



American Heart Association.
Heart Walk.®

2023 GREATER DAYTON HEART WALK

Saturday, September 23rd
Day Air Ballpark
Heart.org/DaytonWalk



LACE UP WITH US

Get moving together with our new activity tracker and challenges



CELEBRATE

Join us on Walk Day to recognize all we have accomplished together



TEAM CAMARADERIE

Nothing unites a team like doing good together



SAVE LIVES

Help the 40% of COVID hospitalizations that are heart or stroke patients

LOCALLY SPONSORED BY

KetteringHEALTH
Be Your Best

Universal 1
Credit Union

dayton
children's

altafiber
elevating connection

DAYAIR
CREDIT UNION
a better banking experience.

Ed's
HEATING • COOLING • PLUMBING • ELECTRIC

LexisNexis®

Biosense Webster
PART OF THE Johnson & Johnson FAMILY OF COMPANIES

Media Sponsors

DAYTON 24/7
NOW

LAMAR



Executive Leadership Team's Welcome



THANK YOU

FROM THE HEART WALK TEAM

We're so glad you're joining us for the 2023 Greater Dayton Heart Walk! We're excited to walk together for the heart health of our community.

Here are a few things you should know as you prepare for your best Heart Walk yet:

- ♥ *We want to see and hear you on walk day! Take plenty of photos and tag @AmericanHeartOhio on Facebook and Instagram. Don't forget to use #DaytonHeartWalk!*
- ♥ *HAVE FUN! Whether walking or cheering on friends, know that your Heart Walk day is being spent impacting the lives of the ones you love – and even the lives of those you have never met.*

We are so grateful for each and every one of you and look forward to cheering you on!

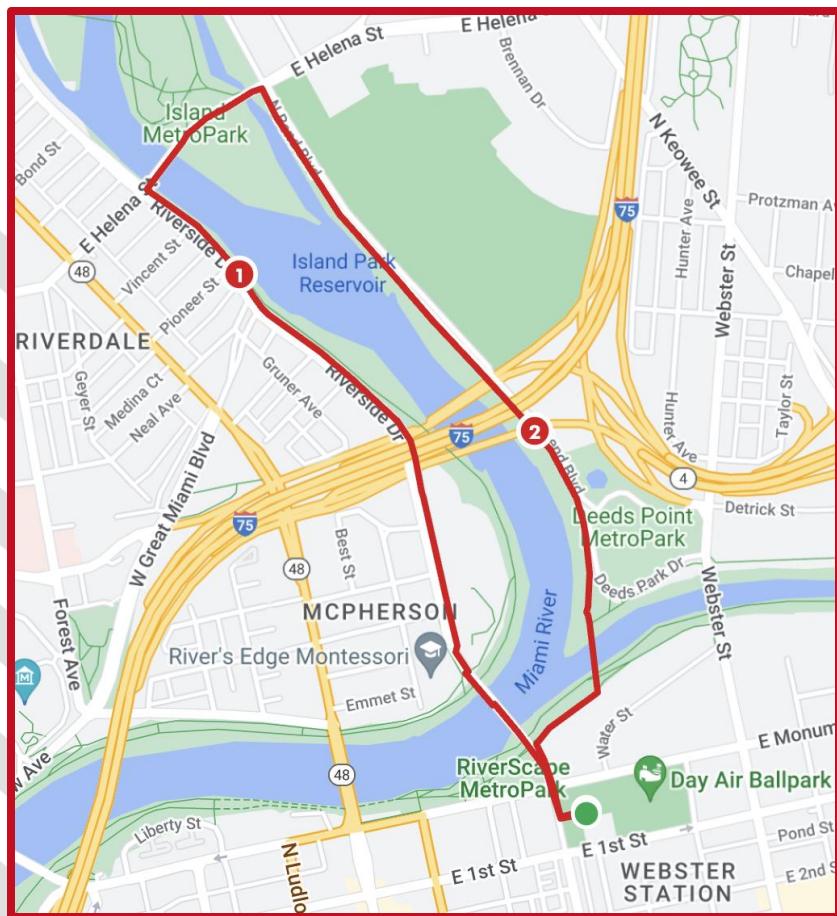
*With Heart,
Heart Walk Executive Leadership Team*

Schedule of Events

8 a.m.	Gate Opens
8:30 a.m.	Vendor Fair & Family Fun
8:35 a.m.	T-Shirt Strut
9 a.m.	Program begins Emcee: Adam Aaro from Dayton 24/7 Now AHA Board Chair: Matt Wendel National Anthem: Brandon Harvey Heart Heroes: Tasya Lacy & Brooklyn Schwartz
9:25 a.m.	2023 Greater Dayton Heart Walk Begins

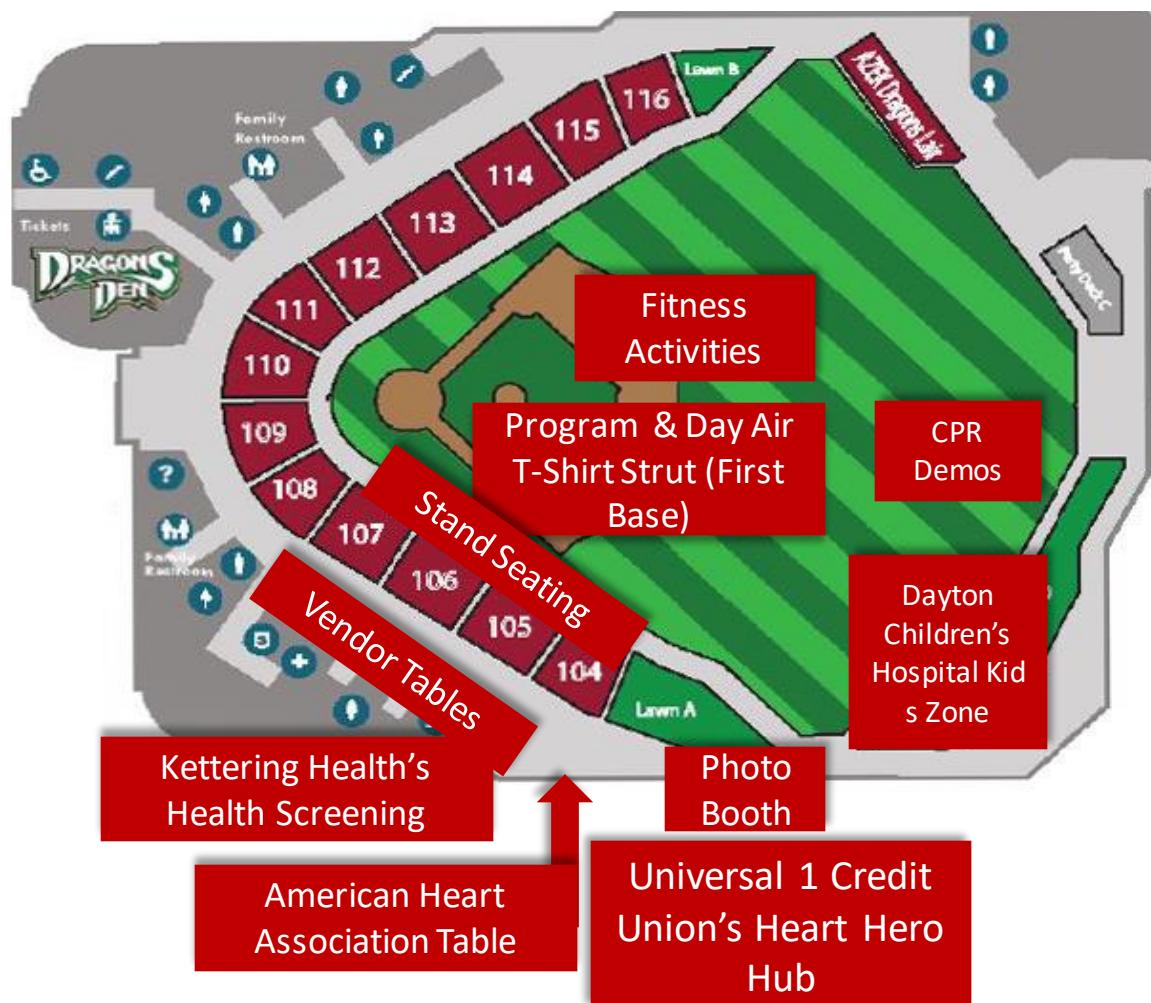
Route Directions

- Begin at start/finish line outside main ball park gates, in Don Crawford Plaza.
- Turn right onto Patterson Boulevard, and follow Patterson Boulevard as it turns into Riverside Drive.
- Turn right on East Helena Street. Remain on sidewalk and be alert to passing traffic.
- Turn right on North Bend Boulevard.
- At Deeds Point MetroPark, follow the Great Miami River Recreational Trail. Go straight, across the pedestrian bridge, and then turn right onto the Mad River Trail (in front of the Water Street Apartments).
- Turn left onto Riverside Drive, and continue until it turns into Patterson Boulevard.
- The finish line will be on your left, in Don Crawford Plaza outside the ball park gates.



Activity Station Map

- Enter the stadium at the main gates, off Don Crawford Plaza.
- Turn right to find refreshments and visit the vendor area.
- Continue along the concourse, and at Lawn A you'll find the Kettering Health screening area, an American Heart Association table, and the Heart Hero Hub, sponsored by Universal 1 Credit Union.
- Continue through the stands to the field, where you'll find the Kids Zone, sponsored by Dayton Children's Hospital, fitness activities, hands-only CPR demonstrations, and the speaking program and T-Shirt Strut fashion show.
- Seating is accessible in sections 104-108 and is accessible from the concourse.



Where to Walk & Park



- 1 - Caresource Parking Garage**
- 2 - Water Street Parking Garage**
- 3 - Marsh & McLennan Lot**
- 4 - Dragons Reserved parking Lot**
- 5 - Taylor Street Lot A**
- 6 - Taylor Street Lot B**

212 Harries St. , Dayton, OH 45402
427 Water St. , Dayton, OH 45402
309 Webster St. , Dayton, OH 45402
385 Webster St. , Dayton, OH 45402
315 Taylor St. , Dayton, OH 45402
400 Taylor St. , Dayton, OH 45402

Frequently Asked Questions

Is there a registration fee? Nope. Instead, participants are encouraged to fundraise, so your impact is limitless and make a personal donation to support the Heart Walk.

Is there a fundraising minimum? No, and there's no maximum either! We encourage participants to make a difference by asking friends and family for donations and making a personal donation.

Should I register ahead of time? Absolutely! Registering online at Heart.org/DaytonWalk gives you access to all our great fundraising tools and keeps you updated on day of event info.

Can I participate in Heart Walk if I'm not on a Team? Sure, you can walk and fundraise individually. Every donation will help create big science! But hey, since you're already on board, maybe consider starting a team and asking friends, family and coworkers to join you to also be Heart Walk heroes.

Can I wear a mask to the Heart Walk? Absolutely. Our events are mask-friendly.

Is there an indoor option in case of rain? We are rain or shine this year!

Can my kids walk, too? Are strollers allowed? Definitely! There will be many children's activities in the Kids Zone that are great for the whole family! Strollers are also permitted!

Is there a check in area day of walk? No, pre-register at Heart.org/DaytonWalk so you can simply lace up, show up and walk with us! If you are a survivor or have donations to drop off you can do so at the AHA table.

Are pets allowed? Definitely! This is a family-friendly event. Non-aggressive, leashed pets are welcome. Please clean up after your dog.

Frequently Asked Questions

Can I turn in money at the Heart Walk? You sure can! Stop by the donation turn in area at the AHA table.

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? All walkers 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 up to 6 weeks post-Walk for redemption!

Can I fundraise after Walk day? Of course! Who are we to stop you from achieving fundraising fame? You can also submit cash and checks to your local [American Heart Association Representative](#) **through October 30, 2023**.

How can I volunteer? Volunteers make this event possible! Please reach out to us at dayton@heart.org to sign up and receive more information.

Where should I park? Due to road closures, it's recommended that you arrive early. Parking is available in public lots surrounding the ballpark at your own cost. On-street metered spaces are free on weekends.

Where is the Start/Finish line? Right in front of the Day Air Ballpark!