



**Berks County Heart Walk**  
**Saturday, September 23, 2017**  
**Gring's Mill Recreation Area**  
2083 Tulpehocken Road, Reading, PA 19610

**D E T A I L S**

*Thank you for an outstanding campaign thus far! We're excited to share some important details with you that should help address questions you're receiving from your Team. Of course, questions will still come up, and we welcome them. Please don't hesitate to ask us---we're here to help! (Details subject to change)*

**Donations**

Beginning **Monday, September 18**, only online credit card donations can be made using the site and all cash and/or checks must be entered by AHA staff. As is our policy, pending donations (cash/checks posted online but not yet received by AHA staff) will be cleared on **Wednesday, September 20**, which may alter donation totals. All donations will be accounted for in the days following the walk. AHA staff will also be available to pick-up donations after the walk beginning on Monday, September 25. The last day for donations to be turned in to count towards eligibility for prizes is **Friday, November 3**. Donations MUST be in our offices by 5:00pm on 11/3.

**Parking**

Parking is available at Gring's Mill Recreation Area. Park Rangers will direct you where to park.

**Event Waiver**

**EVERY participant who attends the Walk will be required to sign a waiver.** These waivers are included in this document and are available for download on the website ([www.heart.org/berkspawalk](http://www.heart.org/berkspawalk)) under Event Information. Waivers will also be available at registration under the Pavilion. We appreciate everyone's understanding of this Heart Walk requirement.

**Reading Health System Healthy for Good Passport**

New this year! Be sure to pick up your Healthy for Good Passport at **Reading Health System's** tent. Get this passport stamped at every sponsor area you visit and interact with. The first **250** participants who turn in their passports to the **Advocacy** tent will receive a Jump Rope. **One Grand Prize** will be awarded and **3 Runner's Up** will receive a CPR Anytime Kit to take home and train their family (donated by the **Lehigh Valley Business Coalition on HealthCare**)

**T-shirt Contest**

Be sure to bring an extra T-shirt for the T-shirt Contest! You can drop off it off at Registration. T-shirts will be hung and voted upon with the winning t-shirt displayed at the finish line.



Heart Walk.

**Team Photos:** Gather your friends, families, and/or co-works to have a team photo taken the barn entrance. Team Photos will take place from 8:30-9:45am and from 10:45-11:30am. Be sure to sign-up for a timeslot at <http://www.signupgenius.com/go/20F0548ABAE2BA1FE3-berks2>

### **Pets**

Unfortunately, pets are not allowed at Gring's Mill Recreation Area.

### **Survivor/Advocacy**

Visit the Survivor and Advocacy tent where you can learn about the AHA's advocacy efforts and earn a prize for registering with You're the Cure. Learn about our efforts to make CPR education a graduation requirement for all Pennsylvania High School Seniors!

### **Sponsorship Highlights**

We are thrilled to have an extensive group of committed, dedicated partners working with us to make Walk Day an incredible occasion. After you sign your waiver, drop off any donations, and are greeted by our dedicated volunteers, be sure to explore the sponsor exhibits. *Some* of the activities you can look forward to are listed below.

**Kid's Zone:** Be sure to check out the Kid's Zone. Here you can channel your inner artist with art supplies graciously donated by **Crayola**, test your athletic skills with jump ropes, hoola hoops, and complete a fun craft with **Home Depot**. Make sure kids pick up the **Lehigh Valley Health Network** Little Feet medals.



**Stroke & Blood Pressure Screenings:** Visit **HealthSouth Reading Rehabilitation Hospital's** tent for a Stroke and Blood Pressure Screening.



**EnerSys Food Area:** Grab some apples, popcorn, infused water, and other snacks at the Food Tent sponsored by **EnerSys**. Also, learn how to make a healthy snack, build a smarter sandwich, and how to reduce your daily intake of sugar and sodium.



**AED Training:** Visit **Reading Health System** to learn how to use an AED with the help of The Friends of Reading Hospital. You can also pick up your Healthy for Good Passport at their tent!



**CPR Training:** **The Lehigh Valley Business Coalition on HealthCare** is our Hands Only CPR sponsor. They are partnering with **Reading Health System** to provide CPR training throughout the morning. They will also be giving away **3 Hands Only CPR Training Kits** to the 3 runners' up from the Healthy for Good Passport!



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## **Restrooms**

Restrooms are available just past in the barn.

**Opening Ceremonies:** Brief Opening Ceremonies will take place at the Start Line at the Bridge. We will thank our sponsors and sing the National Anthem. We will hear from our Event Chairperson, Amy Teal, of HealthSouth Reading Rehabilitation Hospital, who will also share the story of our Survivor Champion, April Andrews. **Check out the “Event Information” on the Walk site for details, participant waiver, a festival area map, and a route map.**

## **More Questions? We want to hear from you!**

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