

HEART TELETHON

Locally Sponsored by:



SCALZO, ZOGBY & WITTIG, INC.
INSURANCE

Broadcast live by:



Friday, March 6, Noon – 8:00 p.m.
Saturday, March 7, 8:00 a.m. – 1:00 p.m.
Streaming online at www.wktv.com

49TH HEART RADIOTHON

Locally Sponsored by:



Broadcast live over:

WIBX950AM

Friday, March 6, 6:00 a.m. – 6:00 p.m.
Saturday, March 7, 5:00 a.m. – 1:00 p.m.



**Carbone Athletics
at The Fitness Mill**

Sponsored by:

*Team photos available from 6:00 a.m. to noon
March 7, 2020 in the Utica College Gym*

*Donations due by April 7, 2020 to receive incentives,
prizes, club benefits and awards.*

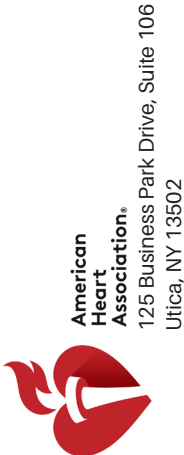


\$100 Hero	\$500 Warrior	\$250 Medallist	\$1K Life Saver	\$5K Champion
+100 Points Added	+200 Points Added	+200 Points Added	+300 Points Added	+600 Points Added
Total points = 100	Total points = 500	Total points = 300	Total points = 800	Total points = 1400

Fundraising Milestones

The more funds you raise, the more points you earn to redeem for Heart Walk Hero Gear – or to donate back to the cause. Once you reach a new fundraising milestone, additional points will automatically be added to your points balance. After redeeming points, your balance will be adjusted accordingly.

Earn points by fundraising.



Saturday, February 15
Oneonta Indoor Walk
Foxcare Center
10:00 a.m. – 2:00 p.m.

Wednesday, March 4
Sangertown Indoor Walk & Pre-Registration
Sangertown Square Mall
9:00 a.m. – 7:00 p.m.

Saturday, February 8
Rome Run/Walk
95 Dart Circle, Rome
8:00 a.m. – 11:00 a.m.

An Affiliate of St. Joseph's Health
ROME MEMORIAL HOSPITAL

SATELLITE RUN/WALK EVENTS

Saturday, March 7
Utica College Clark Athletic Center, Utica
6:00 a.m. – 9:00 a.m.

Friday, March 6
Utica College Clark Athletic Center, Utica
9:00 a.m. – 7:00 p.m.

Thursday, March 5
Van's Tavern
101 Old Remsen Road, Barneveld
5:00 p.m. – 8:00 p.m.

Wednesday, March 4
Sangertown Square, New Hartford
9:00 a.m. – 7:00 p.m.

Tuesday, March 3
Herkimer College, RMCC 282/283, Herkimer
4:00 p.m. – 7:00 p.m.

Saturday, February 15
Oneonta Indoor Walk
Foxcare Center, Oneonta
10:00 a.m. – 1:00 p.m.

Saturday, February 8
Rome Free Academy
95 Dart Circle, Rome
8:00 a.m. – 10:00 a.m.

RUN/WALK PRE-REGISTRATIONS

Events	Buses Leave	Start Points	Start Times
18-Mile Run	6:30 a.m.	Van's Tavern, Barneveld	7:30 a.m.
10-Mile Run	7:40 a.m.	Route 291 @ Irish Road, Stittville	8:10 a.m.
5-Mile Run	N/A	Utica College – Champlin Ave.	9:20 a.m.
3-Mile Run	N/A	Utica College – Champlin Ave.	9:20 a.m.
5-Mile Walk	N/A	Utica College – Champlin Ave.	10:30 a.m.
3-Mile Walk	N/A	Utica College – Champlin Ave.	10:30 a.m.

18 mile run and 10 mile run participants will board at Utica College, Noy Avenue side and ride to their respective starting points (see schedule). All 3 & 5 mile walk and run events begin and end at Utica College.

For safety reasons, PLEASE start at the official time and place.

SATURDAY, MARCH 7, 2020 DAY OF EVENTS SCHEDULE

Birnie Bus Shuttle will leave on time! Please allow one (1) hour from shuttle parking lot to the event

Park & Ride from: **American Heart Association**
125 Business Park Drive, Utica
Former MetLife Building
Excelsus Blue Cross Blue Shield
12 Rhoads Drive (Utica Business Park)
Utica National Insurance Group
Genesee Street, New Hartford

Park & Ride from: **American Heart Association**
125 Business Park Drive, Utica
Former MetLife Building
Our Lady of the Rosary Church
1736 Burrstone Road, New Hartford
Holiday Inn
1777 Burrstone Road, New Hartford

MARCH 6-REGISTRATION/EXPO

Official transportation sponsor of the 2020 America's Greatest Heart Run & Walk

Event parking is limited at Utica College. Please let our Birnie Bus Park & Ride Shuttle Services take you to these events.



PARK & RIDE SERVICES



America's Greatest HEART RUN & WALK 2020

UTICA COLLEGE
SATURDAY, MARCH 7, 2020

SIGNATURE SPONSOR



LOCALLY SPONSORED BY



SCALZO, ZOGBY & WITTIG, INC.
INSURANCE



**To opt into emergency
messaging updates
text: uticahw to 515-55**

For event information and to register, visit:
www.uticaheartrunwalk.org
(315)580-3964

Friday, March 6, 2020
Expo 9:00 a.m.- 7:00 p.m.
Utica College
Clark Athletic Center
FREE Park & Ride Services for Expo
Park and let the Birnie shuttles
take you to the events
Former MetLife building
125 Business Park Drive
Our Lady of the Rosary Church
1736 Burrstone Road, New Hartford
Holiday Inn
1777 Burrstone Road, Utica

HEART WALK: KIDS HEART CHALLENGE



April 17, 2020
5:00 p.m. -
7:00 p.m.

Accelerate Sports Complex
5241 Judd Road
Whitesboro, NY 13492

Locally Sponsored by:



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

HEALTH & WELLNESS
ASSESSMENT

Screenings Include:

- Heart Assessment
- Blood Pressure
 - Total Cholesterol
 - HDL Cholesterol
 - LDL Cholesterol
 - Diabetic Risk Score
- Lung Assessment
- Pulmonary Function Screening
 - Blood Oxygen Saturation Testing

Stroke Risk Assessment

Locally Sponsored by:



www.uticaheartrunwalk.org
(315) 580-3964

For personal tracking only of donations received

Minimum donation of \$30 for participants 16 years & older is required at registration.

PARTICIPANT'S NAME: _____

Sponsor's Name	Mailing Address	City, State, Zip	Business or Home Phone	Total
				Total \$

America's Greatest Heart Run & Walk Registration Form

Minimum donation of \$30 for participants 16 years & older is required at registration. Complete all fields or register online at

WWW.UTICAHEARTRUNWALK.ORG

NAME: _____
ADDRESS: _____
C/S/Z: _____
PHONE: _____
EMAIL: _____
TEAM: _____
CAPTAIN: _____

MY AGE GROUP IS: [] UNDER 16 [] 16-20 [] 21+

Total Raised \$ _____
[] Raised Online [] Cash/Checks [] Credit Card
[] Yes, I am a survivor of heart disease and/or stroke
[] Yes, I am interested in learning more about Planned Giving Options
[] Yes, my company offers matching gifts
I plan on participating in the: [] 18M Run [] 10M Run [] 5M Run
[] 3M Run [] 5M Walk [] 3M Walk

In signing for myself (or the participant named above if he or she is under 18), I understand and agree to absolve the American Heart Association and all sponsors be they individuals or organizations, singly or collectively, of all blame for injury, misadventure, harm, loss or inconvenience suffered in any of the activities associated with the said event. I grant full permission to the organizers of this event to use and publish my name and image as a participant in photographs, videos, online or via other media recordings.

X _____
Participant/Guardian Signature