

Mia  
Salvatore

## The Heart Run and Walk

Even though the weather was dismal, Champlain Avenue was spilling with people supporting their local Heart Run and Walk teams. This was the 34th Heart Run and Walk, and I was walking 3 miles for Team Isabel.

The Heart Run and Walk is a grand opportunity to serve the community. It also helps fight heart disease - one of our nation's number one killers.

Together, Central New York raised a grand total of \$1,204,594. How great it is to think what an incredible amount of effort people put towards the battle against heart disease.

Boom! The cannon went off and split the air. A snake of people slithered along the road. We passed bands, cheerleaders, and homeowners.

Despite the rainy weather and low temperature, it is phenomenal to think how so many people came out for a good cause like the Heart Run and Walk.

