

2016 Tucson HEART & STROKE WALK

Sunday, April 3rd at Reid Park

Registration begins at 7AM



For more information contact:

Pima County

Jennifer Billa

Employee Wellness Program Manager
Pima County - Human Resources Dept.
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City of Tucson

Raquel Cruz Downs

Cigna Well-Being Coordinator
Health and Wellness Engagement Team
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Join A Team Today!

Pima County:

<http://heartwalk.kintera.org/tucsonaz/pimacounty>

City of Tucson:

<http://heartwalk.kintera.org/tucsonaz/cityoftucson>

Event Schedule

7:00 am — Registration & Torch Decoration

8:00 am — Opening Ceremonies

8:30 am — 5k Heart Walk, 1 mile Stroke Walk

9:00 am — Healthy Heart Festival

\$100 RED CAPTAIN CHALLENGE

From 2/22 through 3/2

Enter to win a year's worth of Platinum
Car Washes at:



HERE'S HOW:

1. **REGISTER:** online at www.tucsonheartwalk.org
2. **EMAIL:** Send emails through your personal page headquarters, send texts with our mobile app, post your participation on Social Media.
3. **DONATE:** For every \$100 raise online from 2/22 - 3/2 you will be entered into a prize drawing for a Year's Worth of Car Washes.

Why We Walk!

Heart Walk is a celebration of life, physical activity and the fundraising that helps us fight heart disease and stroke, the #1 and #5 killers in our Nation. The event includes a 5k Heart Walk, and a 1 mile Stroke Walk, Route Entertainers and a Sponsor Festival Area with everything from Memorial and Survivor Tents and VIP area. We welcome walkers of all ages, pets on leashes, and wheels of all sorts (strollers, bikes, roller-blades, etc.). Visit www.TucsonHeartWalk.org today and sign up as an individual or start your own walk team and register as a team captain!

Survivors of heart disease and stroke have a very special place at the Walk as our "Red Cap" and "White Cap" ambassadors. You are WHY we walk! If you are a survivor, please indicate that when you register online, and on walk day stop by the survivor VIP booth to receive your special cap.



2016 Tucson Heart & Stoke Walk Map.

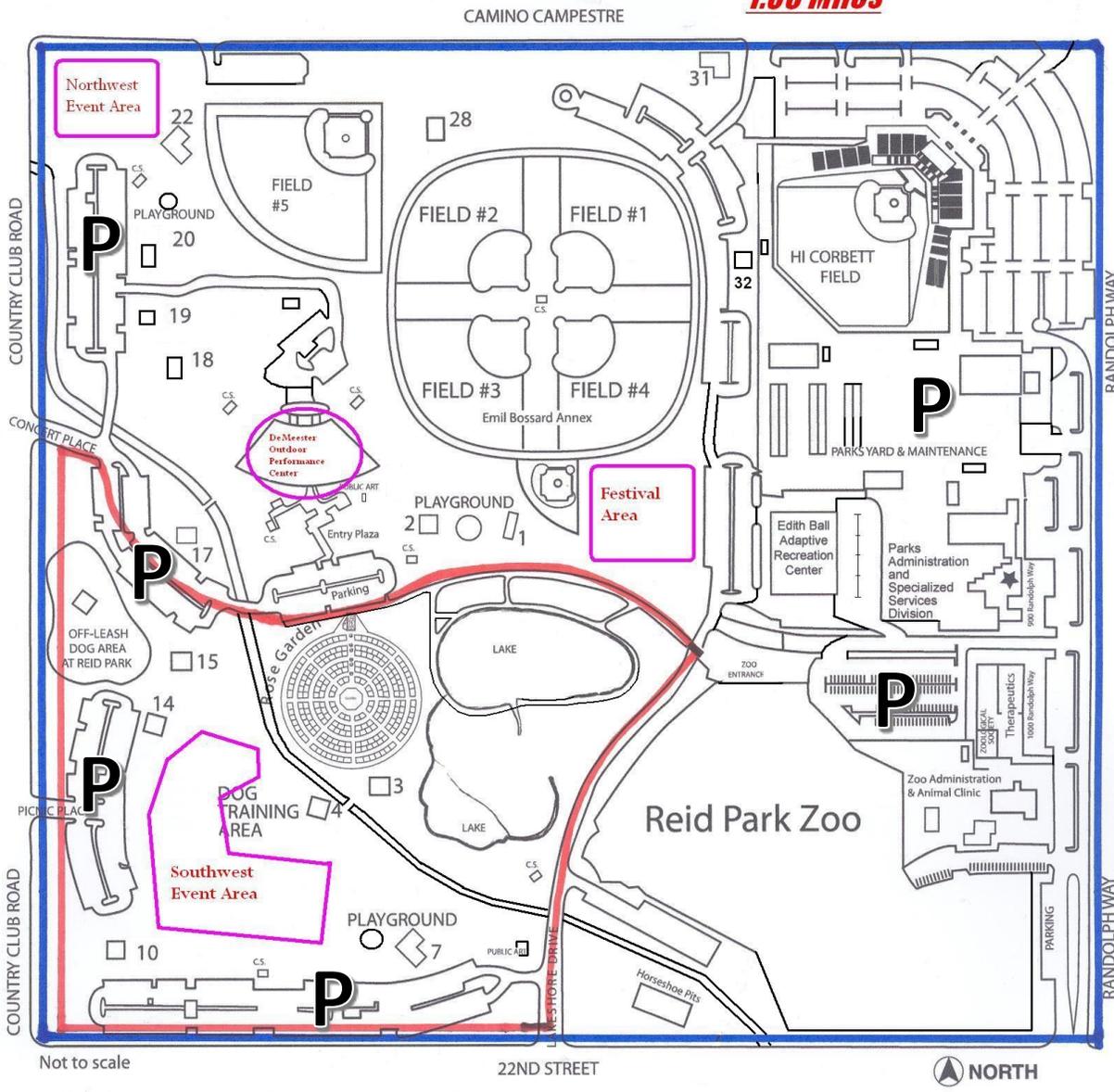
- The start and finish line are located in the Southwest Event Arena.
- 1 mile walkers will complete the **Red** route.
- 5K walkers will complete the **Blue** route then the **Red** route.
- All available parking spaces are available for use. Those nearest are indicated with the letter **P**.

GENE C. REID PARK

Administration - 900 S. Randolph Way
(520) 791-4873

1.95 Miles

1.05 Miles



LEGEND

Accessible restrooms	Football field, no lights	Soccer field, no lights
Baseball field, lighted	Picnic ramadas	Swimming pool
Off-leash Dog Area	Picnic sites	Tennis complex
Dog training area	Playground	Reid Park Zoo
Exercise course	Public art	Hi Corbett Field
Lake		

