



Monday, September 20, 2004

OU to host 2004 Metro Detroit Heart Walk

By **Dawn Pauli**, contributing writer

For the sixth year, Oakland University will host the **2004 Metro Detroit Heart Walk** on Saturday, Oct. 2, on the grounds of Meadow Brook Music Festival on the east side of campus.

Walkers will raise money for the **American Heart Association**, the largest voluntary health organization working to prevent, treat and defeat heart disease, stroke and other cardiovascular diseases. This year's goal is \$2 million. Last year, participants raised \$1.6 million.

"It's not only fun, you also feel like you really are making a difference when you participate in the Heart Walk," said Jean Ann Miller, director of the Center for Student Activities and volunteer coordinator/event liaison. "This year's participant goal is 25,000 walkers. The Heart Walk is very family oriented, so children of all ages are welcome."

The one or two and a half mile routes will wind through OU's picturesque east campus, where the fall colors will be on display.

The registration and festival area opens at 7:30 a.m., with the opening ceremonies starting at 9 a.m. Parking is available in lots P-1, P-3, P-5 and off of Adams Road. Shuttle service will be provided from 7 a.m. until noon.

In addition to the walk, there will be children's activities including a moonwalk, face painters, a space maze, mascots and more. Along the route, bands will entertain walkers. There also will be prizes, giveaways and educational activities including health screenings, nutrition information, healthy snacks and massages.

To register, visit the **2004 Metro Detroit Heart Walk** Web site. Participants can earn prizes based on the amount of donations they generate.

In addition, about 130 volunteers are needed. In the past, OU student and Greek organizations have provided the majority of volunteers. Those interested in volunteering should contact Miller at (248) 370-4332 or jam@oakland.edu.

Stroke and heart disease devastate millions of people of all ages and kill nearly 950,000 Americans each year. To fight these diseases, the American Heart Association supports research, education and advocacy and helps heart disease and stroke patients.

"These diseases touch everyone in one way or another. Someone in your family or among your friends has a story to tell about being affected by heart-related illnesses," Miller said. "Unfortunately, it's very pervasive throughout our communities and country. It can affect people of any age, not just those chronologically challenged, including children and young adults, even OU students."

The **2004 Metro Detroit Heart Walk** is sponsored by Farmer Jack and the Henry Ford Health System, and nationally by Subway and NutriSoy.

SUMMARY

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