



NC BANKERS

NORTH CAROLINA BANKERS ASSOCIATION

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FOR IMMEDIATE RELEASE

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Heart attack survivor visits Raleigh on 3,000 mile "Heart Trek" across America

RALEIGH – Colon Terrell, a heart attack survivor and retired banker from Raleigh, NC will be walking through downtown Raleigh as part of his 3,000 mile walk across America. Terrell's "Heart Trek USA" Raleigh walk will take place Thursday, March 15 at 11 a.m. Terrell began walking from Cape Hatteras on March 1st headed west on a 3,000 mile trek to Santa Monica, Ca. with intentions to raise awareness and funding for heart health, while also inspiring others who have battled heart conditions.

As his retirement date was approaching after 41 years as a banker, Terrell wanted to start the next phase of his life with something both unique and worthwhile. Having had a major heart attack and open heart, five bypass surgery in 2009, Terrell had become an advocate for promoting a heart healthy lifestyle of which exercise is a critical component. As a former marathoner (before two knee operations), walking was his preferred form of exercise. So a walk, a very long walk, to raise awareness of heart disease prevention was a natural choice for his retirement celebration.

More than one-fourth of Americans (83 million people) suffer from some form of heart disease, known or unknown to them. Heart disease and stroke are the leading cause of deaths in the US, each causing more deaths than the next three causes combined.

Heredity is a primary factor, as it was in Terrell's case, but a healthy diet, stress management and an active lifestyle can help prevent heart attacks and prolong life.

"I hope that my 3,000-mile walk will be noticed by many across the country and will inspire heart attack survivors to take steps to prevent that next, perhaps fatal, attack and encourage many others to include a regular exercise program as a part of their daily and weekly routine," says Terrell. "If my walk results in even one person making a positive lifestyle change, the effort will be well worthwhile."

The North Carolina Bankers Association brings together all categories of banking institutions that best represent the interests of our rapidly changing state. The state's banks have provided support to their communities since 1864 and are proud to support Colon Terrell, banker, in his quest! Look for a current listing at www.ncba.com.

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Editor's Note:

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Below is the anticipated walking schedule:

<u>Date</u>	<u>Probable End Point</u>
1-Mar	North of Buxton on outer banks--Hwy 12
2-Mar	South of Nags Head on outer banks--Hwy 12
3-Mar	Manteo
4-Mar	East Lake
5-Mar	Rest day--East Lake
6-Mar	Crestwell
7-Mar	Plymouth
8-Mar	Williamston
9-Mar	Robersonville
10-Mar	Rest day--Robersonville
11-Mar	Pinetops
12-Mar	West of Wilson--Hwy 42
13-Mar	Flowers
14-Mar	Raleigh at State Capitol
15-Mar	Rest day--short walk in Raleigh
16-Mar	Apex
17-Mar	Pittsboro

18-Mar Ramseur
 19-Mar West of Asheboro--Hwy 49
 20-Mar Rest day--Asheboro
 21-Mar Richfield
 22-Mar Mt. Pleasant
 23-Mar **Charlotte**--N. Tryon St at Sugar Creek Rd
 24-Mar Lowell--Hwy 74/29 at Red Bud Dr
 25-Mar Rest day--Lowell
 26-Mar Grover, NC on SC border
 27-Mar North of Thicketty, SC--Hwy 29 at Beaver Dam Rd
 28-Mar SW of Spartanburg--Hwy 29 at St Rd 814
 29-Mar SW of Taylors--Hwy 29 at Co Rd 304
 30-Mar Rest day--Taylors, SC
 31-Mar West of Easley--Hwy 93 and Ross Ave
 1-Apr Clemson on campus--Old Stone Church Rd at W. Cherry Rd
 2-Apr Lake Hartwell, SC--Hwy 87 at Busby Dairy Rd (East of Sadlers Creek State Park)
 3-Apr Between Hartwell, GA and Royston--Hwy 29 at Eagle Grove Rd
 4-Apr Rest day--Hartwell, GA
 5-Apr Danielsville--Hwy 29 at Hwy 98
 6-Apr West of Athens--Hwy 78 at W. Lake Dr
 7-Apr West of Bethlehem--E. Star Rd at Hwy 11
 8-Apr SW of Lawrenceville--Hwy 29 at Sugar Loaf Pkwy
 9-Apr Rest day--Lawrenceville or Tucker
 10-Apr NE **Atlanta**--West of I-85--Ashford Park--Dresden Dr at Clairmont Rd
 11-Apr NW **Atlanta**--Kennesaw Mnt Battleground--Hwy 380 at Hwy 360
 12-Apr West of Dallas--Hwy 278 at Gold Mine Rd
 13-Apr Cedartown--Hwy 278 at Hwy 1
 14-Apr Rest day--Cedartown
 East of Spring Garden, AL--North of Talladega Nat'l Forest--Hwy 278 at Co Rd
 15-Apr 111
 16-Apr East of Hokes Bluff--Hwy 278 at Posey Rd
 17-Apr SW of Attala--Hwy 11 at Clayton St SW
 18-Apr NE of Springville--Hwy 11 at Field Stone Lane
 19-Apr Rest day--Springville, AL
 20-Apr South of Trussville--Hwy 11 at Morris Spring Lane
 21-Apr West of **Birmingham**--Lexington St at 2nd Ave
 22-Apr South of North Johns--Co Rd 36 at Belle Sumpter Rd
 23-Apr Between Peterson and Tuscaloosa--Hwy 216 at Rifle Range Rd
 24-Apr Rest day--Peterson or Tuscaloosa
 25-Apr North of Coker--Hwy 82 at Co Rd 2
 26-Apr East of Reform--Hwy 82 at Elmore Rd
 27-Apr East of Columbus, MS--Hwy 182E at Pleasant Hill Rd
 28-Apr Mayhew--Hwy 182 at Hwy 12

29-Apr	Rest day--Mayhew
30-Apr	West of Adaton--Hwy 182 at Hwy 82
1-May	Eupora--Hwy 182 at Lawrence Dr
2-May	Kilmichael--Hwy 182 at Hwy 82
3-May	Carrolton--Hwy 82 at Hwy 35
4-May	Rest day--Carrolton
5-May	West of Greenwood--Hwy 82 at 11th St
6-May	North of Morehead--Hwy 82 at S. Sheffield Murtagh Rd
7-May	East of Leland--Hwy 82 at Frazier Rd
8-May	Refuge--Hwy 82 at Arkansas state line
9-May	Rest day--Refuge on Mississippi River
10-May	East of Montrose, AR--Hwy 82 and Shelton Turner Rd
11-May	West of Montrose--Hwy 82 at Co Rds 68 and 69
12-May	West Crossett--Hwy 82 and Bell Branch Rd
13-May	Strong--Hwy 82 at Pigeon Hill Rd
14-May	Rest day--Strong
15-May	El Dorado--Hwy 167 at Rock Island Row
16-May	Tubal--Hwy 15 at Salem Rd
17-May	Millerton, LA--Hwy 615 at Hwy 521
18-May	North Springhill--Hwy 157 at Oglee Rd
19-May	Rest day--N. Springhill, LA
20-May	East of Hosston--Hwy 2 at Millers Bluff Rd
21-May	East of Gray, TX--Hwy 49 at Bar F Ranch Rd--TX/LA border
22-May	Jefferson--Hwy 49 at Hwy 52
23-May	NW of Warlock--FTM Rd 729 at Big Oak Rd
24-May	Rest day--Warlock, TX
25-May	North of Gilmer--Hwy 155 at Old Coffeerville Rd
26-May	West of Rhonesboro--Hwy 54 at FTM Rd 312
27-May	East of Alba--Hwy 182 at Co Rd 1615
28-May	East Tawakoni--Hwy 276 at FTM Rd 47
29-May	Rest day--East Tawakoni, TX
30-May	West of Quinlan--Hwy 276 at Co Rd 2577
31-May	East of Rowlett--Hwy 66 at Dalrock Rd
	Highland Park (Dallas)--Beverly Dr at Hillcrest Ave (AHA HQ at 7272 Greenville Ave)
1-Jun	
2-Jun	West of Grand Prairie--Hwy 180 at SW 23rd St
3-Jun	Rest day--Grand Prairie or Arlington
4-Jun	NW of Fort Worth --Parkview Dr at NW Fwy
5-Jun	Sanctuary--Hwy 199 at Ashwood St
6-Jun	North of Poolville--Hwy 199 at FTM Rd 990
7-Jun	SE of Jacksboro--Hwy 281 at Hwy 380--Ft Richardson State Pk
8-Jun	Rest day--Jacksboro, TX
9-Jun	Between Jermym and Loving--Hwy 114 at Hwy 16

10-Jun Olney--Hwy 114 at Hwy 79
11-Jan West of Margargel--Hwy 114 at Marsten Rd
12-Jun West of Seymour--Hwy 114 at Co Rd 123
13-Jan Rest day--Seymour, TX
14-Jun East of Benjamin--Hwy 114 at FTM RD 276N
15-Jun West of Benjamin--Hwy 114 at Co Rd 375
16-Jun Further west of Benjamin--Hwy 114 at Hwy 83
17-Jun East of Dickens--Hwy 114 at Co Rd 259
18-Jun Rest day--Dickens, TX
19-Jun South of McAdoo--Hwy 114 at FTM Rd 264
20-Jun East of Ralls--Hwy 114 at Ranch Rd 1831
21-Jun Idalou--Hwy 114 at Main St
22-Jun Lubbock--Hwy 114 at Chicago Ave
23-Jun Rest day--Lubbock
24-Jun East of Opdyke West--Hwy 114 at Opdyke Gin Rd
25-Jun East of Whiteface--Hwy 114 at Topeka Ave
26-Jun East of Bledsoe--Hwy 125 at FTM Rd 1169
27-Jun NE of Tatum, NM--Hwy 125 at Underwood Rd
28-Jun Rest day--Tatum, NM
29-Jun West of Tatum--Hwy 380 at Buttom Mesa Rd
30-Jun East of Roswell--Hwy 380 at Co Rd 246
1-Jul West of Roswell--Hwy 380 at Tierra Grande Blvd
2-Jul East of Picacho--Hwy 380 at Co Rd E033
3-Jul Rest day--Picacho, NM
4-Jul NW of Hondo--Hwy 380 (no cross road)
5-Jul Capitan--Hwy 380 at Hwy 246
6-Jul Carrizozo--Hwy 380 at Hwy 54
7-Jul West of Carrizozo--Hwy 380 at WP Route 11
8-Jul Rest day--west of Carrizozo
9-Jul East of Socorro--Hwy 380 at WS Route 3623
10-Jul East of San Antonio--Hwy 380 at Fite Ranch Rd
11-Jul SW of Socorro--Hwy 60 (no cross road)
12-Jul East of Magdalena-- Hwy 60 (no cross road)
13-Jul Rest day--Magdalena, NM
14-Jul West of Magdalena--Hwy 60 at Hwy 52
15-Jul Further west of Magdalena--Hwy 60 at Hwy 12
16-Jul Pie Town--Hwy 60 at Hwy 603
17-Jul Quenado--Hwy 60 at Hwy 36
18-Jul Rest day--Quenado, NM
19-Jul East of Red Hill--Hwy 60 at Co Rd A007
20-Jul East of Springerville, AZ--Hwy 60 at Co Rd 4225
21-Jul West of Springerville--Hwy 60 (no cross road)
22-Jul East of Vernon--Hwy 60 at Co Rd 3148

23-Jul	Rest day--Vernon, AZ
24-Jul	SW of Show Loan--Hwy 60 at Mogollon Rim Rd
25-Jul	Further SW of Show Low--Hwy 60 at Hwy 73
26-Jul	NE of Globe--Hwy 60 at Primitive Rd
27-Jul	North of Globe--Hwy 60 at North Jackson Butte Rec Area
28-Jul	Rest day--Jackson Butte Rec Area
29-Jul	East of Globe--Hwy 60 at Old Hwy 60
30-Jul	Top-of-the-World--Hwy 60 at NJ7 Ranch Rd
31-Jul	West of Phoenix --Hwy 60 at Hwy 79
1-Aug	Apache Junction--Hwy 60 at Meridian Dr
2-Aug	Rest day--Apache Junction, AZ
3-Aug	Tempe--E. University Dr at N. Scottsdale Rd
4-Aug	Glendale--Hwy 60 at W. Northern Ave
5-Aug	NW of Surprise--Hwy 60 at W. Jomax Rd
6-Aug	SW of Wickenburg--Hwy 60 at N. 295th St
7-Aug	Rest day--Wickenburg, AZ
8-Aug	West of Wickenburg--Hwy 60 at Forepaugh Park Rd
9-Aug	NE of Wenden--Hwy 60 at Urea Ranch Rd
10-Aug	SW of Salome--Hwy 60 at Ballett Rd
11-Aug	SE of Bouse--Hwy 72 at Ave 43E
12-Aug	Rest day--Bouse, AZ
13-Aug	SE of Parker--Hwy 72 at Hwy 95
14-Aug	Big River, CA--Little Rock Ave at Rio Mesa Dr
15-Aug	East of Rice--Hwy 62 at Aqueduct Rd
16-Aug	West of Rice--Hwy 62 (no cross road)
17-Aug	Rest day--Rice at Joshua Tree National Park
18-Aug	East of Twenty-Nine Palms--Hwy 62 (no cross road)
19-Aug	Still east of Twenty-Nine Palms--Hwy 62 at Ironage Rd
20-Aug	Twenty-Nine Palms--Hwy 62 at Singing Sands Rd
21-Aug	East of Joshua Tree--Hwy 62 at Yucca Mesa Rd
22-Aug	Rest day--Joshua Tree, CA
23-Aug	West of Joshua Tree--Hwy 62 at Missions Creek Rd
24-Aug	East of Desert Hot Springs--Hwy 62 at Morongo Rd
25-Aug	NE of Banning--Morongo Rd at Timotoo Canyon Rd
26-Aug	SE of Live Oak Canyon--San Timdeo at Camp Blvd
27-Aug	Rest day--Live Oak Canyon, CA
28-Aug	East of Loma Linda--San Timdeo Canyon Blvd at E. Rialto Rd
29-Aug	Rialto--E. Rialto Rd at Foothills Blvd
30-Aug	Claremont--W. Foothills Blvd at S. Myrtle Ave
31-Aug	Glendale--S. Myrtle Ave at Colorado Blvd
1-Sep	Rest day--Glendale, CA
2-Sep	Santa Monica Pier