



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.