by Community Care Ambulance*
- N. Survivor Station
- O. Eat Street, *including coffee generously donated by Starbucks*



1-Mile Route Directions:

Start at patio outside indoor field #1.

Leg	Dir	Type	Notes	Total
0.2	↑	Straight	From start: loop track	0.2
0.1	←	Left	Turn left to exit track	0.3
0.1	←	Left	Turn left into parking lot	0.4
0.1	←	Left	Turn left at end of parking lot	0.5
0.1	→	Right	Turn right onto path before Spire Cir	0.6
0.1	→	Right	Turn right onto path after Lake	0.7
0.1	←	Left	Turn left onto road after path	0.8
0.1	→	Right	Turn right at top of parking lot	0.9
0.1	→	Right	Turn right to enter track to finish	1.0

5K Run and Walk Route Directions:

Start at patio outside indoor field #1.

Leg	Dir	Type	Notes	Total
0.2	↑	Straight	From start loop track	0.2
0.1	←	Left	Turn left off track	0.3
0.1	←	Left	Turn left into parking lot	0.4
0.1	←	Left	Turn left at end of parking lot	0.5
0.1	→	Right	Turn right onto path before Spire Cir	0.6
0.1	→	Right	Turn right onto path after Lake	0.7
0.2	←	Left	Turn left onto path	0.9
0.2	→	Right	Turn right onto path	1.1
0.4	←	Left	Turn left onto path	1.5
0.3	U	U	U-turn	1.8
0.3	←	Left	Veer left to stay on path	2.1
0.2	→	Right	Turn right in parking lot	2.3
0.4	→	Right	Turn right onto path after Lake	2.7
0.2	←	Left	Turn left onto road after path	2.9
0.1	→	Right	Turn right at top of parking lot	3.0
0.1	→	Right	Turn right to enter track to finish	3.1





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TOP WALKERS*

These Heart Walkers put a tremendous amount of time and effort into raising lifesaving funds for the American Heart Association mission and we are very grateful for them!

Alan Blankenship, *Grand River Rubber & Plastics*

James Mayer, *Huffman Mayer Paolo Wealth Management Group*

Richard Morrison, *Molded Fiber Glass*

Jeff Orloff, *SPIRE Academy*

Donna Riffe, *Ashtabula Regional Medical Center*

Rob Schimmelpfennig, *Have Heating & Cooling*

Stephanie Westerh, *American Heart Association*

*Rankings listed in alpha order and based on donations received by September 14, 2024. Visit heart.org/ashtabulacountywalk for current totals.

HOW WE CELEBRATE YOU EARN AMERICAN HEART ASSOCIATION SWAG!



Your fundraising not only makes you a relentless force for longer, healthier lives, it also earns you points in your personal Rewards Center — points you can redeem for Heart Hero Gear. It's our way of saying thanks and it's a great way to show your support for heart and brain health! Deadline to order:

Log in to your [Heart Walk HQ](#) on your PC or HW App to visit the [Rewards Center](#).





American Heart Association®

Heart Walk® Frequently Asked Questions

Is there a registration fee? To participate in the 5K run, there is a \$35 registration fee. To participate in the 1 or 3-mile walk, there is not a registration fee. All participants are encouraged to fundraise, so your impact is limitless and make a personal donation to support the American Heart Association!

How can I pick up my 5K run packet? Pick up at SPIRE Academy at the event from 8:00 – 8:45 a.m. at the main entrance of the Heart Walk festival. Please bring your valid photo ID and registration confirmation (digital or printed).

When is the last day I can register for the 5K run? We encourage participants to preregister now through 5:00 p.m. on October 4th. After that, online registration will close, and you must register in-person at the event on October 5th from 8:00 – 8:45 a.m. at the main entrance of Heart Walk festival at SPIRE Academy. Please make sure to arrive with adequate time to complete the registration process before the event begins.

Is there an indoor option in case of rain? In case of rain, the festival will move inside to indoor field #1. However, the Heart Walk and 5K run will take place, rain or shine, outdoors.

Are kids and strollers allowed? Definitely! We do ask that you supervise your children when they are in the Kids Zone. Strollers are also permitted, but please know there is a short area in the 3-mile route where you walk on gravel.

Is there a check in area day of walk? For 5K runners, please check in at the main entrance to pick up your packet. For those participating in the 1 or 3-mile walk, simply lace up, show up and walk!

Will you have water? We promise to keep you hydrated and will have jugs of water available. Please bring your reusable water bottle!

Are pets allowed? Yes, but please know this is a family-friendly event. Non-aggressive, leashed pets are welcome at the event but must remain outdoors. Please clean up after your pet and be sure to stop by the Pet Zone!

Can I turn in money at the Heart Walk? You sure can! Stop by the donation turn in table at the main entrance of the Heart Walk festival.

How are donations made? Donations can be made securely to your fundraising page with a credit card, PayPal, Venmo and more. Cash and checks (made payable to the American Heart Association) may also be collected. You can deposit checks directly through the [Heart Walk App](#)!

Will I receive a Heart Walk t-shirt? Registered 5K runners will receive a t-shirt and all walkers and runners who raise \$100+ can redeem Heart Walk Hero Gear from our [Heart Walk Rewards Center](#) in your [Heart Walk Headquarters](#) and in the [Heart Walk App](#). There are so many cool options to choose, and the best part is they will be shipped directly to you after you redeem them. The Rewards Center is available through November 15, 2024.

Can I fundraise after Walk day? Of course! Who are we to stop you from achieving fundraising fame? You can fundraise online or submit cash and checks to your local [American Heart Association Representative](#) through December 1, 2024.