

BROOKLYN HEART & STROKE WALK

Sunday, September 18th

brooklynheartwalk.org



American
Heart
Association.

My Heart. My Life.™

Heart Walk.

Volunteer Orientation



3 MILES THROUGH THE BEST OF BROOKLYN

What we will cover in this training?

- Welcome and Introductions
- Brooklyn Heart Walk Background
- Meeting Place and Time
- Event Space
- Dress Code
- Volunteer Roles
- Q&A

Welcome and Introductions

- Welcome to the 2016 Brooklyn Heart & Stroke Walk Volunteer Orientation
- We are thrilled that you could join us!
 - Justine Kim, Community Relations Director
 - Maggie Lucien, Executive Director of Brooklyn

Brief Overview

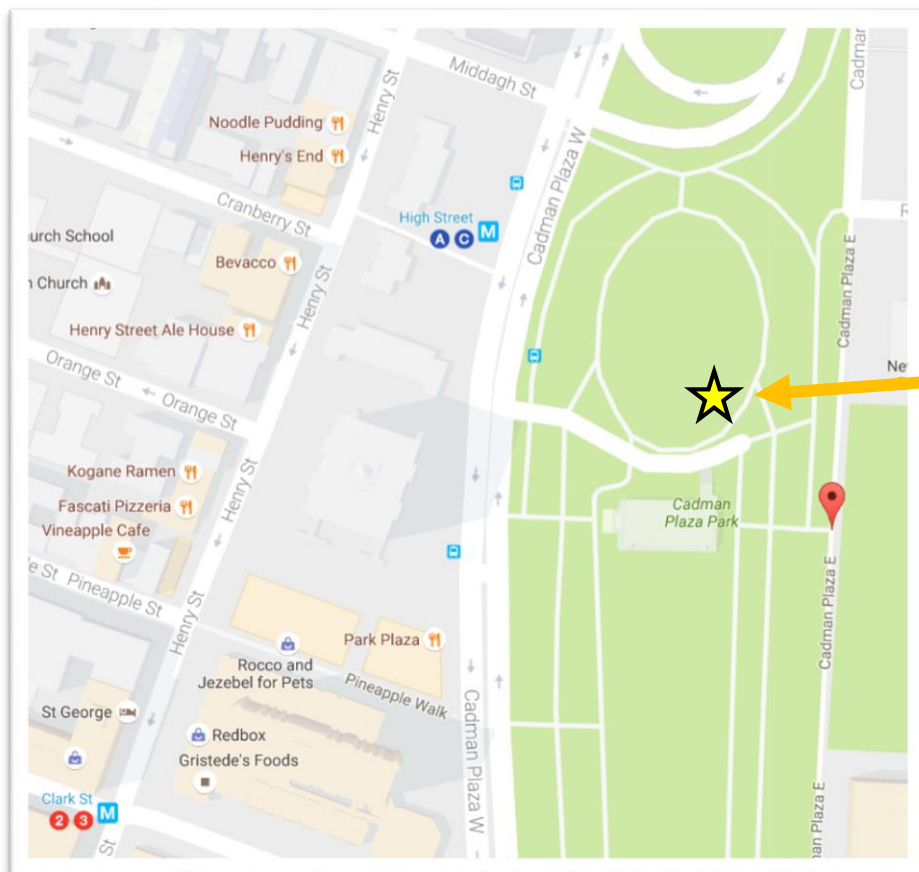
The Brooklyn Heart & Stroke Walk is a great way to support the life-saving mission of the American Heart Association. The 3 mile walk promotes physical activity and heart-healthy living in a fun environment with family, friends or co-workers. It's fun for all ages! Festivities start at Cadman Plaza with a route through Brooklyn Bridge Park and the Brooklyn Promenade.

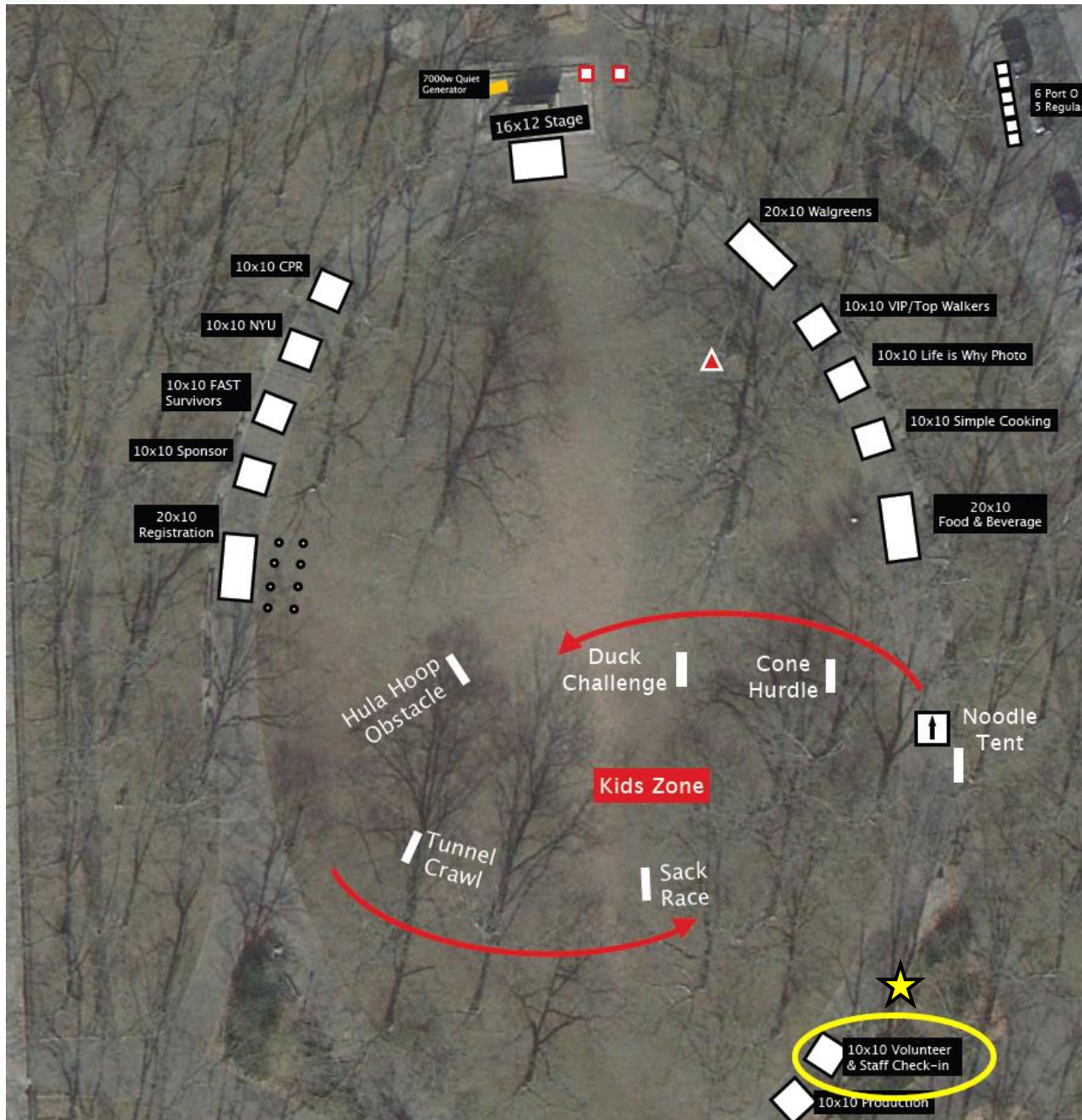
Location & Time

Meeting Location: Cadman Plaza Park - North Lawn at the Volunteer
★ Command Center

*** (entrance available at 1 Cadman Plaza East, Brooklyn, NY) ***

Meeting Time: 8:00AM







Transportation

By Subway

- The nearest subway stops are the **A/C Trains** at High Street (Cranberry Street exit)
- Additional subway lines include the **4/5 Trains** at Borough Hall, and the **2/3 Trains** at Clark Street with a short walk to Cadman Plaza North Lawn Park.

By Car

- Cadman Plaza Park is accessible via several major roadways.
- *From Manhattan:* Cadman Plaza North Lawn Park is accessible via the Tillary Street exit of the Manhattan Bridge as well as the Cadman Plaza West exit of the Brooklyn Bridge.
- *From Brooklyn, Queens, or Staten Island:* Cadman Plaza North Lawn Park is accessible via exit 28 on I-278 (The Brooklyn-Queens Expressway).

Parking

- Central Parking offers affordable parking options just steps away from Cadman Plaza Park. Central Parking may be reached at 718.624.0316

Brooklyn Heart Walk Schedule

- 8:00AM
 - Volunteer Registration, Orientation, T-shirts, Light refreshments and Role Assignment
- 8:30AM
 - Volunteers depart to placement and begin shift!
- 9:30 AM
 - Walker Registration and Festival begins
- 1:00PM
 - End of Event!

Dress Code

- Please dress comfortably!
- Sneakers
- Casual Wear
- Bring a light jacket or sweater!
- Please limit what you bring with you to the event.
 - *I highly recommend bringing a very small bag with you on this day or limit to what you can fit in your pockets.*



Volunteer Roles and Descriptions

- Heart Walk Cheer & Guide
- Heart Health Activities
- Food and Beverage
- Registration



Heart Walk Guide & Cheer Team

- Cheer on the walkers/runners using signs and noisemakers as they pass your post!
- Guide walkers/runners along the 5K course
- Answer FAQ questions or direct participants to the information booth



Heart Health Activities

- Field Day for Heart
 - Kid's Zone
- Simple Cooking with Heart
- CPR
- Photobooth
- Other programmatic needs



STAFF Contact Information

**On the day of the event, if any issue arise
please reach out to:**

Joe Polizzi at (424)258-0533

Or

Justine Kim at (201)575-2356

*Thank you very much for volunteering for the
2016 Brooklyn Heart & Stroke Walk!!*



Without volunteers like you this event would not be possible!