

2018 Heart & Stroke Walk

Event Narrative

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Event Description: The American Heart Association's 27th Annual Heart & Stroke Walk is a 4.1 mile fundraiser that encourages individuals to live healthier lifestyles while raising the money needed to fund life-saving research initiatives in our local community. Join us in the fight against the number one and number four killer of men and women.

Date: Saturday, September 15, 2018

Expo Location: Lawn at the intersection of 6th Ave and Laurel Street (south of 6th Ave)

5K Route Narrative:

Walkers to depart from the expo area at **6th and Laurel Ave** traveling east on El Prado.
 Turn right onto **Pan American Road** (traveling southwest). ** Survivors return to the expo at this point
 Turn left onto **Presidents Way** (traveling southeast).
 Turn right onto **Park Blvd** (traveling south).
 Turn right onto the **163 North**.
 Exit freeway at **Robinson Ave**.
 Turn left onto **Robinson Ave** (traveling west)
 Turn left onto **6th Ave** (traveling south).
 Turn left onto **Balboa Drive** (traveling south).
 Return to expo area at **6th and Laurel Ave**.

Road Closures:

Road closures times below are estimated based on previous Heart Walks. We are willing to adjust these times based on SETC experience with this same route for other events.

Road	Distance	Time
El Prado	6 th Ave to Presidents Way	6:00am – 10:00am
Pan American Rd	From El Prado to Presidents Way	6:00am – 9:00am
Presidents Way	From Pan American Road to Park Blvd	6:00am – 9:00am
Park Blvd	Southbound traffic from Inspiration Point Way to the 163 North on-ramp	6:00am – 9:00am
163 North	From 11 th Ave to Robinson Ave	6:15am – 10:00am
Robinson Ave	From Vermont St to 6 th Ave	7:30am – 9:00am
6 th Ave	University Ave to Balboa Drive/Upas St.	7:30am – 10am
Balboa Drive	From 6 th Ave/Upas St.	6:00am – 10am



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2018 San Diego Heart Walk: Timeline

Setup Timeline (Friday 9/14/2018):

8:30 am	Setup Begins/AHA & Renegade staff arrives
11:00 am	Vendors scheduled to arrive between (11am - 3pm: safety supplies, staging, generators, water, portable restrooms, and dumpsters)
3:00 pm	Sponsor load in begins (3-5pm)
7:00 pm	Setup finished

Event Timeline (Saturday 9/15/2018):

2:00 am	Course Set-up Begins
3:30-4:00am	AHA staff arrives
5:00-6:00am	Sponsor/Vendor load-in
6:00 am	Expo Opens
6:45 am	Opening Ceremonies
7:00 am	Walk Kicks-Off: Survivors lead the walk on the Survivor Route (1-mile route)
7:10 am	Majority of walkers begin route (4-mile route)
7:30 am	Last walkers leave expo area
8:50 am	Last walkers at 1 mile mark
9:00 am	Last walkers at 2 mile mark
9:30 am	Last walkers at 3 mile mark
9:50 am	Majority of walkers back in expo
10:00 am	Closing Ceremonies
10:30 am	Expo cleanup begins
2:00 pm	Cleanup finished (with the exception of tents being unassembled through afternoon)



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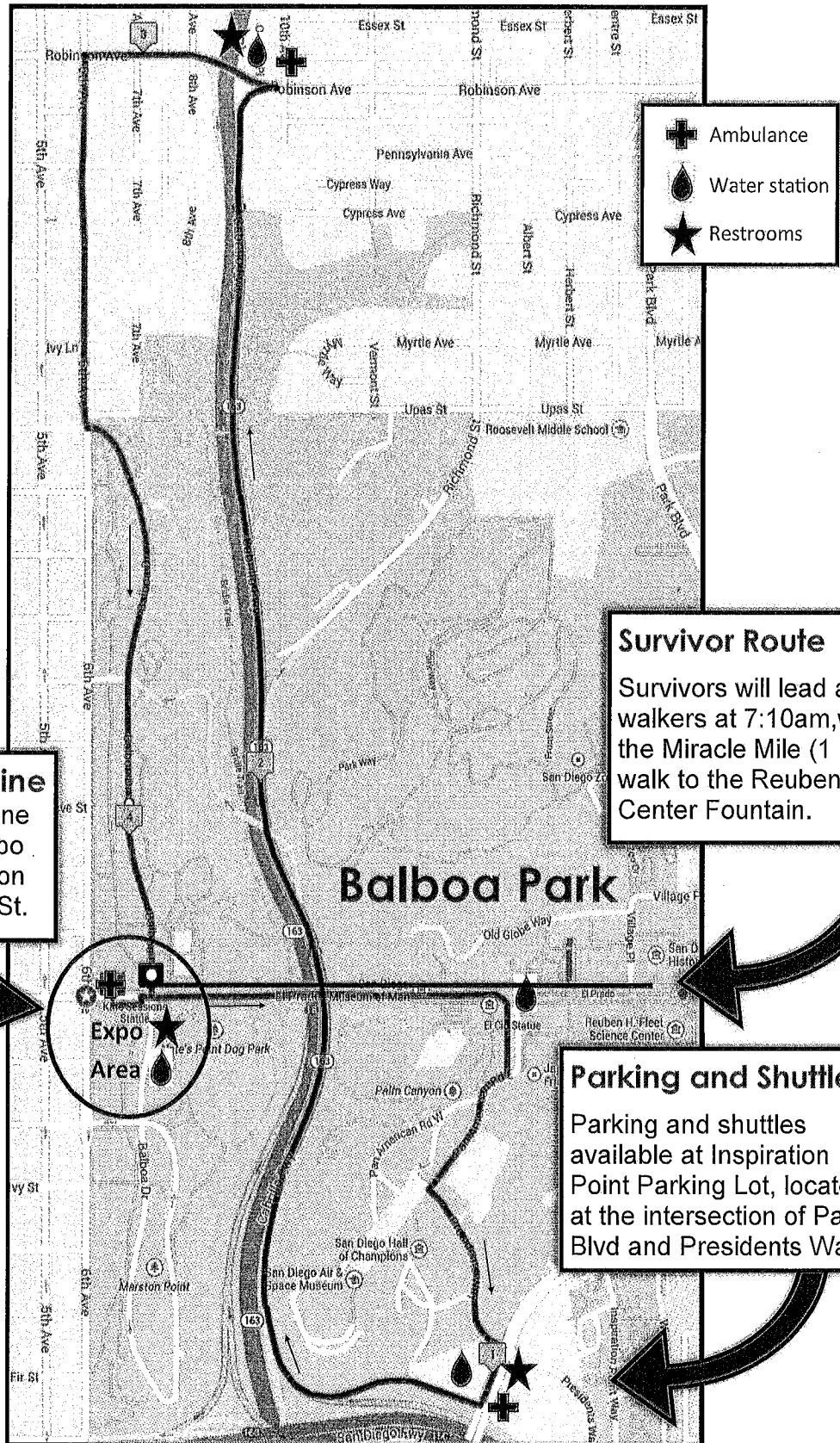
Saturday, September 15,
2018

6:00am Festival Opens

7:00am Walk Begins

10:00am Closing Ceremonies

Expo and Route Map



- Ambulance
- Water station
- Restrooms

Start and Finish Line
The start and finish line are located in the expo area at the intersection of 6th Ave. & Laurel St.

Survivor Route
Survivors will lead all walkers at 7:10am, walking the Miracle Mile (1 mile) will walk to the Reuben H. Fleet Center Fountain.

Parking and Shuttles
Parking and shuttles available at Inspiration Point Parking Lot, located at the intersection of Park Blvd and Presidents Way.

Expo Area

2017 Heart & Stroke Walk

Shuttle Route

Saturday, September 15, 2018

Pickup: Inspiration Point Parking Lot

Shuttle to stop at curb on east side of northbound Park Ave unless told otherwise by Balboa Park and Traffic Controllers.

1. Travel north on Park Blvd
2. Turn right onto Zoo Place
3. Turn right onto Florida Drive
4. Continue onto I-5 North
5. Exit 6th Ave and turn right

Drop off: Northbound curb of 6th Ave between Juniper Road and Laurel Street

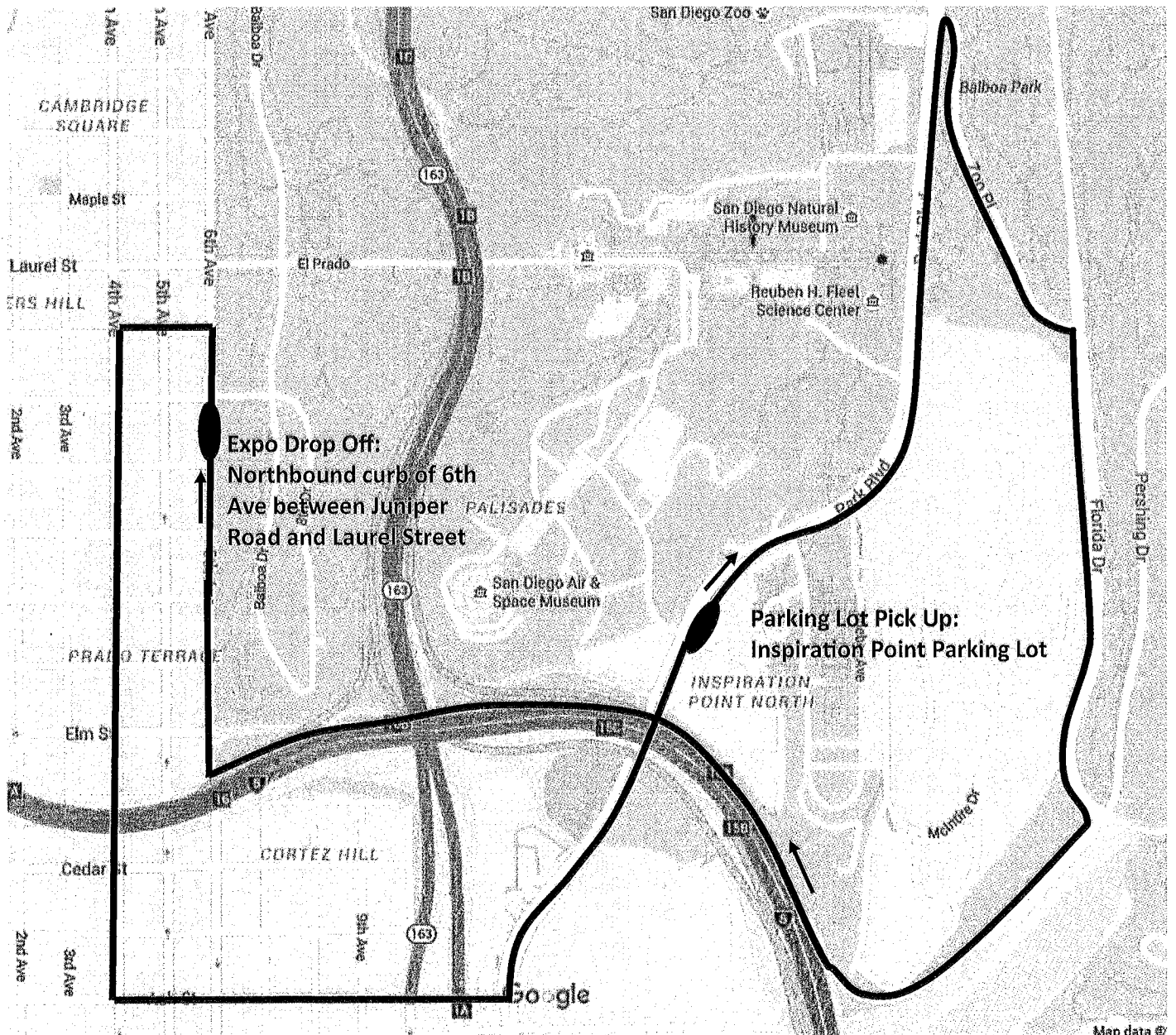
Pickup: Northbound curb of 6th Ave

between Juniper Road and Laurel Street

1. Turn left onto Laurel Street
2. Turn left onto 4th Ave
3. Turn left onto Ash Street
4. Turn left onto Park Blvd.

Drop off: Inspiration Point Parking Lot

Shuttle to stop at curb on east side of northbound Park Ave unless told otherwise by Balboa Park and Traffic Controllers.





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