

Eastern Connecticut Heart Walk Celebration Day
Saturday morning, October 2, 2021

- Gathering Location: West Beach Bathhouse Lawn – Rocky Neck State Park
244 West Main Street (CT Route 156), East Lyme
 - Enter the Park's main entrance and follow signs to the West Beach parking areas.
- The Heart Walker check-in or registration tent will open at 9:30 AM.
 - Participants may turn donations at this tent. Place cash or checks 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.
- Important – NEW this year: ROLLING START – Anytime between 10:00 – 11:00 AM.
 - Our first priority is your safety. By arriving and starting at your own pace between 10am and 11am, you will be socially distanced with other walkers.
- The 2021 Heart Walk route is 1 mile or 3 miles long. It's up to you! The first mile starts and returns to the gathering area at the West Beach Bathhouse lawn or you can continue on the marked route to complete the full three mile walk.
- Hydration stations: Located at the 1-mile point, and at the Rocky Neck Nature Center.
- Please be mindful of health & safety protocols:
 - Kindly refrain from taking team photos or congregating in groups.
 - Maintain a six-to-ten-foot distance from other parties. Masks are encouraged.
 - Where two-way Walkers are present, please stay to the left on your path or trail.
 - Please do not share refreshment items with other Heart Walkers.
 - Wash your hands after sneezing or using a restroom.
- Roadway & crossing: There are two short stretches of our Heart Walk that are along the one-way roads within Rocky Neck State Park. Parents: Please keep small children close-at-hand when walking within these two zones. Where the Heart Walk route crosses the street a public safety officer will be present to assist.
- The restrooms in the West beach Bathhouse will be open. Portalets are also positioned throughout our Heart Walk route.
- Do not bring balloons or kites. Proximity to the Amtrak line makes these a hazard.
- Licensed dogs on leashes are welcome to partake in the full Heart Walk!
 - Maintain control of pets at all times. Pick up and properly dispose of waste.
 - Pets are not allowed on the beach.
 - Water bowls will be positioned throughout the route.

Locally sponsored by: