

Walk Talk 2006

TWIN PORTS HEART WALK ON THE LAKEWALK SEPTEMBER 23, 2006

Celebrating *10 Years* of Progress



Join us on Saturday September 23rd

Duluth

Where: Bayside of the DECC

Registration: 7:45am

Program: 8:45am

Walk Starts: 9:00am

Cloquet/Carlton

Where: Munger Trail Carlton

Registration: 9:00am

Program: 9:45am

Walk Starts: 10:00am

Visit our website: www.heartwalk.kintera.org/duluthmn

And Now Presenting!

The American Heart Association is proud to announce our Presenting Sponsors for the 2006 Heart Walk! SuperOne FOODS is returning for their second year! We are grateful for their continued support. Joining Super One Foods are St. Mary's Duluth Clinic Heart Center and Uniprise.

These organizations are the keys to the success of our Heart Walk! They raise the level of awareness of the effects of heart disease as well as encourage our community's members to take action to minimize their chances of heart disease and stroke individually.

Presenting Sponsor



Each of our Walk Talk Newsletters, prior to the Heart Walk, will feature one of our Presenting Sponsors. It is with great excitement and thanks that we welcome Uniprise! Uniprise has been a supporter of the American Heart Association on several levels and joined us as a Presenting Sponsor for the Heart Walk this year.

"Uniprise is a diversified health and well-being company dedicated to making the health care system work better," stated Tim Mattson, Assistant Site Director. "The company directs its resources into designing products, providing services and applying technologies that improve access to health and well-being services, simplify the health care experience, promote quality, and make health care more affordable."

The construction of the Uniprise site was completed in 2001. John Hegstrom, Facility Manager, said, "Our site, Uniprise Duluth, is a 160,000sf two-story low rise that employs approximately 975 people. We also employ approximately 400 telecommuters, many of them locally."

As a major employer of Duluth and one that understands the need for health education and fitness, Uniprise is showing its commitment to improving health. We appreciate Uniprise's dedication and support in helping the American Heart Association fulfill our mission. Thank you, Uniprise!

Sponsors

presented by:



SuperOne
FOODS



Uniprise[®]

A UnitedHealth Group Company



St. Mary's Duluth Clinic
Heart Center
An affiliate of SMDC Health System

Silver Sponsors

Community Memorial
Hospital

Maurices

St. Luke's

Bronze Sponsors

First Plan of Minnesota
National Bank of Commerce

Media Sponsors

Duluth News Tribune
Northland's NewsCenter
Clear Channel Radio
Out There Advertising

Presented nationally by



Celebrate!

Saturday, September 23rd, 2006, is the Annual Northland Heart Walk! The Northland has much to celebrate as we work together to achieve the mission of the American Heart Association – to reduce death and disability due to heart disease and stroke. Although it is the 10th Annual Heart Walk in the Twin Ports, the Carlton/Cloquet Heart Walk has been in step through nine of them! Throughout these years, these walks have worked together to reach incredible achievements. Last year was a watershed year. The two walks raised a record \$193,500! This combined with prior years put us over \$1,000,000!

Where does this money go? Approximately 82% of the monies are returned to the Northland community. Over \$500,000 has been returned to fund heart research in the Duluth area. The UMD Medical School has been the recipient of this money to fund projects that research the mechanisms that control blood pressure as well as research on blood vessels as they relate to the brain and heart. We also use the monies for education purposes throughout our medical community, local health fairs, organization health fairs, in addition to organizational seminars. We invest in brochures, web-sites and other forms of communication regarding the up-to-date information that our community needs to stay fit inside and out! We also encourage you to join our grass roots movement! We lobby for the health and welfare with our legislature for the greater good of our community! You are welcome to join us for Heart on the Hill.

Did you know that the American Heart Association funded research projects that led to the discovery of CPR, AEDs, bypass surgery, stents, angioplasty, the connection between lipids and cholesterol, as well as microsurgery – to name a few? While we are making great strides we can't stop there! Those of us who are not personally affected by heart disease, probably know someone who is. If it weren't for those that donated before us, we would not have had the opportunity to have those procedures that have extended the lives of so many! Please step out and help us save lives. Celebrate whether you form a team, join a team or donate to someone you know who is walking in the Heart Walk, your support is invaluable to the #1 and #3 killers of our community!

How Can I Participate?

To learn more about being a Team Captain or a walker, call 218-727-7297 or go online to www.heartwalk.kintera.org/duluthmn. Our Team Captain kick-off schedule is in place! Attend one of the following meetings, and you will receive information, receive team packets and get your questions answered:

- | | | |
|--|---|---|
| Wednesday, July 19 th , 7:00 am | - | UMD, Garden Room in the Kirby Center |
| Wednesday, July 19 th , Noon | - | UWS, Rothwell Student Center |
| Thursday July 20 th , 10:00 am | - | College of St. Scholastica – Employees Only |
| Thursday, July 20 th , 11:30am | - | St. Mary's Duluth Clinic – Employees Only |
| TBA | - | Uniprise |
| TBA | - | SuperOne FOODS |

We've Got a Running Start on the Walk!

Greg Borash, the CFO of SuperOne FOODS, has returned as the Chairman of the 2006 Heart Walk! Greg's dedication to supporting the American Heart Association's mission – to reduce death and disability due to heart disease and stroke – is what is going to lead us to achieving the goal set by Greg and his Executive Leadership Team. The goal this year is \$235,000!

Although it is an aggressive goal, we are off to a running start! We have already achieved donations in excess of \$85,000. Form a team, donate or volunteer on event day. How you choose to contribute will allow for our success in 2006!

Much Thanks

Thank you to the committee members in Duluth and Cloquet who are supportive of the American Heart Association and our mission. Our Heart Walks would not take place nor be as successful without them.

Our Duluth Team Members are:

Gregory Borash – Chairman
Cathy Nevanen – Communications Chair, Annette Mills – Logistics Chair, Kristi O'Brien – Volunteer Coordinator, Deb Parks – Team Recruitment

Our Cloquet Team Members are:

Glenn Peterson, Harvey Korby, Deb Isakson, Diane Hyre