

Heart Walk 2015

Come on MCC - let's all pull together support from colleagues, students, friends and family and walk together proudly representing MCC.

There are three ways to participate:

- First, you can join the MCC Team by walking on April 25 (for free!); just reference the attached map and **meet us in Section 111** inside the arena by 9:45 am; wear school colors! It's a beautiful 3.5 mile walk (not run!) around the Genesee River! A map and free parking permit are also attached for your convenience.
- Second, form a team to walk (I can do this for you!)
- Third, donate either online or using the attached pledge form

[Follow This Link](#) to visit the Monroe Community College Team web page.

Hope to see you there!



**Heart
Walk
Team**



2015 Rochester Heart Walk

American Heart Association

Celebrating our 25th Anniversary in Rochester

Blue Cross Arena at the War Memorial

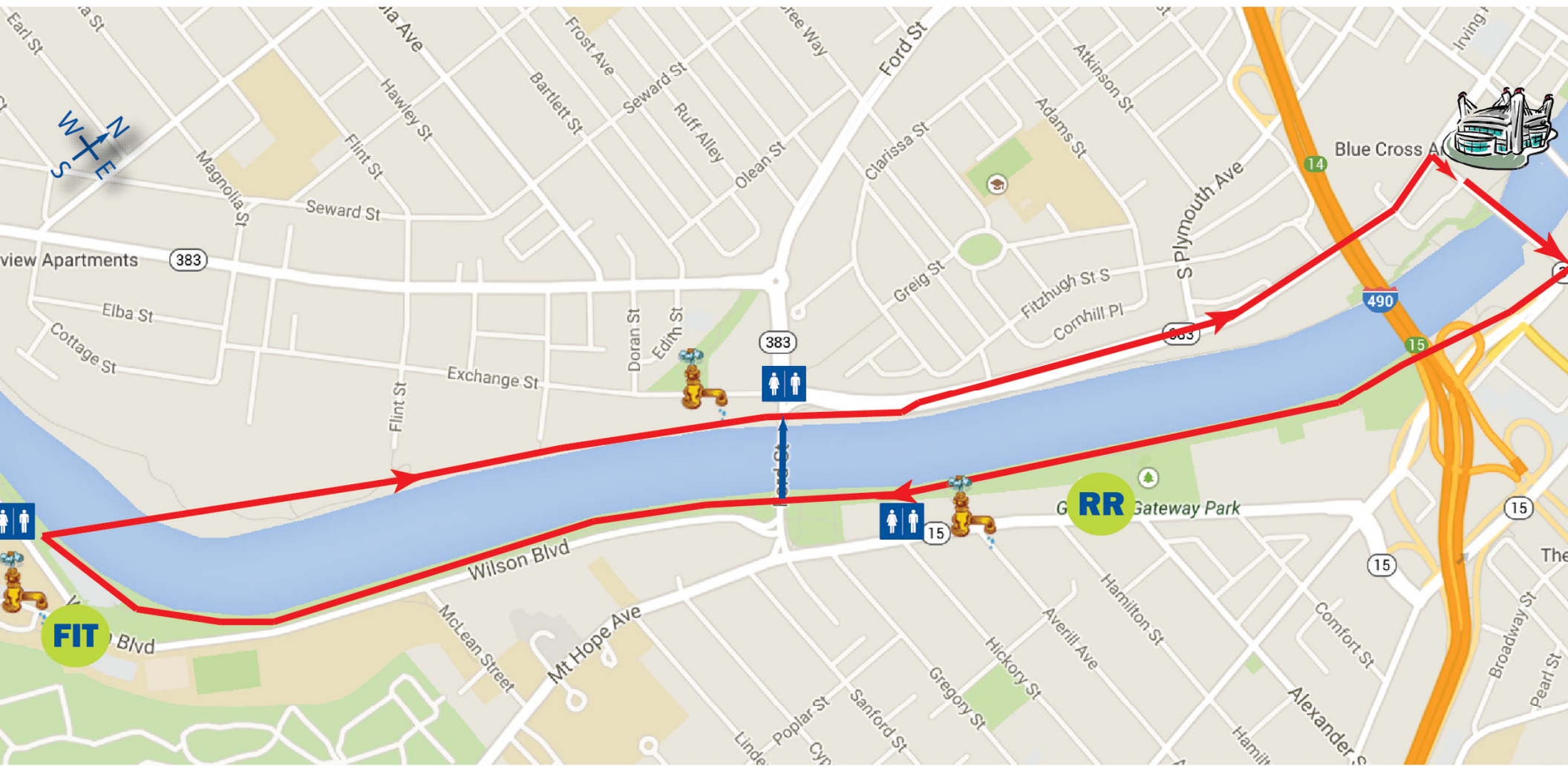
100 Exchange Blvd., Rochester, NY 14614

Saturday, April 25, 2015

Registration: 8:00 am; Walk Start: 10:00 am; MCC Meet in Section 111 @ 9:30;

3-Mile Walk; Rain or Shine!

<http://heartwalk.kintera.org/rochesterny/mcc>

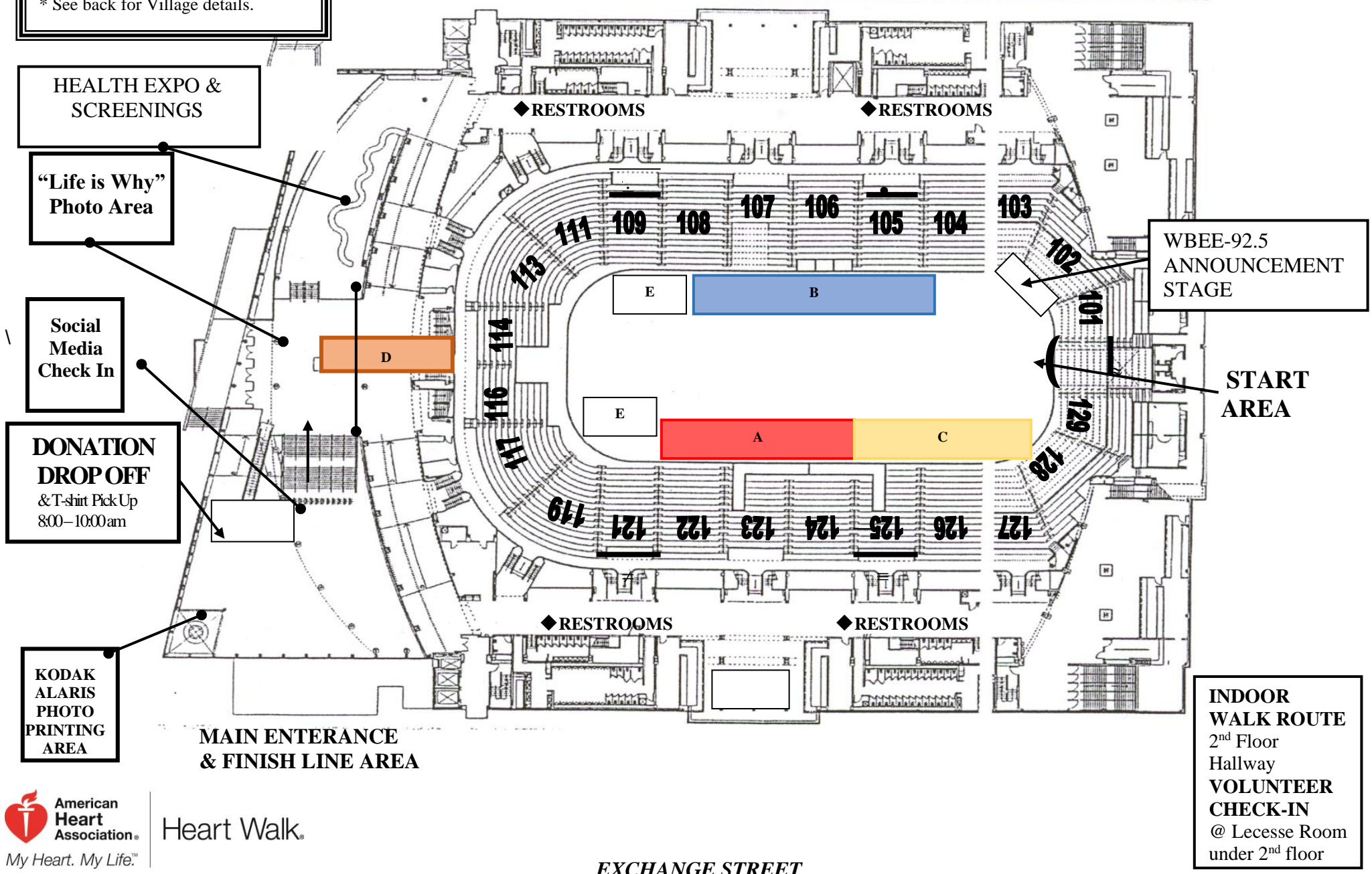


2015

Rochester Heart Walk Arena Map

LEGEND

- A My Heart
- B My Life
- C My Community
- D FOOD (Lower Level)
- E KIDS ZONE
- * See back for Village details.



VILLAGE KEY



Heart Walk.

MY HEART (A)

- Rochester Regional Health System
- Survivor Red Capes
- Woods Oviatt Gilman
- Tribute Stickers
- MVP Health Care
- Fleet Feet Fittings
- Roberts Wesleyan College
- SWBR Architects
- AHA Go Red for Women

MY LIFE (B)

- Coopervision Lifestyle Change Award
- UR Medicine
- Constellation Brands
- NYS Beef Council
- LeChase Construction
- IBEW Local 86
- Billitier Electric
- Bergmann Associates
- AHA Healthy Living

MY COMMUNITY (C)

- Ortho-Clinical Diagnostics
- ConServe
- Excellus BCBS
- Brown & Brown of NY
- Clark Patterson Lee
- Thermo Fisher Scientific
- WBEE
- AHA Community Programs
- AHA Fit Friendly Program

EAT STREET (D)

- Food donated by Wegmans

KIDS ZONE (E)

- YMCA

OTHER ACTIVITIES

Atrium

Kodak Alaris Photo Kiosks – Print your Heart Walk Photos!
American Heart Association Social Media Check-In
Donation Drop Off & T-Shirt Pick Up

“Life is Why” Photo Area – Sponsored by UR Medicine

Red Carpet photo area for group pictures & “selfies”
Survivor Gallery

Heath Expo

Health Screenings from:
UR Medicine
Rochester Regional Health Systems
American Heart Association – You’re The Cure
Local Health, Wellness & Community Organizations

Outdoor – Walk Route

Physical Activity Stations from:
Paradigm Performance, Gold’s Gym
Karma Water
Memorial Heart Wall
Flower City Pride Band
The Dream Team featuring The Pick Lollypops

Finish Line – Sponsored by Rochester Regional Health System

Join us at the finish line for:

Food and Drinks
Live Music from Triskele
Kodak Alaris Photo Pickup
Hosted by WROC Channel 8
& the announcement of our event total!

Saturday, April 25, 2015

**Heart Walk
Civic Center Parking Pass**

This pass is valid only between 6am - 2pm on the date shown.
Free parking at the Civic Center Garage will be given
upon remitting this coupon, with your information, to the cashier.

Please Print Your Email: _____

Parking Provided By: MAPCO Auto Parks, Ltd.
Providing Each Customer With An Outstanding Parking Experience



Heart Walk.