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Volunteers Needed for The 4th Annual Rob Millisor Heart Health Walk

BRECKENRIDGE, COLORADO (May 10, 2019) – The 4th Annual Rob Millisor Heart Health Walk (RAM Walk) is looking for volunteers. The event will take place on Saturday, June 8 at Carter Park in Breckenridge, and it is organized by Breckenridge Grand Vacations' (BGV) philanthropic program BGV Gives. Created in 2016 in honor of late BGV owner/developer Rob Millisor, who passed away from a heart attack in 2015 while on a humanitarian trip in Nepal, The RAM Walk is a family-friendly event that supports heart health programs, education and research.

Volunteer shifts are available on Friday, June 7 and on the day of the event, Saturday, June 8. The event's organization is still looking to fill spots in set up, all-day event floaters, registration, course marshals, clean up and unloading trucks back to storage at the end of the event.

"It is important to have an attitude of gratitude and lend a helping hand when needed, that's the true foundation of a strong community," said Åsa Armstrong, who's been volunteering for the event since its first year. "The Rob Millisor Heart Health Walk is a light-hearted way to bring attention to the importance of taking care of yourself and your loved ones. For me and my friends, "The A-Team," volunteering for The Rob Millisor Heart Health Walk has become a tradition and we love every minute of it, from honoring Rob to rolling up our sleeves in support of a great cause."

The 4th Annual Rob Millisor Heart Health Walk includes a 5k trail run, a 5k trail walk, and a 1-mile town walk. All participants will receive morning snacks and a heart healthy lunch, a gift bag with an event t-shirt and commemorative gifts. In addition, there will be live entertainment and prize giveaways, including an entry for a chance to win a 7-night vacation with Interval International. Heart health booths and children's activities will also be offered during the event.

Walk-ins are welcome but pre-registration is highly encouraged. Participants who register online by 10 p.m. on June 6 will be entered to win one of five \$100 gift cards. Those who can't make it to the event are encouraged to make a donation or register as a Virtual Walker at www.bvgives.org/heart-health-walk.

“Volunteers are the heart and soul of any nonprofit organization and special event,” says BGV Gives Program Manager Deb Edwards. “The help and support from volunteers is critical to our local organizations who provide so many important services and programs that make Summit County a great place to live, work and play for residents and guests alike. The heart health benefits of volunteering are an added bonus. Not only are you helping a great cause; but volunteering makes you happy, connects you to the community, contributes to a longer life and gives you a sense of purpose.”

Local resident George Connolly agrees: “There is no better feeling than when I'm working the grill at the event and a complete stranger walks up, shakes my hand or pats me on the back and says "thanks." That's what makes volunteering so great.” George has also been volunteering for the event since its first edition in 2016.

For more information about The 4th Annual Rob Millisor Heart Health Walk including registration, volunteering and sponsorship opportunities, please visit bvgives.org or contact the BGV Gives Program Manager, Deb Edwards, at (970) 547-8748 or dedwards@breckgv.com.

About BGV Gives

Founded in 2016, the BGV Gives Program was established to facilitate and further extend Breckenridge Grand Vacations' philanthropic reach and impact in Summit County and the surrounding area. Inspired by the late BGV Owner/Developer, Rob Millisor, this charitable program honors his example of service to others by supporting the local nonprofit community. BGV is excited and humbled to continue Rob's legacy of giving through fundraising, sponsorships, grants, volunteering and in-kind donations on behalf of those in need, with a primary focus on health, human services and education. With guidance from the BGV Gives Program Manager, Deb Edwards, this program is committed to growing BGV's local contributions and inspiring fellow community members to give more, by providing resources and opportunities to help others in need.