



American Heart Association®
Heart Walk®

2022 LORAIN COUNTY HEART WALK EVENT GUIDE

SATURDAY, SEPTEMBER 10TH

Mercy Health Stadium

Heart.org/LorainWalk



American Heart Association®

Healthy for Good™

Locally sponsored by



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Chairperson's **Welcome**



Dear Walkers,

Welcome to the 2022 Lorain County Heart Walk. Over the past year, the American Heart Association has prioritized health more than ever. Our community has rallied around healthy habits by focusing on mental and physical health.

Today is the perfect time to renew your commitment to the mission. Cardiovascular disease, including stroke, remains the No. 1 killer of Americans. We need to meet this challenge with vigor to better prevent, diagnose and treat heart disease and stroke so that fewer people suffer and die.

We hope that you are inspired by your participation in today's Heart Walk. With every step you take and every dollar you raise, you are a part of the solution for a world of longer, healthier lives.

The American Heart Association's top priority is the health and well-being of individuals and their families today and in the future, in every community. So, let's keep the momentum going as we get our hearts pumping and beating as one. Together, we can make a difference!

For healthier hearts,

Mouris Saghir, PhD

2022 Cleveland & Lorain County Heart Walk Chair

VP, GM Cardiovascular, Metabolic, and Endocrine Clinical Segment

Quest Diagnostics



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THANK YOU,
From the Heart Walk Team

We are thrilled to welcome you back to the Lorain County Heart Walk! Now, more than ever, it's important to find new ways to boost physical and emotional health. The Heart Walk is a great way to keep up healthy habits, stay socially connected and keep up with physical activity while making an impact in your community and saving lives.

Whether you plan to join us at Mercy Health Stadium or get your steps in around your neighborhood, you are crucial to the advancement of the American Heart Association's mission. **Together, we are fighting for the health and well-being of our Lorain County 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! 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 [@AmericanHeartOhio](#) on [Facebook](#) and [Instagram](#) and [@AmHeartOhio](#) on [Twitter](#). Don't forget to use [#LorainHeartWalk!](#)
- ♥ We kindly ask if you are not feeling well or have any symptoms, irrespective of your vaccine status, to please stay home.
- ♥ 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 not met.

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



Your Heart Walk Team,



Stephanie Westerh
Development Director



Valerie Hallow Gates
*Executive Director, Market
Vice President*



Sarah Repasy
Senior Development Director



Lauren Eberhard
Development Coordinator

WEEK OF WELLNESS

September 5th – September 10th

Exercise your mind, body and spirit during the week leading up to your Heart Walk. Find a daily dose of inspiration on our #LorainHeartWalk [Facebook Page](#)!



MOVE MORE MONDAY September 5th

When you [Move More every day](#), you can reach some pretty big goals over time. Small steps can add up to huge strides - in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



EAT SMART TIP TUESDAY September 6th

Eating healthy doesn't have to mean dieting or giving up all the foods you love. Let the American Heart Association help you learn how to ditch the junk [and eat more colorful, delicious foods](#) to help keep our bodies and minds healthier, longer.



BE WELL WEDNESDAY September 7th

Along with healthy eating and regular physical activity, practicing meditation or mindfulness may help you manage stress and high blood pressure. It also may help you sleep better, feel more balanced and connected and possibly lower your risk of heart disease. [Learn more ways it can help.](#)



THANKFUL THURSDAY September 8th

We all could use a little more positivity and encouragement, especially when starting something new. [Here are quick and easy ways](#) you can jump-start your journey to becoming Healthy for Good. Don't forget to post your progress on social media so we can cheer you on!



BEST FRIENDS FRIDAY September 9th

Let's celebrate our pet companions who are always there for us - helping us handle stress and boosting our physical and mental health. Having a pet is a Healthy Bond for Life™ that may help you live a longer, healthier life! [Check out even more benefits here.](#)



CELEBRATION SATURDAY September 10th

IT'S HEART WALK DAY! Join us at Mercy Health Stadium at 8:00 a.m. to celebrate with us! [Stay up to date by checking out our website.](#) Don't forget to share your photos using #LorainHeartWalk and post in the [Facebook Page](#)!

WEEK OF WELLNESS SPONSORED BY

Rea & Associates | Magis Advisory Group



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CELEBRATION SATURDAY

SCHEDULE OF EVENTS



Saturday, September 10th

Mercy Health Stadium

2009 Baseball Blvd., Avon, OH 44011

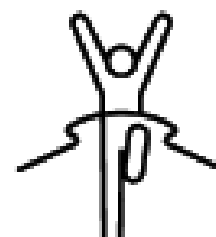
8:00 a.m. - Heart Walk festival opens

8:45 a.m. - Warm up

8:50 a.m. - Opening ceremony

9:00 a.m. - Begin Heart Walk

11:00 a.m. - Event concludes

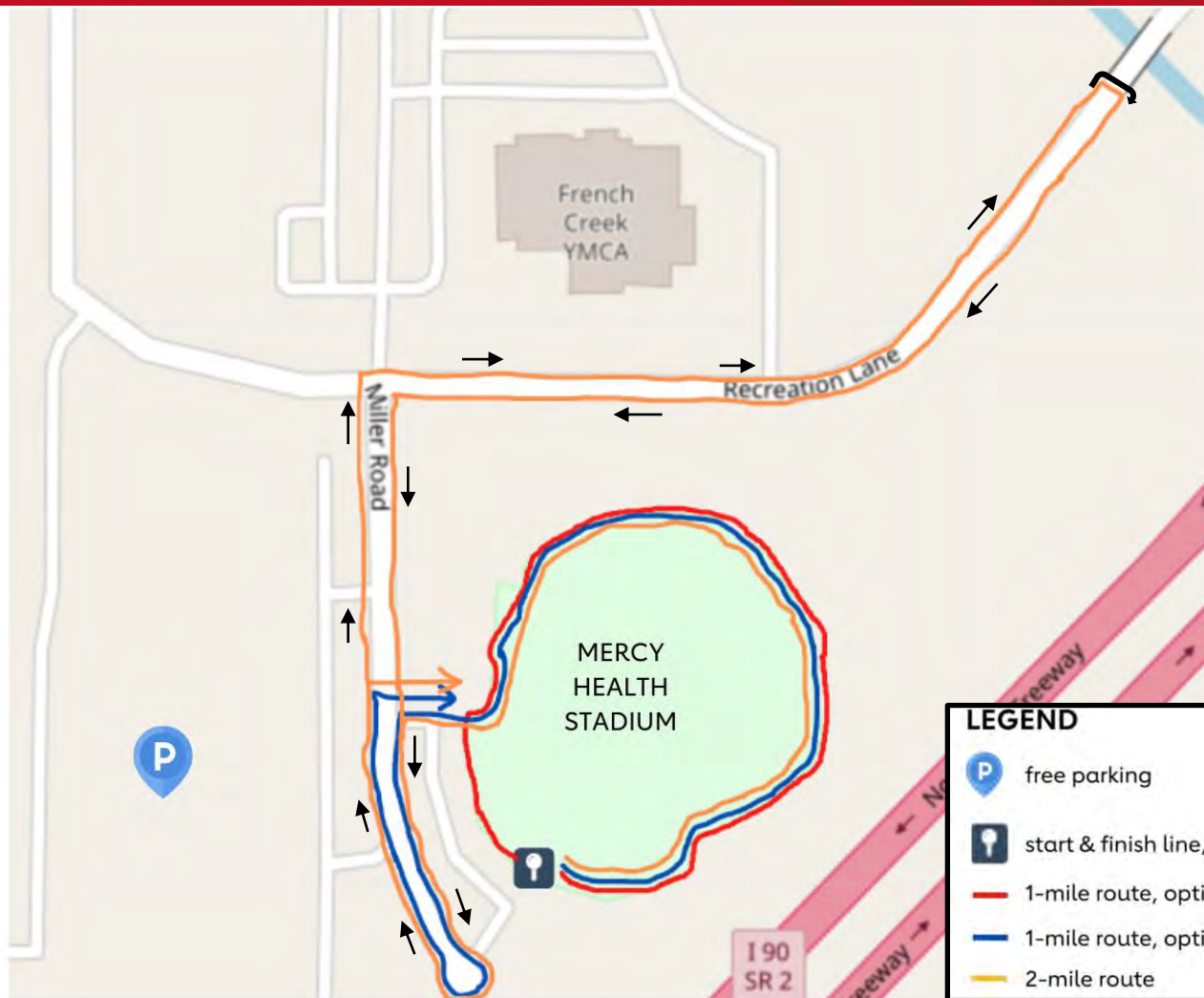


We invite you to walk with us at our event or wherever you feel inspired. Share your photos with us using #LorainHeartWalk and on our [Facebook page](#)!






No matter where or when you choose to walk, participating and [donating to the Heart Walk](#) will save lives and improve lives in our community!



HEART WALK ROUTE MAP, 1 AND 2-MILE OPTIONS



LEGEND

-  free parking
-  start & finish line, sponsored by Avon Commons
-  1-mile route, option 1
-  1-mile route, option 2
-  2-mile route

1-mile route, option 1

Walk the warning track 4 times around

1-mile route, option 2

Walk the warning track and exit the stadium near left outfield

Turn left onto Miller Road and continue to walk around cul-de-sac

Return to stadium and walk 2 additional times around warning track

2-mile route

Walk the warning track and exit the stadium near left outfield

Turn left onto Miller Road and continue to walk around cul-de-sac

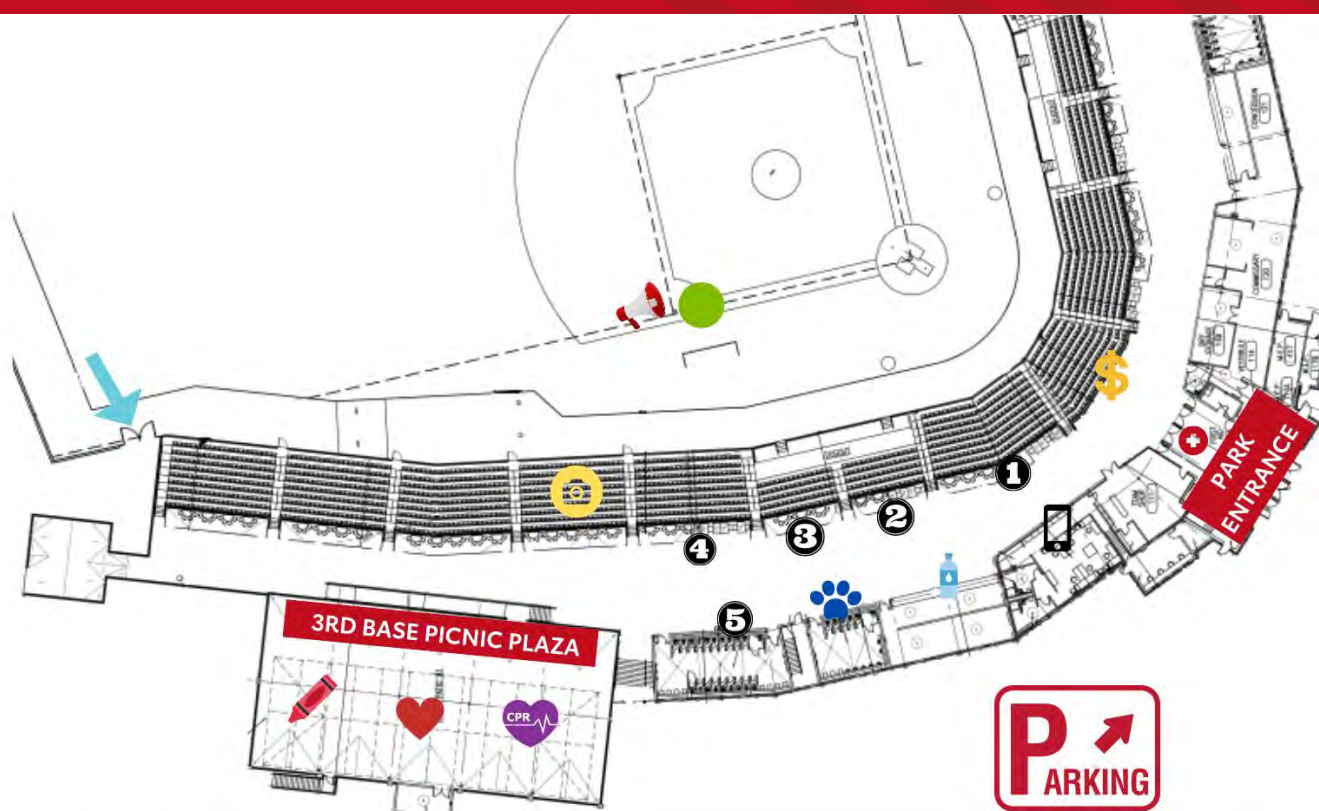
Walk straight towards Recreation Lane and turn right onto Recreation Lane

Continue straight and once arrived at bridge, turn around

Continue to walk straight and turn left onto Miller Road

Continue straight and walk around cul-de-sac

Return to stadium and walk 2 additional times around warning track



LEGEND

- | | | | | | |
|--|---------------------|--|-------------------|--|-------------------------------|
| | Start & Finish Line | | Kids Zone | | Company /Team Photos Sec. 115 |
| | AED | | Hydration Station | | Healthy Selfie Station |
| | Donation Turn In | | Survivor Area | | Pet Zone and FAPL |
| | Hands Only CPR | | Program | | Exit for 1 & 2-mile Routes |

CORPORATE SPONSORS

- | | | | |
|--|--|--|--|
| | Mercy Health | | UH North Ohio Heart & Ohio Medical Group |
| | Magis Advisory Group | | Apex Skin |
| | University Hospitals
Harrington Heart & Vascular
Institute | | |

For assistance,
please contact
Stephanie Westerh at
(937) 689-5965 or
Lauren Eberhard at
(216) 659-0996



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Heart Walk® A word from **OUR SPONSORS**

YOUTH & TOBACCO

E-cigarettes and other tobacco products pose a significant threat. They are gaining popularity, especially with kids and young adults.

Addicting a New Generation

Not only are more **kids and young adults** using e-cigarettes, they are **using them more often**.

1 IN 4

high school age kids

now report using e-cigs (vaping). They are the most popular tobacco product used by adolescents.

Many adolescents falsely believe these **new products are safe**. Some don't even realize they contain nicotine. But they can deliver much higher concentrations of addictive nicotine than traditional cigarettes.

There is evidence that kids and young adults may transition from these products to cigarettes and other drugs.



What You Can Do

Advocate for strong, comprehensive tobacco policies.

Talk with young people in your life about the dangers of any tobacco or nicotine use.

[Join local efforts](#) in Lorain County and learn more about the [Tobacco Endgame](#).



Hear from the experts of Lorain County and watch this [Community Conversation](#) on this hot topic, presented by Mercy Health.

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UNDERSTAND YOUR BLOOD PRESSURE

Approximately **31% of Lorain County** citizens have high blood pressure – and many don't even know they have it! The best way to know is to have your blood pressure checked.

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BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

heart.org/bplevels

NOW MORE THAN EVER, YOUR SUPPORT IS NEEDED.

By giving to the American Heart Association, you are contributing to, witnessing, and progressing life-saving science.



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Heart Walk® A word from **OUR SPONSORS 2**

Hands-Only CPR - Join a Nation of Heartsavers™ today!

Our hands can do so many things, the most important of which may be saving someone's life. The power is in YOUR hands.

2 STEPS TO SAVE A LIFE



Additional resources and information available at heart.org/cpr.

Through their generosity and support, Equity Trust has helped to make a healthier Lorain County.

FEBRUARY 23, 2022

Equity Trust partnered with the American Heart Association to provide three (3) CPR & First Aid in Sports Kits to the **Boys & Girls Clubs of Lorain County**. Together, the Boys & Girls Club students and Equity Trust employees learned the lifesaving skill of [Hands-Only CPR](https://heart.org/cpr). To read more, please [click here](#).



JULY 29, 2022

Equity Trust partnered with the American Heart Association at the sold out Lake Erie Crushers game, located in Avon, Ohio. They provided the first 100 attending families with a CPR Anytime Kit, to learn the lifesaving skill of [Hands-Only CPR](https://heart.org/cpr) at home.



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By giving to the American Heart Association, you are contributing to, witnessing, and progressing life-saving science.



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**THANK YOU,
HEART WALK LEADERS!**

Lorain County Leadership Team

*This passionate group of leaders is helping to make a positive impact on our Lorain County Community.
From the bottom of our hearts – thank you!*



Carrie Jankowski
President
Mercy Allen Hospital
Mercy Health



Gary Zrimec
Chief Executive Officer
UH North Ohio Heart
& Ohio Medical Group

Renee Barrett, University Hospitals
Nicole Moore, UH North Ohio Heart & Ohio Medical Group
Tom Kramig, Lake Erie Crushers
Matt Collier, Equity Trust

Top Walkers, Raising \$1,000+*

These Heart Walkers have 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!

Allison Smith, Cleveland Clinic – Avon Hospital
Leslie Zeck, UH North Ohio Heart Center
Gary Zrimec, UH North Ohio Heart Center

*Rankings based on donations received by September 1, 2022. Visit heart.org/lorainwalk for current totals.



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Heart Walk® 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/lorainwalk 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? So glad you asked – our event is rain or shine, so please watch the weather and dress prepared!

Can my kids walk, too? Are strollers allowed? Definitely! There will be many children's activities, including yard games, coloring, bingo, and more! We do ask that you supervise your children when they are in the Kids Zone. Strollers are also permitted!

Is there a check in area day of walk? No, simply lace up, show up and walk with us!

Will you have water? Yes, we will have bottled water to keep our participants hydrated!

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

Can I turn in money at the Heart Walk? You sure can! Stop by the Welcome Table when you arrive.

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 fundraise online or submit cash and checks to your local [American Heart Association Representative](#) through November 30, 2022.



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2022 Rewards Center

LEVEL 1

\$100



Red Heart Walk Tee
Heathered Red
District Very Important Tee



Live Fierce Tee
Light Heather Grey
District Very Important Tee

LEVEL 2

\$250



Custom Black Twill Cap
with Frayed Patch



BELLA + CANVAS
Relaxed Fit
"One Heartbeat"
Graphic Tee
Black Heather



LEVEL 3

\$500



Next Level Hoodie Tee (Unisex)



Nike Dri-FIT Swoosh
Perforated Cap

BELLA + CANVAS
Muscle Tee
Grey Heather





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Heart Walk®

2022 Rewards Center 2

LEVEL 4

\$1000



Toba Packable Jacket
Men's & Ladies'



Ladies' Champion
Athleisure Leggings



Men's Cutter & Buck
Jogger Pant



The North Face Trucker Hat
Grey Canvas Wash



Adult & Child OR Infant
CPR Anytime Kit

LEVEL 5

\$2500



Adidas 3-Stripe Quarter-Zip Knit Jacket
Men's & Ladies'



Ogio Luuma Fleece Pullover
Men's & Ladies'



Columbia Fleece Vest
Men's & Ladies'

LEVEL 6

\$5000



Adidas Quarter-Zip Color-Blocked
Men's & Ladies' Jackets



Cutter & Buck Rainier Vest
With Heart & Torch Zipper Pull
Men's & Ladies'



Weatherproof Quilted Bomber
Men's & Ladies' Jackets