



American Heart Association®
America's Greatest
Heart Run & Walk™



2026 EVENT GUIDE

2026 America's Greatest Heart Run & Walk



FRIDAY, MARCH 6, 2026

UTICA UNIVERSITY CLARK ATHLETIC CENTER
1600 BURRSTONE ROAD, UTICA, NY 13501

HEALTHY FOR GOOD EXPO | 11:00 AM - 7:00 PM

Highlights:

Registration • Health Screenings (*sponsored by MVHS*)
Tribute Wall and Survivor Area • Movement Activities • and more!

Music, Vendors and Heart Healthy Activities:

11:30 AM - Jazzercise led by Marolyn Wilson
2:00 PM - Movement activity
5:30 PM - Edelweiss Schuhplattlers

WIBX HEART RADIOTHON (*sponsored by Slocum-Dickson Medical Group*)
& TREADMILL CHALLENGE | 6:00 AM - 6:00 PM

SATURDAY, MARCH 7, 2026

UTICA UNIVERSITY

AMERICA'S GREATEST HEART RUN & WALK | 8:00 AM - 12:00 PM

- Registration opens at 8:00 AM, walk/run starts at 9:15 AM.
- Rain or shine, stroller and wheelchair friendly!
- Dogs on leashes are always welcome (outside only)
- Survivors - caps are available at the Survivor table at Expo.
- Top Walkers - A top walker is an individual who raises \$250 or more. Top Walkers will be on the guest list to the VIP area

Event Agenda:

9:00 AM - Opening Ceremony followed by 3-mile run and walk
11:00 AM - 12:00 PM - Celebrate at the Finish Line by receiving your finisher's pin! Survivors, bang on the drum as you finish your run or walk!

2026 America's Greatest Heart Run & Walk

SATURDAY, MARCH 7, 2026

IMPORTANT START/FINISH LINE LOCATION DETAILS:

This year, the bandshell and the start/finish line will be located directly ON Utica University's campus.

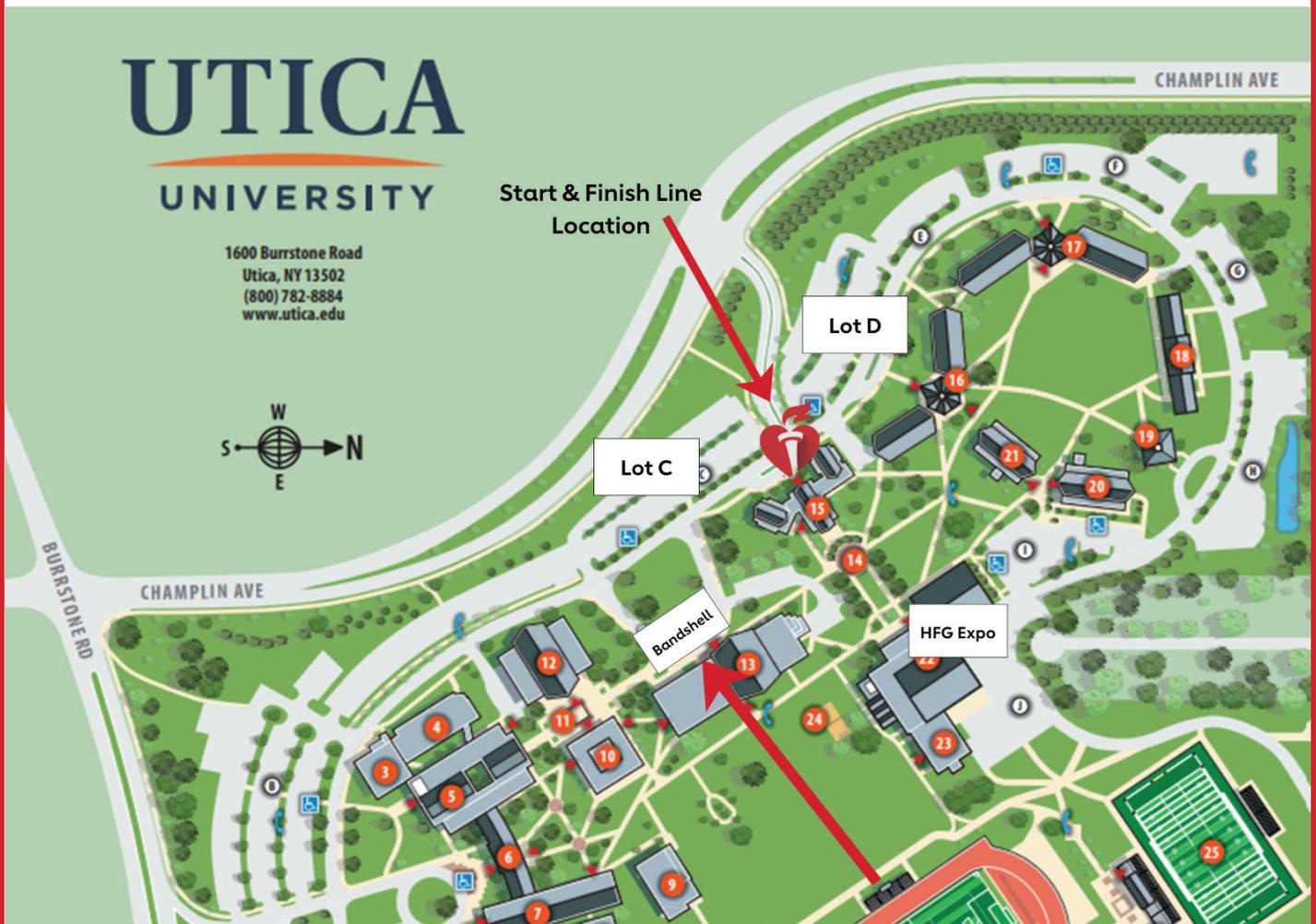
Opening remarks will be at the bandshell directly in front of the Ralph F. Strebel Student Center. The start/finish line will be located at the base of the main entrance driveway at Utica University - 1600 Burrstone Road, Utica, NY 13502

**If you have questions, please email:
heartofutica@heart.org**

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SATURDAY, MARCH 7, 2026

IMPORTANT START/FINISH LINE LOCATION DETAILS:



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SATURDAY, MARCH 7, 2026

UTICA UNIVERSITY

1600 BURRSTONE ROAD, UTICA, NY 13502

3 MILE RUN/WALK:



Directions:

1. Start at the base of main campus entrance drive facing West towards Champlin Avenue.
2. Head West towards Champlin Avenue (0.08mi)
3. Turn left onto Champlin Avenue (Head South for 0.32 mi)
4. Turn right onto Burrstone Road (Head West for 1.02 mi)
5. Turn right onto Main Street (Head North for 0.25 mi)
6. Turn right onto Elm Street (Head East for 0.37 mi)
7. Turn right onto Pulaski Street (Head South for 0.05 mi)
8. Turn left onto Young Ave (Head East for 0.21 mi)
9. Turn left onto Fairway Drive (Head South for 0.06 mi)
10. Turn left onto Burrstone Road (Head East for 0.61 mi)
11. Turn left onto Champlin Avenue (Head North for 0.32 mi)
12. Turn right onto main campus entrance drive of Utica University (Head East for 0.08 mi)

If you have questions, please email: heartofutica@heart.org

2026 America's Greatest Heart Run & Walk

PARKING INFORMATION:

WE HIGHLY ENCOURAGE CARPOOLING!

ST LUKE'S: 1658 CHAMPLIN AVE, UTICA, NY 13502

UTICA UNIVERSITY: 1600 BURRSTONE ROAD, UTICA, NY 13502

FRIDAY, MARCH 6, 2026

- St. Luke's front right parking lot is available for parking, which is located across the street from Utica University. It's a short walk to the Clark Athletic Center at the University and there will be volunteers to assist with street crossing.
- Utica University will have parking in lots A, B, C.

SATURDAY, MARCH 7, 2026

- St. Luke's front and back parking lots are available for parking.
- Utica University will have parking in lots A, B, C.

CAMPUS DRIVE ENTRANCE WILL BE CLOSED OFF CHAMPLIN AVE ON SATURDAY.

Please enter campus via Burrstone Road access point.
Once on campus, make the first left to access lots A, B, C.

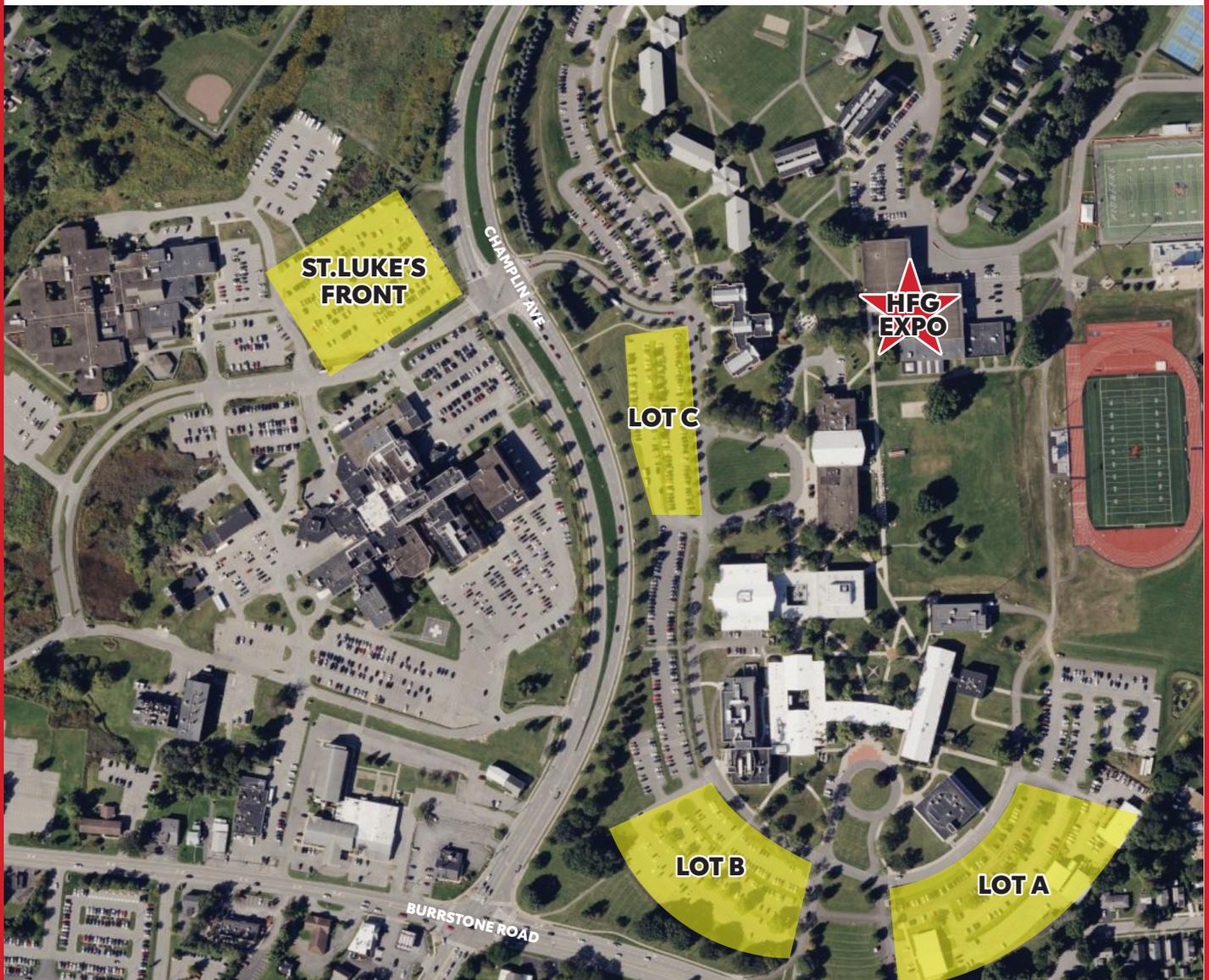
Parking is first-come, first-served. We encourage carpooling.

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PARKING MAP FOR FRIDAY, MARCH 6, 2026:

ST LUKE'S
(FRONT PARKING LOT)
1658 CHAMPLIN AVE,
UTICA, NY 13502

UTICA UNIVERSITY
(LOTS A,B,C)
1600 BURRSTONE ROAD
UTICA, NY 13502

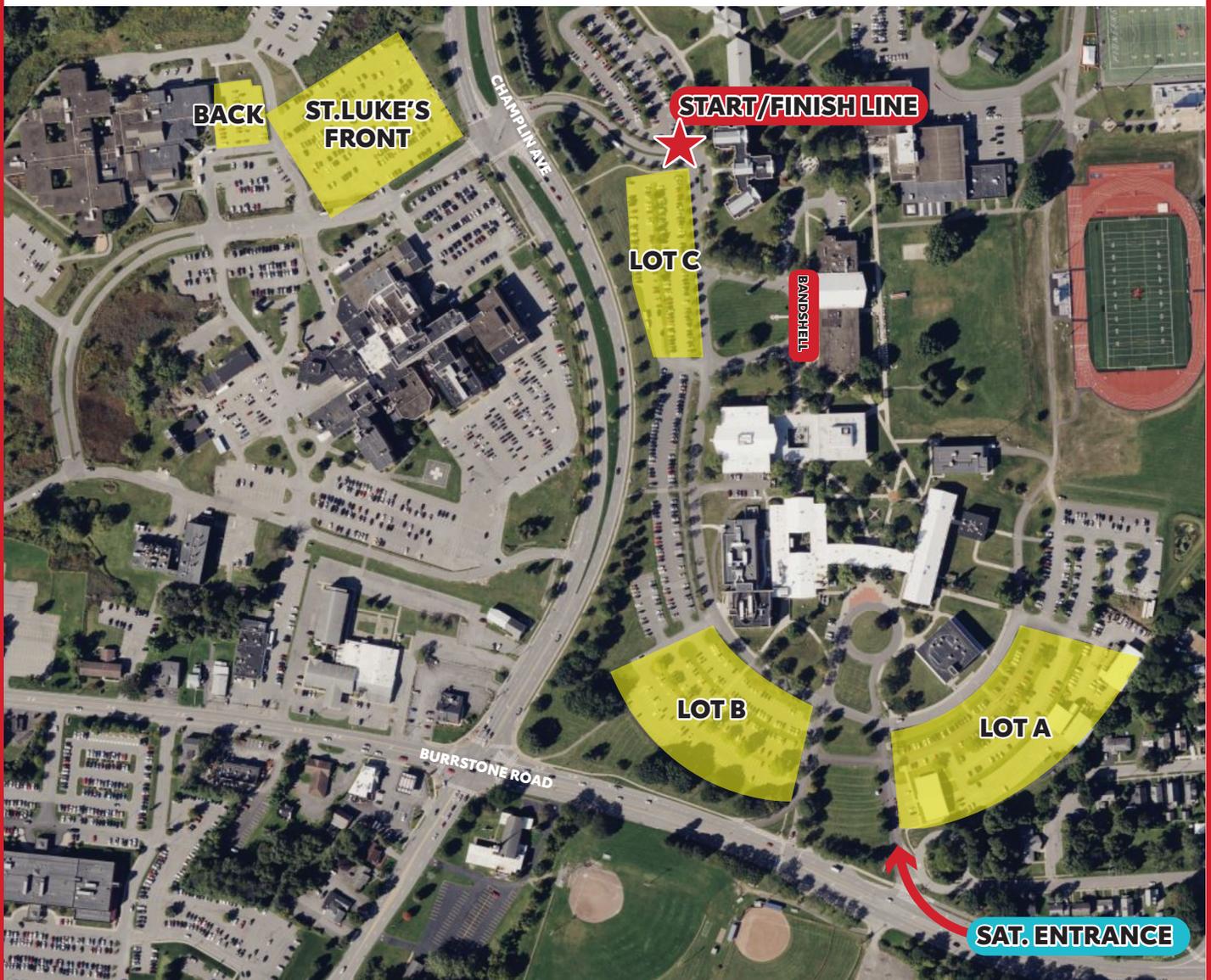


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FAQS:

What to Wear for All Participants:

- Dress warm and in layers as the weather in March is unpredictable!
- Wear your walking shoes - weather appropriate - Think Warm!
- Show your team spirit and wear coordinated clothes with your team!

Food & Drink:

- There will be hydration stations along the run & walk route.

Incentives:

- Participants who have raised \$35 can pick up their bib and 2026 Commemorative Pin on both Friday and Saturday at registration.
- Participants who have raised \$250 can pick up their winter hat on both Friday and Saturday at registration.
- HINT HINT Visit Uticaheartrunwalk.org to register and fundraise for the event prior to March 1st for a faster process at the registration table.

New This Year – A Pin for Everyone!

- If you raise \$35 or more, you can pick up your 2026 Commemorative Pin at the Expo on Friday or Registration on Saturday.
- Everyone who crosses the Finish Line will receive an American Heart Association Heart Walk pin on Saturday.

Uticaheartrunwalk.org

For questions, please email heartofutica@heart.org

Follow us on social media:

[@AHANewYork](#)

(Facebook, Instagram and X)

Share your photos with **[#HeartRunWalk](#)** and **[@AHANewYork](#)**

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DONATIONS:

Making donations and raising funds online (www.UticaHeartRunWalk.org) saves you time and lets us put your donations to work more quickly! We can also accept donations at the registration table at the Expo on Friday or on Saturday morning. If you are dropping off cash or checks, please place them in a sealed envelope marked with the donor's name, along with the team or participant's name to whom the contributions are to be attributed.



2026 America's Greatest Heart Run & Walk

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as of 1/16/26