



American Heart Association®

Heart Mini-Marathon & Walk™

MARCH 13, 2022

WEEKEND EVENT GUIDE



HEARTS IN MOTION

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On behalf of the American Heart Association and co-presenting sponsor, altafiber, thank you for participating in the 45th Annual Heart Mini-Marathon & Walk.

Cincinnati Bell is now...

altafiber

Altafiber is committed to creating health equity throughout our organization of 4,700 employees, as well as in the communities where we do business. That's why we are so excited to support the AHA's health equity efforts through our leadership of the Heart Mini campaign. By running and/or walking in this year's event,

you are part of an outstanding tradition of more than 25,000 participants across the country fighting the #1 and #5 killers, cardiovascular disease and stroke.

The Heart Mini is much more than a one-day fundraiser. This event is a celebration of year-round employee health, community programming, policy change, improved quality of care, and lifesaving research advancements – all with strong focus of ensuring health equity for all. Yet, while celebrating these positive outcomes, we must also honor and remember those who have had their lives directly impacted by cardiovascular disease and stroke. It is in these stories that we find hope through survivorship and an urgent need to continue raising critical funds to advance the mission of the American Heart Association. It is with pride that I share AHA is currently funding \$8M of research right here in Greater Cincinnati.

As you prepare for Heart Mini weekend, please know you make a direct impact from the moment you register. Whether you are a survivor, caregiver, healthcare provider, sponsor, donor or running/walking for your own heart health – it's time to get our hearts in motion! Your support will make a lasting impact on our nation's leading killers.

Thank you for carrying the torch forward, and I look forward to seeing you on March 13!

*Christi Cornette
Chief Culture Officer, altafiber*

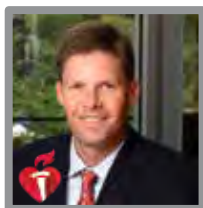


EXECUTIVE LEADERSHIP TEAM

HEART MINI 45



Christi Cornette
Heart Mini Chair
Chief Culture Officer
altafiber



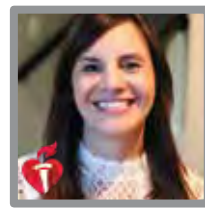
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CycleNation Chair
Cincinnati Partner in Charge
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Hard Hats with Heart Chair
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EVP, Head of Payment
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Bree Bergman
Director of Vertical & Field
Marketing
Zebra Technologies



Pete Bergman
VP, Operations
Messer Construction



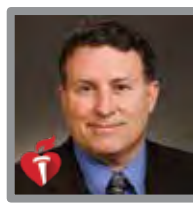
Toni Burns
Program Chair
The Joel Cornette Foundation



Keith Carlson
VonLehman & Roebeling
Capital Partners
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Sean Dardeau
COO
Mercy Health - Cincinnati



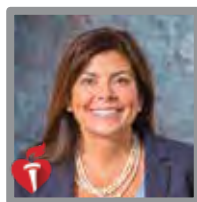
Steve Davis
CEO
Cincinnati Children's
Hospital Medical Center



Matthew Hollenkamp
VP of Marketing & PR
St. Elizabeth Healthcare



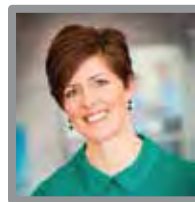
Kevin Hughes
Managing Principal
Cushman & Wakefield



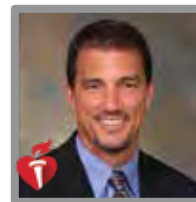
Jody Kalmbach
Group Vice President,
Product Experience
The Kroger Co.



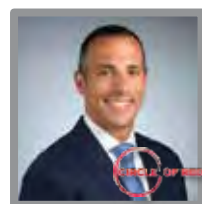
Mike Lied
Principal, Director of Healthcare
GBBN



Kim Majick
Chief Development Officer
Carespring



Andrew Ringer
Chairman
Mayfield Clinic



Jim Rozakis
President & COO, Rental Division
Cintas Corporation



Tim Steigerwald
CEO
Messer Construction



Tiffany Sieve
VP, Revenue Marketing
Paycor



Justin Taulbee
Sr. VP of Central Operations
Valley Interior Systems



Aaron Zboril
Audit Managing Director
Deloitte



Signifies Cor Vitae Giving Society Membership. Cor Vitae, meaning "Heart of Life" celebrates individuals for making annual personal gifts of \$5,000 or more to further the lifesaving mission of the AHA.



FLIP YOUR BIB

FOR EXTRA RUN/WALK MOTIVATION

Need some extra motivation while you're running/walking on Sunday, March 13? Check the back of your race bib for a motivational story of someone who needs YOU to run/walk like their life depends on it!



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!

Log in to your Heart Mini HQ on your PC or HW App to visit the Rewards Center.



COMMUNITY TEAM SPOTLIGHT



RUN/WALK FOR TAMMY UNGER & TEAM THANKFUL

I ran the Heart Mini for several years. I ran it for my friend Danny who died suddenly of a massive heart attack. Then, at age 50, I had a total of six strokes. I ran 5 miles the night before. I'd never had high cholesterol or high blood pressure issues. When I woke up on Dec. 6, 2017 I knew something was terribly wrong. I had kaleidoscope vision (I saw 6 of everything) and my speech was slurred. Thankfully my husband hadn't left the house yet. My balance was terrible and I had to hold onto him to get down the steps. He was able to get me to the nearest emergency room where they transferred me to UC Medical Center. At UC, I obtained my diagnosis. I also found out in the following days I have a minimal hole in my heart, a congenital heart defect. I have never stopped running and now I run the Heart Mini for me!! I have a Heart Mini Community team, Team Thankful. Every day I'm thankful to be able to be active and tell people of my experience so they will listen to their bodies!!

- Tammy Unger, Survivor



**SATURDAY,
MARCH 12**

PACKET PICKUP

MESSER CONSTRUCTION

643 W Court St, Cincinnati, OH 45203

For all those who registered after February 14th, you can pick up your packet at Packet Pickup.

9:00 AM - 3:00 PM

**SUNDAY
MARCH 13**

HEART MINI-MARATHON & WALK 45

*PRESENTED BY KROGER HEALTH, MERCY HEALTH &
ALTA FIBER*



REGISTRATION & PACKET PICKUP

FIRST FINANCIAL CENTER

255 EAST FIFTH STREET, CINCINNATI, OH 45202

6:30 AM - 12:00 PM

BAG CHECK

BUS ON CORNER OF 5TH & SYCAMORE

6:30 AM - 12:00 PM



KROGER 'EAT STREET' ZONE

Enjoy your post-race water, bananas & snacks provided by Kroger & their brand partners.



COMMUNITY TEAM ZONE

Visit the special meet-up area provided by Cintas in the East Driveway of the P&G Towers, after Eat Street, with your team members to celebrate the top fundraising Community Teams!



FINISH AWARDS & RACE RESULTS

Visit the Tri-State Running Company's tent in the Celebration Area on Broadway to pick up your finisher award and see your results! Awards are given to the top 5% in each age group.



POST-RACE STRETCHING

Mercy Health Orthopedics will be onsite for post-race stretching on Broadway.





ST. ELIZABETH HEALTHCARE'S HEART HALF MARATHON

7:30 AM START

The Half Marathon course will close at the 9-mile mark at 10AM. Finishers in the top 5%* in each age category will receive a St. Elizabeth Healthcare champion's shirt and a \$10 Tri-State Running Company gift card. Start line is at 5th & Lawrence.



MEDPACE'S 15K HEART MINI

7:30 AM START

Finishers in the top 5%* in each age category will receive a Medpace champion's shirt and a \$10 Tri-State Running Company gift card. Start line is at 5th & Lawrence.



UC HEALTH'S 1K STEPS FOR STROKE

9:15 AM START

Start line is in the intersection of 5th Street & Sycamore. Steps for Stroke is a walk event featuring stroke and heart disease survivors walking 1,000 steps. Join us to celebrate and cheer on these inspiring walkers in what is guaranteed to be a powerful event.



OHIO NATIONAL FINANCIAL SERVICES' 5K HEART RACE

10:30 AM START

Finishers in the top 5%* in each age category will receive an Ohio National Financial Services champion's shirt and a \$10 Tri-State Running Company gift card. Start line is at 5th & Lawrence.



THE AMERICAN HEART ASSOCIATION'S 2K KIDS RACE

11:30 AM START

Chip timed race for kids up to 12 years old. Start Line is at 5th & Lawrence.



MERCY HEALTH'S 5K HEART WALK

12:00 PM START

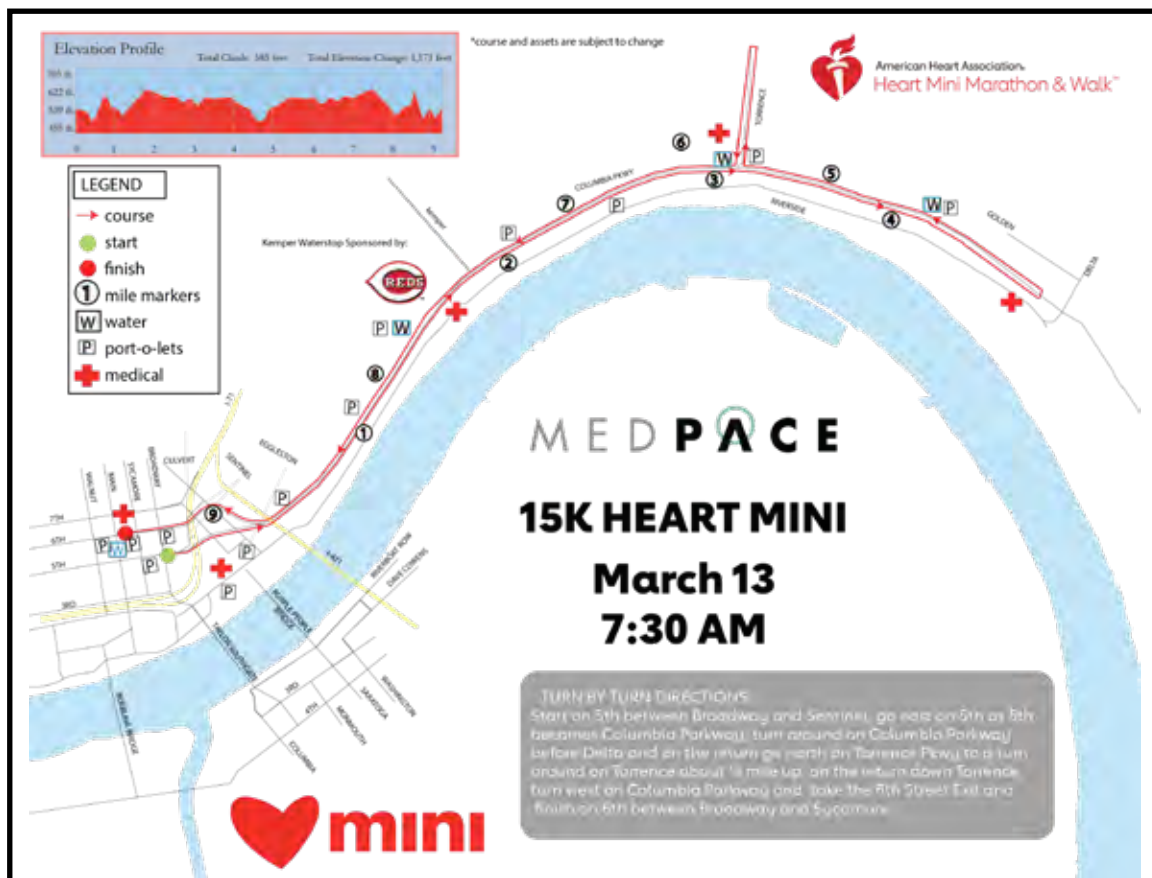
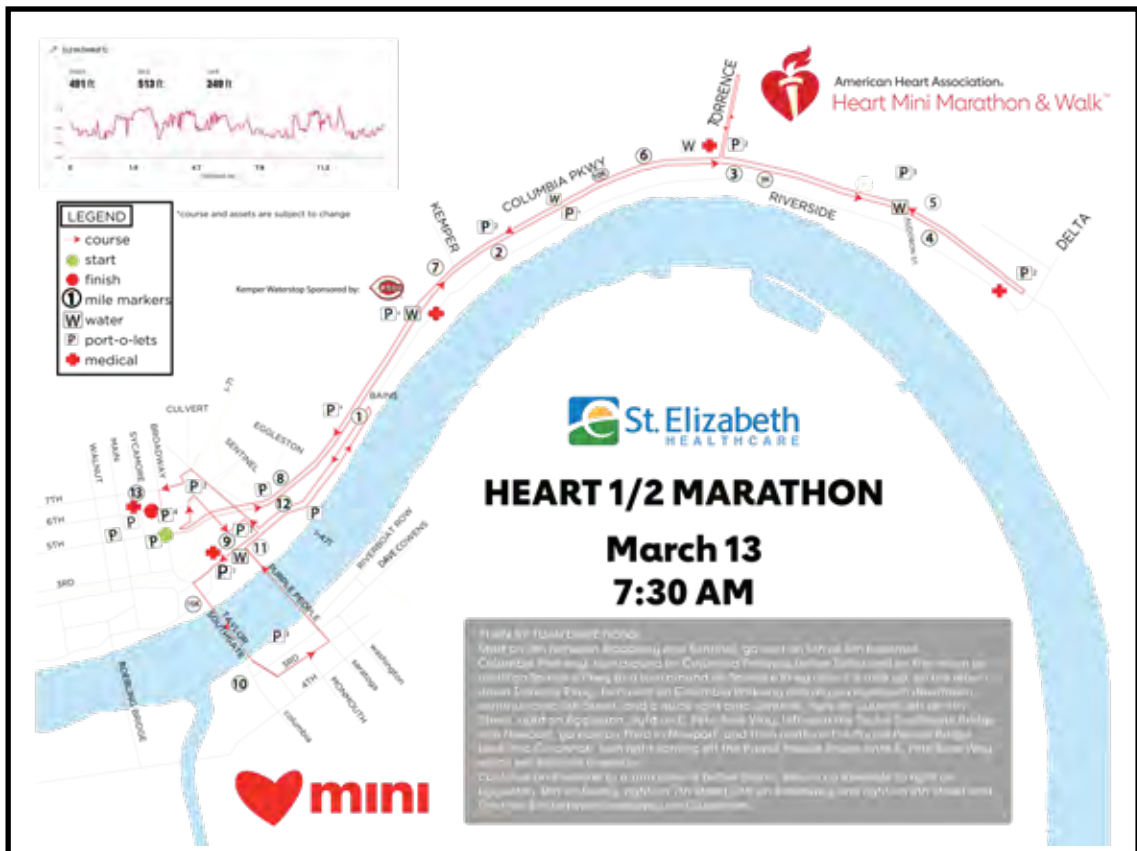
Start line is at the intersection of 5th & Lawrence and will finish on 6th Street.

*male and female based on the previous year



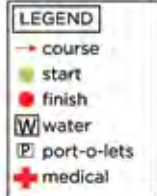
COURSE MAPS

Full size downloadable and readable Maps available on our **Heart Mini website**.



1K STEPS FOR STROKE

*course and assets are subject to change

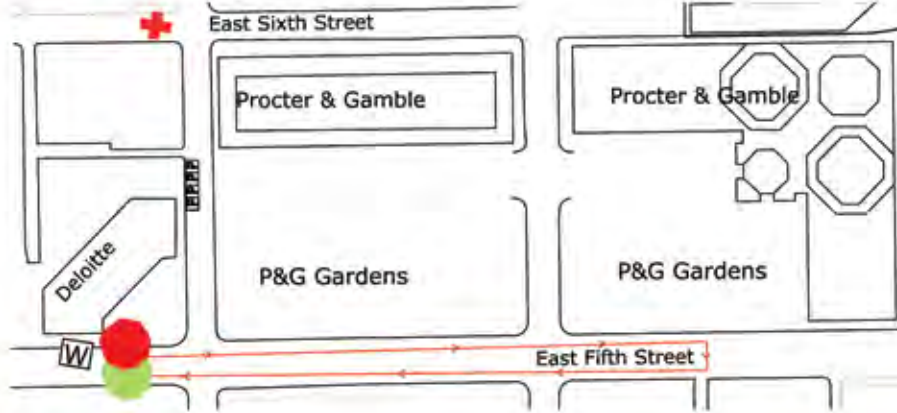


TURN BY TURN DIRECTIONS:
Start on 5th at Sycamore go east on 5th towards Broadway. 15 yards past Broadway, turn around and head West on 5th finishing at Broadway on 5th.

UT Health.

1K STEPS FOR STROKE

**March 13
9:15 AM**



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Heart Mini Marathon & Walk™

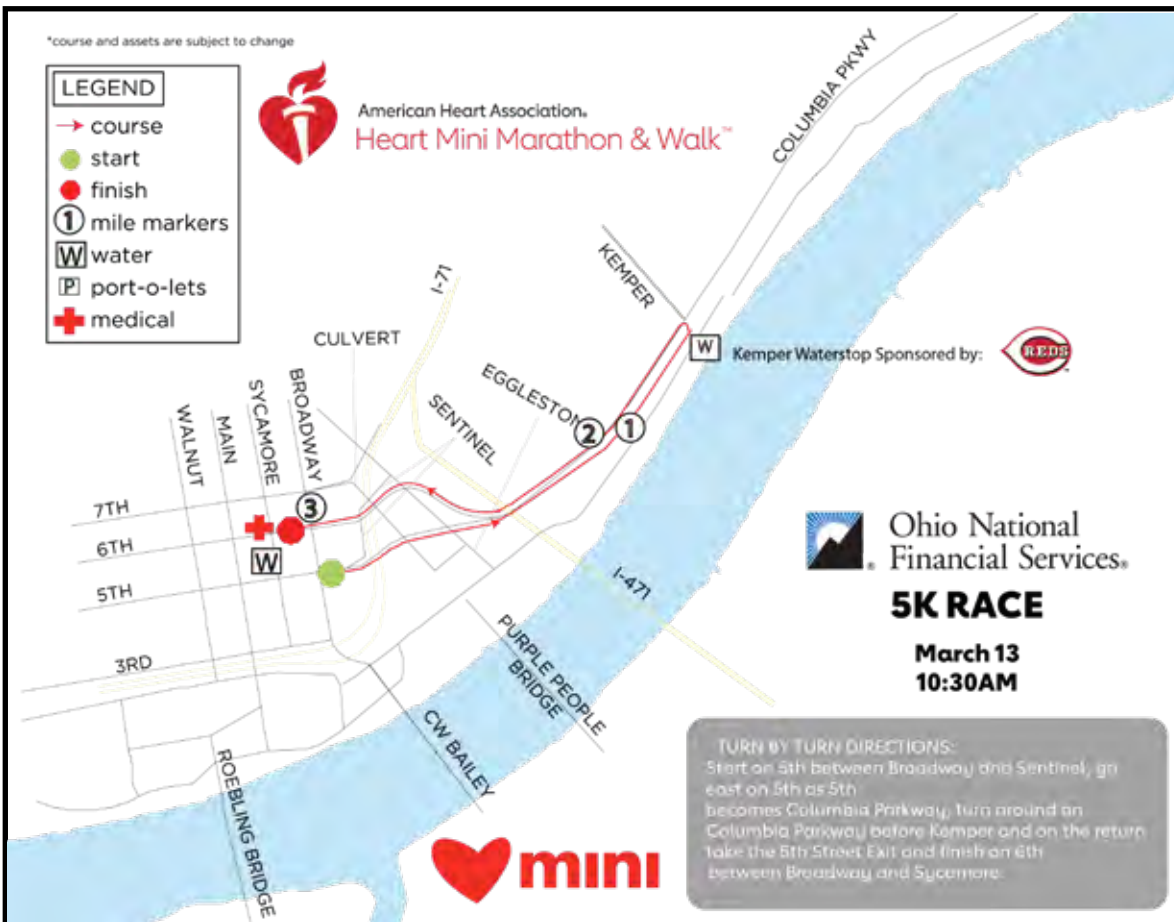


*course and assets are subject to change



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5K HEART RACE



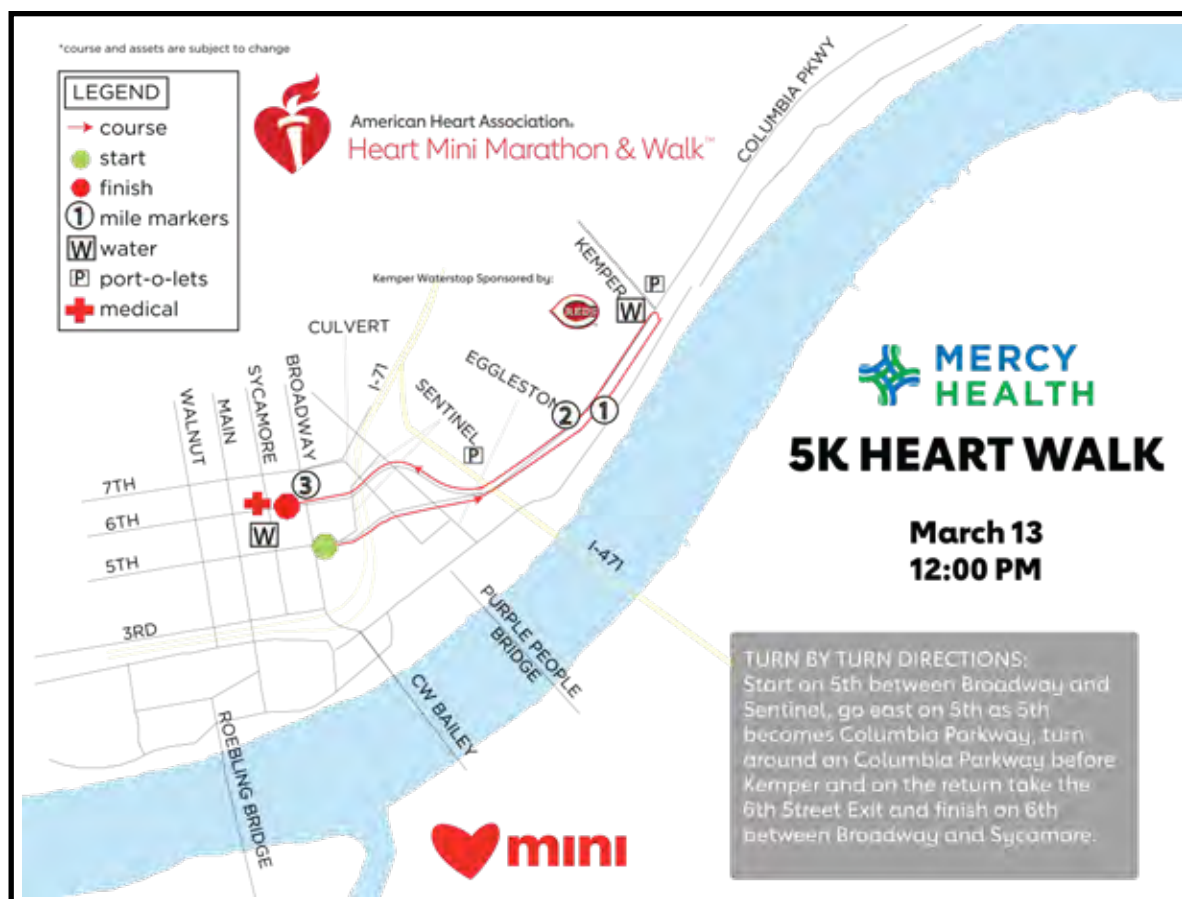
Ohio National
Financial Services.

5K RACE

**March 13
10:30AM**

TURN BY TURN DIRECTIONS:
Start on 5th between Broadway and Sentinel, go east on 5th as 5th becomes Columbia Parkway, turn around on Columbia Parkway before Kemper and on the return take the 5th Street Exit and finish on 6th between Broadway and Sycamore.



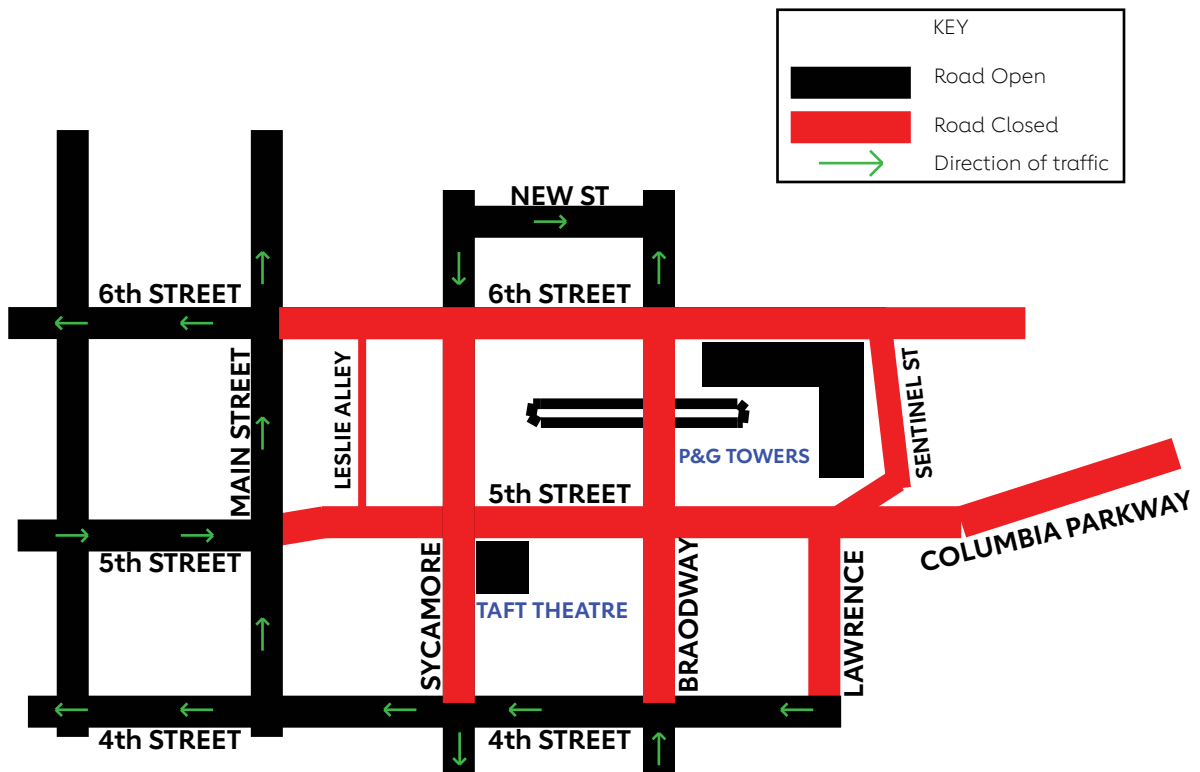


DOWNTOWN CELEBRATION ZONE MAP



HEART MINI DOWNTOWN ROAD CLOSURES 5AM - 3PM 3/13/2022

6th street between Main and Broadway
6th street ramp coming off of Columbia Parkway
5th street between Main and Broadway
Sycamore Street from 4th Street to 6th street





American Heart Association®

Hard Hats with Heart™ Cincinnati

The Hard Hats with Heart Campaign brings together Greater Cincinnati's A/E/C industry leaders as a relentless force for a world of longer, healthier lives.

Led by our chairs Brian Currin and Nick Hoyng of Danis Construction, alongside our Hard Hats Committee and wonderful hospital leaders, this year's campaign has a goal to raise \$150,000 by the end of our campaign celebration coming up in April.

These dollars will go a long way in saving lives and improving the health of our community.

Signature Sponsors



Gold Sponsors



Baker Concrete | Craftsman Electric | Schaefer | Dugan & Meyers | Cohen | FX Facility Group
United Group Services | Nelson Stark | John R. Jurgensen Co. | Champlin Architecture

PULSE POINT RESPOND

PulsePoint Respond is a 911-connected mobile app that alerts CPR-trained citizens to someone nearby having sudden cardiac arrest. PulsePoint users who have indicated they are trained in CPR and are willing to assist in case of an emergency will be notified if someone nearby is having a cardiac emergency and may require CPR. If the cardiac emergency is in a public place, the location-aware application will alert trained citizens in the vicinity of the need for bystander CPR simultaneous with the dispatch of our crews to the medical emergency. PulsePoint Respond empowers everyday citizens to provide lifesaving assistance to victims of sudden cardiac arrest. We are planning a public launch to announce the availability of PulsePoint to our community in early 2022.

For more information, please visit www.pulsepoint.org or scan the QR code.



2020/2021

RESEARCH IMPACT

Thanks to your fundraising efforts, the AHA is currently managing approximately 1,500 active research awards totaling ~\$430M. We are extremely proud to share that our local research teams are currently receiving \$8M! Additionally, the AHA recruited 1,900 experts to review over 4,000 research applications that led to the funding of two Strategically Focused Research Networks (Health & Type 2 Diabetes Mellitus and Health Technologies & Innovation), the ENACT Vaping research program, the COVID-19 Rapid Response grants, and hundreds of other research awards.

\$436,009,026
NATIONALLY

\$8,072,988
CINCINNATI



Guo-Chang Fan, PhD
Wei Huang
Samuel Slone, BS
Perwez Alam, PhD
Lisa Green
Matthew Beucler, BS
Sakthivel Sadayappan, MS, PhD
Kavitha Subramanian, BS, MS
Darshini Desai, BS, MS
Kyle Walsh, MD, MS
Yutian Li, PhD
Malina Ivey, BS
Mohit Kumar, MS, PhD
Nava Rihal, PhD
Michael Tranter, PhD
Neha Reddy Sanagala



Andrea Beaton, MD
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Ronald Vagnozzi, PhD
Stuart Goldstein, MD, FAAP, FNKF
Eliyahu Perl, MA
Ugo Coppola, PhD
Sandra Schrenk, PhD
Lauren Falkenberg, BS
Qinghang Meng, PhD



Paul Schaeffer, PhD

Includes all active
(new and continuing)
research studies
funded as of August
2021.










American Heart Association.

Heart Mini-Marathon & Walk™

HEART HEALTHY BINGO!

Choose 10 or more heart-healthy behaviors to practice as a family. When a behavior has been practiced, please mark off the square.

Eat a fruit or vegetable with your breakfast.	Eat a healthy snack.		Drink water with a slice of fruit in it.	Go for a walk or bike ride with a family member.
	Be physically active for 60 minutes or more.	Try a new fruit or vegetable.	Eat a low-sodium snack.	Try a sparkling or carbonated water.
Read a nutrition facts label with an adult.	Spend a day without drinking a sugary drink.	Tell a family member 3 health benefits of being physically active.	Explain to a family member why tobacco is bad for your heart.	
Explain why it's important to avoid secondhand smoke.	Walk or run in the Heart Mini.	Name 5 foods high in sodium.		Eat three different colors of fruits and vegetables in one day.
Try a handful of unsalted nuts as a snack.		Tell a family member why sugary beverages are bad for your heart.	Try a breathing exercise to help with stress.	Count how many glasses of water you drink in one day.

Thank you to our Kids Zone sponsor:





THANK YOU

FROM YOUR HEART MINI TEAM

We are thrilled to welcome you back to Heart Mini 45! We've missed celebrating together over the last two years and will be taking every precaution to keep you safe throughout the event. Whether you plan to join us downtown or get your steps in around your local neighborhood, you are a crucial to the advancement of the American Heart Association's mission.

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



Our 'More Details' tab at heartmini.org page features FAQs, parking, street closures & more!



We want to see and hear you on race/walk day! Decorate a small sign or wear a common item to show your team pride as you cross the start line. Take plenty of photos and tag @theheartmini and @americanheartohio on social media using #heartmini.



Dress for the weather and remember that event day is Daylight Saving Time- we spring forward an hour that morning!



Please wear a mask when unable to maintain 6ft of distance between you and your fellow runners/walkers. Once you're out on the course and able to spread out you can lower your mask!



HAVE FUN! Whether running, walking or cheering on friends, know that your weekend is being spent impacting the lives of the ones you love - and even the lives of those you may never meet.

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

Your Heart Mini Team

Alyson, Alyssa, Ashley, Blaire, Katie, Rachel & Taylor

PRESENTING SPONSORS:

