

AMERICAN HEART ASSOCIATION

# HEART WALK / RUN

# 2020

SUNDAY, APRIL 19  
ONONDAGA COMMUNITY COLLEGE



## Join Team Upstate!

Indoor and outdoor activities • Free on-site parking  
Upstate's cardiovascular researchers receive funding from this event!

### EVENT SCHEDULE

- 10 am Registration and Heart Healthy Activities
- 11 am Kids Fun Run
- 11:20 am Team Upstate Photo
- 11:30 am Opening Ceremony
- Noon Walk/Run begins Rain or Shine

FOR MORE INFO: Zanette Howe, 315-464-4836 and Beth Sellers, 315-492-5551 (Upstate's Heart Walk coordinators)

### ON-SITE REGISTRATION

Wednesday, March 11

1 to 3:30 pm • Downtown, 2nd floor lobby

Thursday, March 12

12 to 1:30 pm • Community Cafeteria



To guarantee your shirt size (XS - 4XL), you must register and pay by MARCH 23.\*

\* You must donate a minimum of \$35 (\$25 for students) to receive a shirt.

To register on an Upstate Team:  
[www.upstate.edu/heartwalk](http://www.upstate.edu/heartwalk)

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