challenge walk

MS

Cape Cod, Mass.

MS Challenge Walk

Fundraising & Training Guide

3 days. 50 miles.

register at MSnewengland.org

September 5-7, 2008
Cape Cod, Massachusetts

Welcome

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Congratulations and thank you for accepting the challenge! The MS Challenge Walk may be the greatest journey you will ever take - unlike anything you've ever experienced before.

The MS Challenge Walk is a three-day, 50-mile experience that tests your strength and your spirit, and makes an extraordinary difference in the lives of the 400,000 people living with the devastating effects of multiple sclerosis. Past MS Challenge Walkers tell us that when they've completed the event and return home, they do so with an inextinguishable passion for living, a renewed sense of purpose and many new friends.

The MS Challenge Walk is about reaching beyond your limits: physically and philanthropically. The MS Challenge Walk is not a race; it is a journey of love, compassion, determination and support. Through your hard work in training and fundraising, you will experience something that defies explanation…your personal best…your gold medal…shared with everyone else who "Accepted the Challenge."

You've already taken your first step toward completing the Challenge by registering. Now, it's our turn to help you in this journey. We have a knowledgeable team of Challenge Mentors waiting to assist you with your every need. Please, don't hesitate to ask any of our Challenge Mentors about any of the material covered in this guide.

"This past weekend was an amazing experience and I can't wait to do it again next year." Comment of a past MS Challenge Walker

We're here to help YOU!

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MS Challenge Walk Vocabulary

- **Crew:** A group of dedicated individuals that travel with the walkers for 3 days supporting the MS Challenge Walk. *Please note:* crew members pay a fee of $75 to participate. This is to help underwrite the housing & meal cost.
- **Volunteer:** Dedicated person who gives a hand for an hour or a day to help with the MS Challenge Walk.
- **Day 1:** Friday, September 5
- **Day 2:** Saturday, September 6
- **Day 3:** Sunday, September 7
- **Water Stops:** Stops along the route with volunteers and water.
- **Rest Stops:** Stops along the route loaded with snacks, water, sports drink, & lots of cheery volunteers.
- **SAG:** (Support and Gear Wagons) Support vehicles that will be along the route each day of the challenge. They are there for your safety, and to assist you should you need to be taken to the next rest stop or finish.
- **Fundraising Kit:** Another tool to help you with your fundraising.

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Challenge Walk Headquarters

National MS Society
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Waltham, MA 02451

Phone: 800-493-9255
Fax: 781-890-2089

(Monday-Friday, 9:00 am - 5:00 pm)

Todd Krohne, Development Manager, MS Challenge Walk
781-693-5119 (Direct)

Email: MSchallenge@mam.nmss.org
Website: www.MSnewengland.org

We're Here To Help You

The Challenge Guide is designed to give you the tools, resources and information necessary to create a successful training regimen, and to prepare you for the adventures of the MS Challenge Walk. It is your personal training journal.

You will steadily be walking, step-by-step, toward a final 50-mile journey that will be both ambitious and rewarding. The MS Challenge Walk consists of over 100,000 individual steps. Your training will consist of many times that number.

The National MS Society has over 50 years of expertise in the field of fundraising. You will find a fundraising tool kit, and ideas and strategies to help you get started and then succeed on another important journey: to create a world free of MS.

"When I started the journey, I was walking on behalf of my grandmother, who has MS. But I met so many spirited, determined people this weekend who have been touched by MS in so many ways, that I finished not only for my grandmother, but all the people living with MS."

Comment of a past MS Challenge Walker

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Our Mission

To create a world free of MS.

Why Should You Walk?

Multiple sclerosis interrupts the flow of information between the brain and the body and can stop people from moving forward in their lives. Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with more than twice as many women as men being diagnosed with the disease. Teenagers and young children can also have MS. MS affects more than 14,000 people in Massachusetts and New Hampshire, 400,000 people in the U.S., and 2.5 million worldwide.

"It was an amazing experience. Two thumbs up!"

Comment from a past MS Challenge Walker

How Will My Contribution Help?

The National MS Society funds more MS research, offers more services for people with MS, and provides more professional education programs and furthers more MS advocacy efforts than any other MS organization in the world. By choosing to walk in the MS Challenge Walk, you are joining thousands of people across the country in our united mission: to create a world free of MS.

Investing your fundraising dollars wisely:

<u>86% - Programs/Education/Support/Advocacy/Research</u>

Audited Fiscal Year 2007

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Share The Experience!

We invite you to start a team! You will find your training and fundraising more fun by sharing it with other people. Invite some of these people along for the experience of a lifetime:

- Your parents, siblings, grown children, spouse
- Extended family members: cousins, uncles, aunts, and in-laws
- Friends from school (get together and go down memory lane for three days)
- Your exercise partner from the gym
- Co-workers – form a company team

The most important step is to ask. You will be surprised at who will want to join you on this journey when they see how committed and excited you are.

One great thing about forming a team is that you don't all have to live in the same area or state. Ask friends and relatives around the nation to fundraise and train at their homes, and then join you on the day of the event. Keep each other motivated by e-mail or phone. A reunion on the day of the event adds a special memory to the MS Challenge Walk.

Share the Experience!

Inspire Someone!

Start a TEAM!!

Fundraise Together
When you share the experience with one or more team members you can also share in fundraising. By joining forces to fundraise, you expand your circle of potential donors, plus you keep each other motivated to fulfill your fundraising goals.

Train Together
Having automatic training partners is one of the biggest perks to sharing the experience. It's much harder to bypass training and go for doughnuts when someone is waiting at the park for you. By training as a team, you can motivate and support each other every step of the way. All of you will appreciate getting in shape together.

Some ideas that work well for teams:

- Host a Challenge Walk Party for your entire team - You can each take on a task, such as food or hosting.
- Set up an informational meeting at your company: invite your coworkers to be a part of your company team by donating, volunteering or walking themselves.
- Feel free to be creative with your events.

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Fundraising 101

The MS Challenge Walk is about thinking big - bigger and better than anything you have ever done before. You may be a little intimidated by the thought of raising $1,500, but it's much easier than it sounds. Thousands of walkers have succeeded in raising much more than their pledge goal. You can too. When you focus on a mission, people want to help you. We are here to help you as well.

Five steps for successful fundraising:

1. Do not procrastinate. Start your fundraising now!
Successful fundraising is intentional, planned and intelligently executed.

2. Determine your goal. The MS Challenge Walk is about thinking big! The higher the goal you set, the more money you will raise. Set a date to achieve your goal.

3. Develop a plan. Start a calendar, and take your pledge goal and break it down into smaller goals. Then schedule due dates on your calendar. Each walker will raise at least $1,500 and it must be paid by August 21, 2008.

4. Follow Through This is a critical step in fulfilling your goal. Following through is the KEY! After you send out a letter, call the recipients to make sure they received your letter and to see if you can count on their support. After someone makes a pledge, send a thank you note. Give your donors updates on your fundraising and training progress. In addition, invite them to celebrate with you at the finish line on Sunday.

5. Inspire others to share in your commitment.
You're accepting the challenge on behalf of the 400,000 people with MS in the United States. You are not asking for the contribution for yourself, you are asking on behalf of the National MS Society and all people with MS.

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Fundraising Strategies

Open your address book today. To whom do you send holiday cards? Who is in your Rolodex or contact list? Make a list of every person you know, the obvious (friends and family) and the not-so-obvious (neighbors, former acquaintances, business associates, club members, team members, alumni associates, etc.) You have just created your donor list. Now select a fundraising campaign that will work best for you.

1. Traditional Letter Campaign

We've made it easy for you! We've put together a GREAT fundraising kit that will give you the tools for your letter campaign. You can find this kit included in your welcome packet.

2. On-line Letter Campaign - www.MSnewengland.org

Email is a great way to send out fundraising letters and we make it easy for you. Here are some of the on-line features:

- Personalize and send the pre-written Fundraising Letter
- Send the letter to everyone in your address book
- Create a quick and easy personal web page
- 5 money turn-in envelopes with the National MS Society's address

Please Note:
If you register on-line, make sure to create a user name and password, otherwise you will not be able to use the fundraising tools available on-line.

If you do not have a user name and password, please contact the National MS Society, Central New England Chapter – See Page 3.

"Somehow, someway, someday there will be a cure for multiple sclerosis and we can all laugh, joke, hug, and cry and say we were an important part of that wonderful day."

Comment of a past MS Challenge Walker

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Fundraising Strategies

3. Challenge Parties

A Challenge Party is an opportunity for you to invite your friends, family and co-workers for a one-hour fundraising meeting or party. The goal of this party is to introduce your friends and family to your adventure and to obtain their support. You can host this event at your home, work, church or club. Make the event fun and powerful.

Tips for a successful Challenge Party

- Invite everyone! Ask your family, friends, neighbors and coworkers. Everyone loves a party.
- Let your attendees know up front that you will be asking for a donation at the party. Remind them to bring a check or credit card.
- Ask the NMSS for help—We will provide you with a video, and may even be able to send a staff member to your party to make a presentation.
- Follow-up on your invitations—remind people to come to the party.
- Ask attendees to join you on a team first, and if they can't do that, ask for a donation.
- At the end of the night, announce how much was raised. Make a big deal out of it and leave your guests feeling dizzy with excitement.
- After the party make sure to thank everyone who attended and donated.
- Ask everyone who was unable to attend to donate.

"I'm walking because I can! I'm walking after 16 years of MS. I manage it from a wellness perspective, and this was another test of my belief. If I can do this, I can do anything!"

Comment from past MS Challenge Walker

For further information on hosting a Challenge Party, please contact The National MS Society, Central New England Chapter – See page 3.

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Fundraising Strategies

4. Course Pilot Financial

Course Pilot Financial

A Win, Win, Win Opportunity...
The National MS Society, Course Pilot Financial, and You Are Creating a World Free of MS Together

Course Pilot Financial, an independent fee-only investment advisory firm, and the National MS Society are excited to announce a revolutionary fund raising partnership designed to enhance your ability to raise money for a cure. This new opportunity is sure to be a powerful tool for your fundraising efforts as you work toward your personal or team goals in the coming season and beyond.

The concept is simple: professional investment advice for you (or a loved one or friend), a continuous source of funding for the National MS Society; and new clients for Course Pilot Financial.

The process is as easy as 1, 2, 3. So take advantage of the offer today and be sure to share news with your donor community and people you care about.

Step 1. Contact Course Pilot Financial today to schedule a free, no obligation, advisory interview for you or someone you know who is looking for professional investment advice.

Step 2. If Course Pilot Financial is the right advisory firm for you, engage their services.

Step 3. Course Pilot Financial will donate 25% of the net advisory fees generated by your relationship to the National MS Society for as long as you are a client, or until a cure is found. Course Pilot's donation goes directly into your personal or team fund raising account.

Take the first step, contact Course Pilot Financial today to schedule your advisory interview.

Course Pilot Financial
1900 West Park Drive, Suite 280
Westborough, MA 01560
508.983.1412 www.CoursePilot.net

"I view this offer as a classic case of doing well by doing good. When I learned of my Aunt's diagnosis last year I wanted to help. Like many people I made an out of pocket donation to the National MS Society to show my support. But, I still felt I should do more. Then I had one of those "Ah HA!" moments. What if we partner with the National MS Society and offer to donate a portion of our fee. We would have to spend that money on advertising and marketing efforts anyway to reach new clients, why not reach out to a committed community and make donations to their cause in proportion to their response. I think we are on to something here."

Michael Langford II, President of Course Pilot Financial.

Notes:
1. Course Pilot Financial is a Registered Investment Advisor in the state of Massachusetts. Non-Massachusetts residents may not be eligible for this offer. Please contact us to discuss your eligibility. Please consult our Form ADV Part II and Schedule F for the full details of our services and fees.
2. In situations where Course Pilot Financial manages client assets, the portfolio management fee will be netted from the overall advisory fee and donations will be made based on this net figure.
3. The National MS Society and Course Pilot Financial do not guarantee any financial performance or increase in funds associated with this offer. Investors should consider their objectives and the risks associated with any investment opportunity.

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Fundraising Strategies

5. Go Corporate

Ask your company to sponsor you. Some companies offer matching gift programs for contributions made by employees. If they do, contact your human resource director for more details and bring it to the attention of the employees. Put up posters and signs promoting the MS Challenge Walk. Display a chart showing your training and fundraising progress. Hold a contest to see which department can raise the most pledges.

6. Ask Big

Put together a list of potential major donors; those who can donate $500 and over. These may be business associates, your employer or acquaintances in lofty positions. You may want to meet one-on-one, perhaps over lunch or dinner.

1. Call each potential major donor to schedule a meeting or lunch/dinner.
2. Be bold. Contact people you don't know but who are able to make large donations.
3. Write a script of the things you want to cover during your meeting. Be enthusiastic and passionate.
4. Meet your prospects and ask for a donation face to face.
5. Regardless of the outcome, send a thank you note after the meeting.
6. Stay in touch! Send progress letters to all donors and non-donors.

Ways to Thank your Donors

- ✔ Always send a thank you note to anyone who donates and/or attends a lunch/dinner or a Challenge party.
- ✔ Think of thoughtful individualized ways to thank your donors that has individual meaning to them. Send photos, poems, or anything creative.
- ✔ Create and send a newsletter with updates. Mention names of team members and supporters.
- ✔ Invite donors to volunteer, work on the crew or come to the closing ceremony.
- ✔ Send weekly email messages updating your progress.

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Donation Tracking Use this sheet to keep track of fundraising letters mailed, amount contributed, and thank you letters sent. This sheet is for your records only; we do not need this back.

Donor's Name	Ask Letter Sent on:	Amount Received:	Thank you Sent

Training for the Challenge Walk MS

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The spirit and adventure of the MS Challenge Walk experience begins not on the first day of the event but the moment you begin training for it. The training process is a journey unto itself that will reward you with better health and fitness, greater calmness and energy in your daily life, more self-confidence, and more fun in the three-day, 50-mile Challenge Walk MS.

This training module is designed to provide all the information you need to prepare for this event in an easy-to understand format. It covers essential gear, walking technique, building fitness, sports nutrition and other important topics.

You will find this module to be an invaluable resource in your preparations for the Challenge. Get ready for the experience of a lifetime!

ADVISORY BOARD

Bob Anderson – Author of Stretching, one of the best-selling exercise books of all time (www.stretching.com), and co-author of Getting In Shape.

Kimberly Brown, R.D. – Well-known sports nutritionist (kjmuell@hotmail.com). She is the staff sport nutritionist for Triathlete magazine and a top-level amateur endurance athlete.

Curt Clausen – Three-time U.S. Olympian in race walking and bronze medal winner in the 1999 World Outdoor Championships 50K Walk.

Matt Fitzgerald – Managing editor of PoweringMuscles.com and frequent contributor to many national sports, health, and fitness magazines.

Dave McGovern – A member of the U.S. National Race walking Team and winner of 13 National Championships titles. He has authored three books on walking, including .Marathon Walking (www.racewalking.org)

Andy Pruitt, Ed.D. – Founder and director of the Boulder Center for Sports Medicine and author of many articles on injury prevention and treatment. (www.bch.org/sportsmedicine).

Initial Fitness Assessment

The starting point of the training process is different for individual walkers. For example, a 25-year-old who has exercised consistently since childhood will begin the training process at a higher level than a 45-year-old who recently quit smoking. Before beginning this or any other training program, it is important that you assess your present state of health and fitness so that you may begin with a level of training that is tailored to your capacity.

If you are in good health and have been exercising, you will most likely be able to begin the eight-week training program detailed in the table below. In any case, your first week of training should contain a walking volume that is roughly equivalent to, or just slightly more than, the average amount of exercise you have performed in recent weeks.

Consult a doctor before beginning your walking program if you are older, sedentary, overweight, or have diabetes, high blood pressure, a heart condition, are pregnant, or have any injury or health condition or risk factor that may affect your ability to safely handle the rigors of a walking program.

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Essential Gear for Walking

One of the nice things about the activity of walking is that it does not require any fancy or expensive equipment. However, certain clothes and shoes are better suited to fitness walking than others and it is important that you use gear that is designed for this use.

Shoes

The average participant training for the MS Challenge Walk will take nearly half a million steps--and nearly 100,000 on the event weekend alone. So it's critical to find the right shoes.

Unfortunately, most shoes sold as "walking shoes" are too stiff and heavy for more than a few miles of easy strolling (on carpet, in a mall, etc.). If you try to wear these clunky white cowhide "nursing shoes" during a long training walk you'll end up with hot, sweaty, blistered feet. A lightweight, flexible running shoe with a relatively low heel is a much better choice for most walkers.

Quick Tip:

Use a lightweight, flexible shoe with a low heel base.

Look for the following characteristics when shopping for walking shoes:

- **Flexibility:** Both in the forefoot and medially (side to side). Your shoes must be flexible enough to allow your feet to "roll" from heel to toe when you walk or you'll wind up with a very "stumpy" stride and sore shins.
- **A low heel:** The bigger the heel on the shoe the more your feet will slap the ground when you walk. With a low heel your feet will roll very easily along the ground.
- **A wide toe box:** Make sure there's plenty of "wiggle room" for your toes to spread out when you walk. Cramped toes will become blistered toes.
- **Fit over fashion:** No matter what shoes you choose, the most important consideration is the way they fit your feet. When shopping for shoes, wear the same socks as well as any shoe inserts or orthotics you will wear in training or on Challenge weekend. Also, your feet will swell during the day so try on shoes late in the day--preferably after a workout--when your feet are largest. Don't be afraid to walk around the store to make sure the shoes fit in action.

Once you've found your perfect shoe, consider buying a second pair. Alternating shoes from day to day will extend their life and ensure that you'll always have a dry pair. You may even want to try another model or brand for your second pair since different shoes will change your walking mechanics enough to work slightly different muscles.

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Socks
Even with the perfect shoe, a cheap pair of socks can cause blisters. Look for thin socks made of a wicking material, and make sure they fit.

Inserts
If you have shin, knee or lower back pain when you walk you might want to consider a shoe insert. Inserts are designed to keep your feet in the proper position when you walk, and give them better support and cushioning than you'll get from the flimsy "sock liners" that come with most shoes. A pair of arch supports that you can purchase in most stores are better than the ones that come with most shoes, but if you really want to treat your feet right, spring for a pair of high quality inserts available at specialty running and walking stores.

Workout Clothes
Your walking attire should be comfortable. Some loose-fitting clothes may cause chafing. When training, test several types of exercise clothing.

- Dress in layers so you can remove clothing as you warm up, or put it back on if you are cold.
- The bottom layer should be made from a lightweight, wicking fabric to pull moisture away from your skin.
- A long-sleeve T-shirt, a lightweight wind/rain jacket on top, and comfortable running shorts and possibly tights on the bottom will prepare you for any type of weather.
- Don't forget sun protection! Be sure to pack a hat with a visor, sunglasses and suntan lotion.
- If your clothes/shoes don't have reflective materials built in, look for adhesive or clip-on reflectors for safety at night.
- Finally, most walkers like to wear a "fanny pack" to carry lip balm, cell phone, keys, food, etc., and a "hydration belt" to hold water and sports drink bottles.

"Despite sore muscles and some stiffness, I am exhilarated. It was truly one of the most remarkable experiences of my 48 years of life."

Comment of a past MS Challenge Walker

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Walking Technique

Entire books have been written about walking technique, but the best advice can be summed up in two words: walk naturally. Stand up straight, don't swing your arms wildly or take very long strides and you'll do just fine.

Race walking Technique

The MS Challenge Walk is not about speed. But if you do want to rev up your walking, try adding some elements of race walking technique to your stride.

- Bend your elbows to 90-degrees and drive them back vigorously with each stride.
- Your hands should be held in a light fist; not clenched, but not flopping.
- Take shorter, faster strides rather than long slow ones.
- Use your feet, landing on your heels and rolling forward to push off your toes.
- More information on race walking technique can be found at www.racewalking.org.

Building Fitness

The most effective way to way to train for a life-changing event like the MS Challenge Walk is to follow a pattern of gradually increasing walking volume.

Getting Started

Training should begin as soon as you register for the MS Challenge Walk. But make sure to assess your fitness and choose a program (see below) before charging off toward the horizon. Form a habit quickly by walking five times per week. Your body will need to build up endurance to keep it going for 15-20 miles a day. Of course, your initial walks can be very short – this is a fitness program, not Boot Camp!

Start a walking journal. Keeping track of your weekly walking efforts will help you to maintain your schedule. Use a calendar format and simply record the duration of each walk, the distance covered, and a few words about how you felt. Feel free to record any cross-training workouts you perform as well.

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Day: _____
Walking Distance/Time: _____
How it Went: _____
Aches and Pains: _____
Other Training: _____

Training for Long-Distance Walking
Training for a long-distance requires the practice of what is called progressive overload. The idea of progressive overload is to make your body do just a little more work (that is, a little more walking) than it is used to doing, step-by-step, over the period of many weeks, so that your body is able to gradually and steadily gain fitness. The goal of the first week or two is to give your body an opportunity to adjust to consistent walking workouts. With each succeeding week (except for a couple of "recovery weeks") you do a little more walking than you did the previous week until your body is fully prepared to meet the challenge of a three-day, 50-mile walk.

Two Walking Programs
There are two training programs, an "Ideal Program" and a "Minimum Program". Ideally, beginning walkers will allow themselves 18 weeks to prepare for the Challenge. If you complete the 18-week Ideal Program you will be able to master the Challenge Walk with energy to spare. The Minimum Program is a 12-week program for beginning walkers who do not have 18 weeks available to prepare for the Challenge. It will give beginning walkers just enough preparation to have an enjoyable experience in the event. Walkers who have 18 weeks to train but cannot safely complete 13 miles of walking in one week, as the first week of the Ideal Program calls for, should start with the Minimum Program and then switch over to the Ideal Program at an appropriate point. Experienced walkers with a solid fitness base may begin the Ideal Program at Week 4, Week 6, or as late as Week 10, and repeat the final weeks of the Program in order to fill any remaining weeks before the event.

Each week the goal is to increase your total mileage safely. This is done mainly by adding to the distance of one long day per week. For the most part you should still rest every other day to recharge your body and muscles, but since you're training for a threeday event you'll occasionally do back-to-back long walks. Speed is not an issue until you are able to walk the distance comfortably, but try to walk a little bit faster one day per week. Thursday is a good day to pick up the tempo.

Each week may be altered to fit your schedule, but sticking to a schedule is important for optimum training. If you find one week is too difficult, repeat it before you progress.

Quick Tip:

- Start training as soon as you register
- Try to walk 5 times a week (this is not reflected in the ideal program)
- Keep track of your weekly walking

FREE PREVIEW

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Ideal Program (18 Weeks)								
Week	M	T	W	T	F	S	S	Miles
1	OFF	3	OFF	3	OFF	3	4	13
2	OFF	3	OFF	4	OFF	3	5	15
3	OFF	4	OFF	4	OFF	3	6	17
4	OFF	4	OFF	4	OFF	3	8	19
5	OFF	4	OFF	4	OFF	4	10	22
6	OFF	4	4	OFF	3	4	8	23
7	OFF	4	OFF	4	OFF	4	12	24
8	OFF	4	4	OFF	3	4	10	25
9	OFF	4	OFF	4	OFF	4	14	26
10	OFF	4	4	OFF	3	4	12	27
11	OFF	4	OFF	4	OFF	4	16	28
12	OFF	4	5	OFF	4	5	12	30
13	OFF	4	OFF	5	OFF	4	18	31
14	OFF	4	5	OFF	5	6	12	32
15	OFF	4	OFF	5	OFF	4	20	33
16	OFF	4	5	OFF	5	6	12	32
17	OFF	4	OFF	4	OFF	8	10	26
18	OFF	3	3	OFF	MS Challenge Walk			56

Minimum Program (12 Weeks)								
Week	M	T	W	T	F	S	S	Miles
1	OFF	1	0.5	1	OFF	.05	1	4
2	OFF	1	1	1	OFF	1	2	6
3	OFF	1.5	1	1.5	OFF	1	2	7
4	OFF	2	1	2	OFF	2	3	10
5	OFF	3	OFF	3	OFF	3	6	15
6	OFF	4	OFF	3	OFF	3	8	18
7	OFF	4	OFF	4	OFF	3	10	21
8	OFF	4	OFF	4	OFF	4	12	24
9	OFF	4	3	OFF	3	6	10	26
10	OFF	4	OFF	4	OFF	4	15	27
11	OFF	4	OFF	4	OFF	8	10	26
12	OFF	3	3	OFF	MS Challenge Walk			56

Greater Boston YMCA Training Schedule for the MS Challenge Walk

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Week	Day 1	Day 2	Day 3	Total
1	1	1.5	1	2.5
2	1.5	2	1.5	5
3	2	3	2	7
4	3	4	3	10
5	5	2	5	12
6	3	6	4	13
7	5	8	2	15
8	8	4	8	20
9	2	2	2	6
10	6	7	8	21
11	9	4	9	22
12	9	10	4	23
13	12	4	9	25
14	7	12	9	28
15	5	5	5	15
16	10	10	10	30
17	14	6	12	32
18	5	16	13	34
19	18	8	12	38
20	20	8	12	40
21	4	off	4	8
22	MS Challenge Walk			

- After week 15 you may add a day 4 and split one of the long walks into two. However, if there is only one long walk that week then you may split one of the shorter walks into two.
- After week 10 you should try to do the short and the long walk on back to back days.
- You should never take more then three days off between any two walks.

Helpful websites
http://walking.about.com/cs/blisterschafing/a/blistersbegone.htm
http://exercise.about.com/cs/exbeginners/a/begflexibility.htm
http://walking.about.com/cs/beginners/a/10mistakes1.htm
http://walking.about.com/od/gear/Gear_and_Clothing_for_Walkers.htm

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Cross Training

There are three forms of cross-training that you can use to round out your overall training program. Stretching is essential; strength training is strongly recommended; and cardiovascular cross-training is optional, except in cases of injury.

Stretching

Stretching should be done slowly without bouncing. Stretch to where you feel a slight, easy stretch. Hold this feeling for 5-20 seconds. As you hold this stretch, the feeling of tension should diminish. If it doesn't, just ease off slightly into a more comfortable stretch. The easy stretch reduces tension and readies the tissues for the developmental stretch.

After holding the easy stretch move a fraction of an inch farther into the stretch until you feel mild tension again. This is the developmental stretch, which should be held for 5-20 seconds. This feeling of stretch tension should also slightly diminish or stay the same. If the tension increases or becomes painful, you are overstretching. Ease off a bit to a comfortable stretch. The developmental stretch reduces tension and will safely increase flexibility.

Quick Tip:

Stretching is Essential

Hold only stretch tensions that feel good to you. The key to stretching is to be relaxed while you concentrate on the area being stretched. Your breathing should be slow, deep and rhythmical. Don't worry about how far you can stretch. Stretch relaxed and limberness will become just one of the many by-products of regular stretching.

Do a light warm-up of walking or jogging for several minutes prior to stretching. Please see the diagram below: the shaded areas are those areas of the body where you will most likely feel the stretch.

*Note: If you have had any recent surgery, muscle or joint problems, please consult your personal health care professional before starting a stretching or exercise program.

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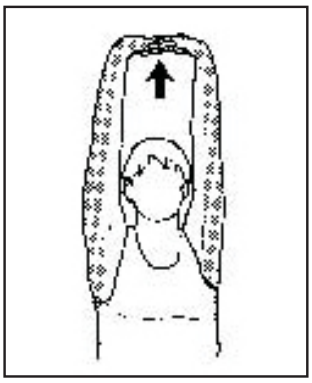
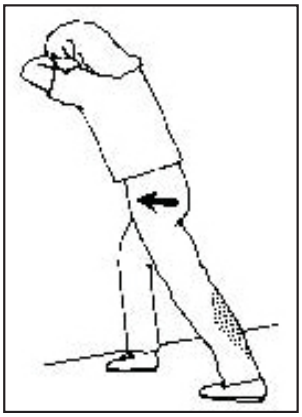
Stretches for Walking



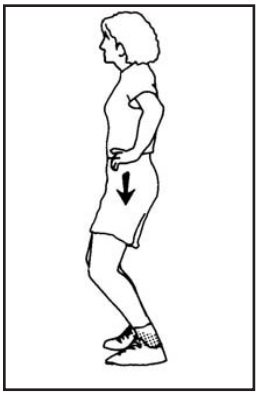
1. Interlace your fingers above your head. With your palms facing upward, push your arms slightly back and up. Feel the stretch in arms, shoulders and upper back. Hold stretch for 15 seconds. Do not hold your breath. Do twice.

2. Start with your hands on your hips, feet pointed straight ahead with knees slightly flexed. Turn your hips as you look over your shoulder behind you. Hold an easy stretch for 10-15 seconds. Be relaxed and breathe easily. This is a good stretch for lower back and hips. Stretch both sides. Do twice.

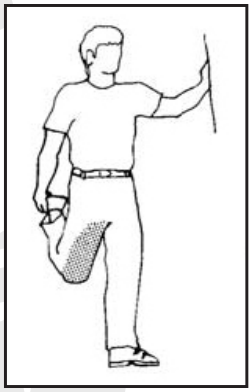
3. Standing with knees slightly bent, place palms on lower back just above hips, fingers pointing downward. Gently push your palms forward to create an extension in the lower back. Hold comfortable pressure for 10-12 seconds. Repeat twice. Do not hold your breath. Use this stretch after sitting for an extended period of time. Stretches lower back and chest.



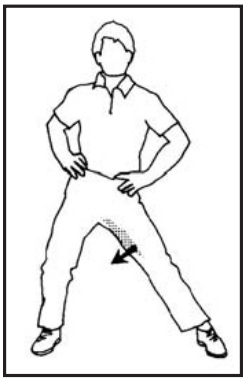
4. To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the ground in front of you leaving the other leg straight, behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the ground and your toes pointed straight ahead. Hold an easy stretch for 15 seconds, each leg. Do not bounce.



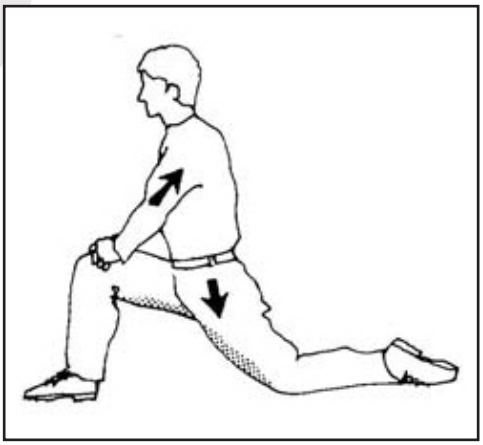
5. Stand in this bent-knee position. This position contracts the quadriceps and relaxes the hamstrings. Hold for 30 seconds. Stretches lower leg (Achilles tendon area) and ankles. Because these muscles have opposing actions, tightening the quadriceps will relax the hamstrings. As you hold this bent-knee position, feel the difference between the front of the thigh and the back of the thigh. The quadriceps should feel hard and tight while the hamstrings should feel soft and relaxed.



6. Gently pull your right foot (from top of foot) toward buttocks with your right hand until you feel a mild stretch. If necessary, place your other hand on a support for balance. Hold for 15-20 seconds. Stretch other leg. Breathe.



7. Start with your feet pointed straight ahead and a little more than shoulder width apart. Bend right knee slightly and move left hip downward toward your right knee. This gives you a stretch in your left inner thigh (left groin). Hold for 10-15 seconds and repeat for right leg.



8. As shown in the drawing, move one leg forward until the knee of the forward leg is directly over the ankle. Your other knee should be resting on the floor. Now without changing the position of the knee on the floor or the forward foot, lower the front of your hip downward to create an easy stretch. This stretch should be felt in front of the hip and possibly in your hamstrings and groin. This will help relieve tension in the lower back. Hold the stretch for 20-30 seconds. Repeat for other leg.

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Cardiovascular Cross-Training

Although not always necessary, it can be beneficial to mix walking with alternative forms of cardiovascular exercise (such as swimming and bicycling) in your training program. There are several potential benefits of doing so.

The primary benefit is injury prevention. If you have not been walking consistently prior to your Challenge training, alternating walks with cardiovascular cross-training workouts – especially in the early stages of training – can allow you to gain fitness fairly quickly with less risk of the overuse injuries that are common among beginning walkers. Particular cross-training activities such as bicycling and inline skating can also prevent injuries by improving strength balance in the lower body musculature.

Another benefit of cardiovascular cross-training is that it can make the training process more fun by adding variety. Most of your workouts should be walks, of course, because your body needs to adapt to the specific demands of walking. But motivation is an important component of the training process, too, so if (for example) inline skating twice a week keeps your overall motivation for training higher, then do it.

Strength Training

For walkers, strength training is another excellent means of preventing injuries. It makes the body more resistant to overuse injuries by strengthening connective tissues and by improving muscle strength balance. Strength training for injury prevention does not require a lot of time or specialized equipment. You can get the job done with two 20-minute sessions per week and using nothing more than your own body weight, resistance tubing, and/or a stability ball.

The most important muscles to strengthen are the core muscles (abdomen and lower back), the hips, glutes and thighs, and the shin muscles. Here's a quick routine that covers all of these areas. Perform the full routine twice in circuit fashion:

Bend & Reach – Stand on one foot, bend at the knee and waist, and touch a spot on the floor in front of you with the same hand. Return to the start position and repeat. Do 8-12 repetitions per leg.

Stomach Crunch – Perform a standard stomach crunch, lying either on the floor or (preferably) on a stability ball. Do 12-24 repetitions.

"1000+ people most with little in common except a dedication to finding a cure from MS started the journey. By the end of the journey I realized I will never look at people the same way again. We had so much more in common, a compassion, a sense of humor, a determination and a real attachment that grew daily to fellow walkers. It is said if you want to know me walk a mile in my shoes. We walked 50 miles and definitely got to know the incredible side of people that only an event like this can bring out."

Comment from a past MS Challenge Walker

Lower Back Crunch – Lie face down on the floor with your arms outstretched. Contract the muscles of your lower back and buttocks and lift your torso and legs off the floor as high as possible. Pause at the top of the movement and return to the start position. Do 8-12 repetitions.

Leg Lever – Lie face up on the floor with your arms spread out to the sides and your legs pointing straight toward the ceiling. With a slow, controlled motion, rotate your hips to the left so that your feet arc down toward the floor on your left side. Keep your heels together. Go as low as you can go while keep your back flat, then return to the start position and rotate to the right. Do 6-10 repetitions per side.

Toe Lift – Stand on the edge of a block or step so that only your heels are supported. Lower your toes toward the floor and then point them toward the ceiling. Do 10-15 repetitions.

Fueling Your Muscles for Walking

Exercising muscles need fluid and energy to perform at their best. With every step you take, a small amount of body fluid is lost through sweating and a little bit of energy fuel is burned inside your muscle cells. The more fluid you lose and the more energy your muscles burn, the more tired you become. So it is important that you consume fluid and energy during all of your walks. By consuming these vital nutrients for muscle performance during all of your training walks and during the Challenge Walk itself you will feel better and walk better than you would otherwise.

The primary causes of fatigue are dehydration and depletion of energy stores in the muscles. Sweat is the body's coolant. During an intense workout, the muscles generate heat, which is carried by the blood through capillaries near the surface of the skin. Sweat glands release sweat (made up of water and electrolyte minerals) that evaporates, cooling the skin and protein in the blood just underneath. Cooled blood then flows back to cool the body's core.

The Importance of Hydration

Sweating is therefore an essential mechanism for regulating body temperature. However, the loss of water that comes with perspiration limits the capacity of the blood to carry vital nutrients, such as glucose, fatty acids, and oxygen, to working muscles.

The capacity of the blood to remove the by-products of metabolism, including carbon dioxide and lactic acid, is compromised as well. The result is an increased demand on the circulatory system, which is approximately 70 percent water. As little as a 2 percent loss in body fluids will negatively impact cardiovascular performance.

QUICK TIP

- Be sure to drink 12-18 oz of water per hour of exercise.
- Sports drinks are more effective than water since they replenish energy

In addition to water, sweat contains minerals called electrolytes that serve important functions in the body. For example, sodium helps regulate fluid balance and potassium assists muscle contractions. Excessive loss of electrolytes through sweating can cause problems such as dizziness and muscle cramping.

The problem becomes even more complicated because athletes can't depend on their normal thirst mechanism to replace the fluid they lose during exercise. We call this involuntary dehydration. That's one reason why sports drinks that contain electrolytes are beneficial. Not only do they restore electrolytes lost in sweat, but salt also stimulates thirst, resulting in continual consumption of fluids.

It's best, however, to drink on a schedule. Specifically, you should drink 4 to 6 ounces of water or a sports drink every 12 to 15 minutes during workouts. The heavier you are, the higher the air temperature, and the faster you walk, the more fluid intake you need. For convenience, wear a hydration belt that holds one or two squeeze bottles or a fluid bladder backpack so you don't have to carry anything in your hands. You can find such belts at most running shoe stores.

The second component of exercise nutrition is carbohydrate. Carbohydrate is the primary fuel that powers the muscles during exercise. But carbohydrate is available in only a limited supply in the body – enough to fuel a couple of hours of moderate intensity activity in the average walker. When carbohydrate fuel runs low, fatigue sets in. However, by consuming carbohydrate in a quickly and easily absorbed form during exercise, athletes and exercisers can delay fatigue much longer.

Why Sports Drinks Offer an Advantage.

A quality sports drink can supply the fluid, electrolytes, and carbohydrate walkers need to maximize their endurance. Drinking water alone will not do the job, because it does not replace the electrolytes lost in sweat or the carbohydrates burned for energy. Studies have repeatedly shown that exercisers who use a sports drink during exercise are able to go faster and longer than those who drink plain water.

During prolonged exercise in warm or hot weather, drinking too much water can also cause a problem. By replacing only the water content of sweat while sweating profusely, walkers continually lower the concentration of sodium in their blood. This can lead eventually to a dangerous condition known as hyponatremia, whose symptoms include confusion, vomiting, and dizziness. Therefore drinking a sports drink instead of water is especially important during long walks in warmer weather.

Most sports drinks are very similar. The ideal carbohydrate level for a sports drink is 6 to 8 percent, and most sports drinks are formulated accordingly. Also, a majority of sports drinks contain electrolytes in amounts adequate to replace what is lost through sweating.

However, a new generation of sports drinks based on breakthrough research may change our idea of what constitutes the ideal sports drink. These new drinks contain a small amount of protein, which can make a big difference in performance. In a University of Texas study, during moderate and high-intensity workouts athletes were given either water, a conventional carbohydrate sports drink without protein, or a sports drink containing carbohydrate and protein in a 4 to 1 ratio (Accelerade). The results were quite dramatic. The athletes consuming the carbohydrate protein sports drink had a 24 percent improvement in endurance as compared to those who used the carbohydrate sports drink and a 54 percent improvement as compared to athletes who only drank water.

Sports Drink Comparison – University of Texas Study

Goal	Water	Carbohydrate Sports Drink (Conventional)	Carbohydrate/Protein Sports Drink (Accelerade®)
Replace Fluids	X	X	X
Replace Electrolytes		X	X
Provide Energy to Muscles		X	X

Consuming a sports drink containing both carbohydrate and protein during your walks will also leave your muscles feeling less sore the next day. Post exercise muscle soreness is related to muscle tissue damage. Drinking a sports drink that contains protein during exercise reduces muscle tissue damage and accelerates muscle tissue repair after the workout.

During your longest walks you will probably get hungry. The best solid foods to carry with you and eat during long walks are energy bars. Choose a bar that has approximately the same 4 to 1 ratio of carbs and protein that you should also look for in a sports drink, and avoid bars that have more than a very small amount of fat.

Ivy, John I; Res, Peter; Ding, Zhenping; Widzer, Matthew O. "Effects of Carbohydrate-protein Supplement on Endurance Performance During Exercise of Varying Intensity" Accepted for publication in the *International Journal of Sports Nutrition and Exercise Metabolism* (2003).

*Conventional sports contain carbohydrate and electrolytes

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Nutrition for Recovery

Nutrition is the foundation of post-exercise recovery, because it provides the raw materials with which your body can make physiological adaptations in response to training. If you take in the right nutrients, in the right amounts, at the right time after workouts, you will recover far more quickly and thoroughly than you will if you don't practice proper nutritional recovery.

The Importance of Timing

Timing is essential with regard to post-exercise nutrition because your body is primed to sponge up needed nutrients at this time. For example, synthesis of muscle glycogen – a form of stored carbohydrate that serves as the body's primary energy source during endurance exercise – proceeds two to three times faster in the two hours immediately following exercise than it does at any other time.

QUICK TIP

Consuming carbohydrate and protein within 45 minutes after your exercise will help you recover faster

There are three main components of post-exercise muscle recovery. First, it is necessary to restore fluids lost during exercise. When a walker sweats heavily, he or she loses a lot of water and electrolytes. Drinking a sports drink during walks can slow the rate of fluid loss, but can't stop it minutes completely. So it's important to make up the deficit by continuing to use a sports drink with electrolytes after exercise. If you do not rehydrate properly before the next workout, you could experience overheating, muscle cramps, and other problems.

The second component of muscle recovery is putting carbohydrate fuel back in the muscles. Again, carbohydrate is the muscles' main fuel source during moderate intensity exercise. The longer a workout lasts, the lower your muscle fuel supplies become. By using a sports drink containing carbohydrates during walks, you can slow down this process. But it's impossible to take in carbohydrate during intense exercise as fast as it's burned. So you need to continue taking in carbohydrate after exercise, as well. If you don't get your muscle fuel levels back to normal in time for the next walk, you'll be sluggish and sloppy.

Repairing Muscle Damage

Finally, the third component of muscle recovery is fixing the damage done to muscle tissue during exercise. High-intensity physical activity can cause small tears in muscle tissues. In addition, some muscle proteins are broken down for energy during hard exercise. Also, hard exercise produces damaged molecules known as free radicals, which attack muscle cells. In order to undo all this damage, you need to consume protein after each walk. You should also get antioxidants such as vitamins C and E, which help protect the muscle tissues against damage from free radicals.

During your longest walks you will probably get hungry. The best solid foods to carry with you and eat during long walks are energy bars. Choose a bar that has approximately the same 4 to 1 ratio of carbs and protein that you should also look for in a sports drink and avoid bars that have more than a very small amount of fat.

If you are hungry after your walks, eating is fine. Just make sure you get all the same nutrients you would get in a quality sports recovery drink without a lot of extra stuff (fat, excess protein) that might slow down the delivery of nutrients to your muscles. Some energy bars are good recovery foods. In any case, you will need to drink some form of fluid to meet your body's hydration needs after workouts.

Preventing and Treating Injuries

Walking is not as likely to cause injuries as its high impact cousin running, but there are a few conditions that distance walkers are susceptible to, especially in the early stages of training. Fortunately, it is relatively easy to prevent and treat these conditions.

Bad shoes are the culprits in relation to many walking injuries. Always buy your walking shoes from knowledgeable professionals who understand the needs of walkers. Running stores are generally your best bet. For better support, replace the foot beds that come in your shoes with a separately sold over-the-counter foot bed or, if necessary, a custom foot bed made by a podiatrist.

Track the number of miles you walk in each pair of shoes and pay attention to signs of wear. Replace them frequently. For the Challenge Walk itself, be sure to wear shoes that are broken in but not broken down.

Let's take a look at the three most common walking injuries:

Blisters

Blisters are abrasions that develop on the foot as a result of friction between the foot and the shoe, and sometimes the sock as well. Blisters can be hard to avoid for the beginning walker and indeed it is quite impossible to pursue a regular distance-walking program without the skin on the major friction areas of your feet being affected. But the goal is to develop protective calluses on these areas rather than blisters.

"I feel honored to have spent time in the presence of so many wonderful and inspirational people. I can't wait to do it again. My body may never forgive me but my soul is all the better for having done it."

Comment of a past MS Challenge Walker

The common sign that a blister is developing is the feeling of a "hot spot" in a particular area of your foot as you walk. When you feel a hot spot, stop walking immediately and apply a lubricant such as petroleum jelly to the affected area. Lubricate this spot also before beginning your next several walks. This will allow these areas to adapt the friction of walking more gradually and develop protective calluses instead of blisters.

If a hot spot does turn into a blister, dress it with a product such as Moleskin that is made specifically for this purpose. Use the "donuting" technique of covering the area immediately surrounding the blister but not the blister itself. Do not walk with a bandage covering the blister itself – this will only make the problem worse. Use bandages and antibiotic ointments only between walks to prevent infections and promote healing.

Shin Splints

The term shin splints is a catchall term for more than one condition affecting the soft tissues of the shins. There are basically two categories of condition. Pain in the outer frontal area is just a natural part of the conditioning process. As long as you avoid overtraining during the period of time when you experience this pain, it will disappear within a week or so as your muscles adapt to the challenge of consistent walking.

Pain in the inner frontal area of the shin is generally associated with insufficient arch support and can becoming debilitating if not addressed. If you begin to experience pain in this area, reduce your walking volume and performing more cross-training workouts (e.g. bicycling) to make up the difference. Switch to a shoe with greater arch support or insert an over-the counter or custom orthotics into your shoes. You may also try wearing a pressure wrap on your lower leg while walking.

Never try to push through pain in the inner frontal area of your shins. If you do, it could eventually become a stress fracture and you will be forced to wait for next year's Challenge Walk.

Knee Pain

In walkers, knee pain is generally caused by improper tracking of the kneecap resulting in wearing of the patellar tendon. Typically the failure of the kneecap to track properly during walking is associated with muscular imbalances in the leg that can be corrected with conditioning exercises. Specifically, walkers who develop knee pain are generally weak in the gluteal muscles (buttocks) and in the vastus medialis, one of the muscles comprising the quadriceps.

Bicycling is a great conditioner for the vastus medialis, while Pilates and calisthenics exercises such as lunges develop the gluteals. If you develop pain just below the kneecap, reduce your walking and emphasize these cross-training activities until you are symptom-free.

"I was overwhelmed by the camaraderie shown by all, from your wonderful staff to the crew and volunteers, (without them I would not have been able to finish)
to the walkers themselves. This event has not only given my wife and I hope
that we are "Closer to a Cure" but it also rejuvenated my confidence in the human spirit, in mankind."

Comment of a past MS Challenge Walker

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Staying Motivated

The mental aspect of preparing for the MS Challenge Walk is just as important as the physical aspect. Any experience that challenges the body challenges the mind as well. It is likely that the biggest mental challenge you will face in your training is staying consistently motivated to stick to your program. Here are some suggested ways of keeping your motivation level high.

- **Train with others.** Sharing the training experience with others is a powerful motivator for most walkers. The National MS Society will notify you of training walks in order to afford you the opportunity to meet fellow participants and practice long-distance walking. The National MS Society will be with you every step of the way! We also encourage you to walk with friends who may or may not be training for the MS Challenge Walk™ at every opportunity.
- **Get objective feedback.** There's nothing like experiencing the results of hard work to motivate more hard work. There are many ways of gathering feedback on your progress as a walker. One way is to do an occasional timed walk wherein you see how far you can walk during a designated period of time (say, one hour). As you become fitter, you will be able to walk farther and farther in the same amount of time.
- **Stay goal-focused.** Most of us are goal-oriented and are highly motivated when important goals are prominent in our mind space. Effective ways of staying goal-focused include keeping a daily exercise journal and visualizing yourself participating in the Challenge Walk.
- **Change it up.** Sometimes it's not the hard work of walking but rather the monotony of doing the same walk every time that causes motivation to sag. When this happens, change the workout: drive to a different location and walk, do an alternative cardiovascular workout instead, or do fast-paced "intervals" instead of a steady walk. Any of these options beats blowing off the walk altogether!

Keep On Walking

Walking is one of the best forms of exercise and also a very enjoyable activity. It carries a long list of physical and mental benefits. We hope that the experience of training for and completing the MS Challenge Walk gets you "hooked" on walking so that it becomes a lifelong habit. Who knows where it will take you next?

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The Route

3 Days. 50 Miles.

Day 1 - Friday, September 5, 2008
Opening Ceremony - Hyannis Village Green
After opening ceremonies and parade, you will work your way towards Brewster via Yarmouth—seeing some ocean, some commerce, and some kettle ponds. You will travel on some roads and some bike path—great diversity on Day One.

Day 2 - Saturday, September 6, 2008
Today you will walk through Eastham and Orleans and then circle back to Brewster. You will have a great rest stop at Eastham, with ice cream, and you go through the rest stop twice! You will continue on to the National Seashore and Coast Guard Beach—it is spectacular!

Day 3 - Sunday, September 7, 2008
On Day Three we will head towards Dennis for a pre-finish with massage and barbecue, and a chance to say goodbye to friends that were met along the way. Everyone walks the final half-mile together, led by the individuals with MS who participated.

Closer to a Cure!

The Finish – Dennis

This is it! You did it! Your feelings of accomplishment may very well rank as "Once in a Lifetime." This is a time for you to be proud that you took the challenge and made the commitment physically, emotionally and philanthropically to make a huge difference in the lives of those living with MS.

Please invite your family, friends, sponsors, and whomever else will want to celebrate your victory as you cross the finish line! It will be an experience you – and they – will never forget

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Event Policies

Accommodations
Challenge Walkers and Crew can choose to stay at the Cape Code Sea Camps, which is covered in the registration fee. The Cape Cod Sea Camps are located directly on Cape Code Bay in Brewster, MA, just 90 minutes from Boston. The 58 acre camp has a beautiful rolling sandy terrain which includes open fields, woodlands, a pond and bog, and a quarter mile beach front. All participants will stay in group cabins and meals will be served on-site in the camp's cafeteria. If you would prefer, feel free to stay at one of the hotels listed on the hotel list that has been sent under separate cover to you. You are responsible for making and paying for these reservations.

Rest Stops along the Route
There are rest stops and water stops along the route each day, approximately every 1.5 to 3 miles loaded with cheery volunteers, water, sports drinks, and refreshments. Lunch is provided each day at the lunch stop. You will also find fully accessible portable toilets at each of the rest stops.

Support and Gear Vehicles (SAG)
Support vehicles patrol back and forth between rest stops to transport you ahead for medical reasons or if you are tired and want a lift.

Medical Emergencies
Medical event officials are posted throughout the route, at each start and finish line, and at Camp. As with any emergency, dial 911 if you have a phone, or report any emergency to an event official.

Courtesy
The National MS Society has hundreds of volunteers helping to make sure this event is a positive experience for all. Please treat everyone involved with the MS Challenge Walk with courtesy and respect. Please be respectful of others' needs for relaxation and sleep in the evenings. Reach out to your fellow walkers even if it doesn't appear that they need help. It's a warm feeling to hear someone ask "How are you doing?"

Daily Check-In
In order for us to account for all walkers at all times we ask that you check-in at the start and check-out at the finish each day by walker number and name. For safety reasons, we strongly discourage you from leaving the route anytime during the day.

Event Policies

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Age Limit
Registrants under the age of 18 must be accompanied by a parent or legal guardian who is registered as an event participant in the MS Challenge Walk in September 2008. They will be required to sign a notarized Waiver and Release from Liability.

Pets
Pets are allowed but must be on a leash when walking. Pets are not allowed to stay at the Cape Cod Sea Camps.

Gear Transportation
On Friday, you will drop off your luggage at the Kalmus Beach parking lot or Hyannis Village Green. From there your luggage will be transported to the camp, and awaits your arrival. On Sunday morning, before you leave camp, load your luggage onto the truck. You will pick your luggage up at the Hyannis Village Green after closing ceremonies. More specific information will be given as we get closer to the event. Each walk participant is allowed one bag up to 40 pounds.

Evening Activities
When you return to camp there are plenty of snacks, massage therapists, medical support, activities, and an evening ceremony each night. Dinner is provided when you return to camp.

Identification
All walkers are given a walker number. This walker number should go on any checks sent to us. Your walker number and name are also on your credentials, which you receive closer to the Challenge weekend. All participants must wear their walker credentials at all times on the route so that you can be easily identified by MS Challenge crew and volunteers.

Information/Question Table
There will be an information/question table set up each evening and morning at camp to answer any questions you have. This is also where you can leave a message for someone or look for lost and found items.

Meals
All your meals are included, beginning with lunch on Friday. There are plenty of snacks along the route each day. Lunch is set up near the halfway point of each day's walk.

Refunds
If you change your mind or decide for any reason not to participate in the MS Challenge Walk, please note that your registration fee as well as your recorded donations are non-refundable. The fees and donations are used to create a world free of MS, just as if you had participated in the event.

Event Policies

Route
The course of the MS Challenge Walk was designed to take advantage of excellent host facilities, to keep you on a fully accessible course away from high-traffic areas, and to give a scenic tour of the area.

There are rest stops and water stops every 1.5 to 3 miles with volunteers, water, snacks, and portable toilets. The route is marked with signs so you know how many miles you have walked.

Walk Times
The route each morning opens at 7:00 am and close at 6:00 pm. SAG vehicles will pick up any remaining walkers and take them to the Camp. You must be on the course each day by 8:30 am. No exceptions.

Weather
September weather on Cape Cod can vary so please keep an eye on the weather the week of the event so you know how to pack. If it looks like rain please pack accordingly. The MS Challenge Walk takes place rain or shine. We are committed to your comfort and are prepared to react to any weather situation. Nothing can dampen our spirits to create a world free of MS.

Our Pledge to you
You will be fully supported on every step of your journey. Your commitment is to walk and raise funds. Our commitment is to worry about everything else. Our goal is to make your journey fun and as hassle-free as possible so that during and after each day of physical and emotional extremes, you can relax with each other and enjoy the feelings of accomplishment and fulfillment that you have worked so hard to achieve.

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For your Safety

Our first priority is to have every MS Challenge participant safely complete the event. We will do everything in our power to ensure your safety; however, we need your help.

The responsibility for your safety primarily rests on you. Each participant needs to extend boundaries of his or her own responsibility to include each other. During the weekend, please be aware of your fellow walkers; if you notice someone having difficulty, come to his or her aid, and notify a crew member immediately. Be respectful of others and above all else, obey all traffic laws, law enforcement officers and route guidelines; they are there to help ensure your safety! The route has been designed to minimize walking in high-traffic areas, however, at some times, you will be near vehicular traffic. Remember at all times that this is not a closed route; the streets and trails will remain open as we travel along them. Walk smartly—your actions may be followed by the person/people behind you. Behaving in an unsafe manner is cause for immediate removal from the route and/or from the event.

Radios/Audio Players with Earphones/Cell Phones:
MS Challenge participants are not allowed to wear earphones, use radios, or chat on cell phones while on the route. You will need to listen to all that is going on around you in order to remain safe. (You may use your cell phone only in case of an emergency or while safely at a rest stop.) Besides, you will enjoy talking to your fellow walkers.

Laws: You are expected to follow all laws, including, but not limited to, traffic laws. Walkers should never walk under the influence of alcohol or drugs, nor be in the possession of such.

Route: You must stay on the route at all times and wear your walker credentials while participating.

Inappropriate Behavior: The keep the MS Challenge Walk safe, the Chapter must address policies, procedures, and violations. You may be expelled from the National Multiple Sclerosis Society's MS Challenge Walk at any time for violating any of the following policies: Walkers/Crew should never engage in inappropriate, threatening or violent behavior, including fights, arguing or the harassment of others.

challenge walk MS
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How to Pack

- Get two-gallon Ziploc bags, place each day's walking apparel in a separate bag, and label it. This saves time in camp, organizes your bag, keeps things dry, and ensures nothing is left out. Place toiletries in another bag, and camp clothes in one more.
- Use your pre-packed Ziploc bags to manage the contents of your 'Change of Clothes' bag each day.
- If you plan to carry a waist-pack, it is a good idea to train with it loaded with the same items you will carry on the actual Challenge.
- A duffle bag is the best organizer. One that is waterproof or water-resistant is highly recommended.
- No bungee cords. (Stretchy cords that may spring loose and injure the volunteers who load your luggage.)
- Practice carrying your bag a block or so. If you are unable to do this, just ask the Crew for help.

SUGGESTIONS FOR PACKING YOUR 'CHANGE OF CLOTHES BAG'

Rain Poncho
Socks – change at lunch stop
Petroleum jelly – apply to feet at lunch stop
Band-Aids
Alcohol wipes
Complete blister kits and bandages
Extra Film
Sunscreen and lip balm
BodyGlide
Bandana

What to Pack

Besides the obvious items here is a list of what you should bring with you. Bold items with an asterisk (*) are required. **Remember, your bag must be limited to 40 lbs.**

***2 pairs of shoes (Make sure they are not new, and that you have trained in them)**
***2 water bottles or a Camelbak/Platypus (Please be advised that this is a "Cup Free Event")**
***Socks – not new! (Socks play an important role in walking)**
***Rain Gear (We do walk rain or shine, so make sure you have coverage.)**
***Sunblock**
***Insect Repellent**
***Anti-Blister Aids/Blister Kit**
Sweatshirt/sweater (For the evening program)
Shorts
Pants
Sports Bra (For the gals in the crowd)
Shower shoes
Sleep wear
Lip balm
Toiletries
Any required prescription medications
Windbreaker/jacket
Identification
Insurance information
Spending money
Sunglasses
Beach towel or Yoga mat
Camera and film
Flashlight and batteries
Towels
Hat/Visor
Watch
Pain reliever

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Preliminary Schedule

(schedule subject to change)

FRIDAY

7:00 AM	Check-In Opens - Hyannis
8:00 AM	Opening Ceremonies/ Safety Meeting/Warm-Up
8:30 AM	Walk begins!
1:00-7:00 PM	Massage Therapy available
2:00-4:00 PM	Snacks and music at camp
5:00-7:00 PM	Dinner
6:00-7:00 PM	Special musical performance by the Lisa Love Experience
7:00-7:30 PM	Day 1 Slide Show
7:30-8:30 PM	Evening Program

SATURDAY

5:30-7:30 AM	Breakfast
7:00 AM	Warm-Up/Stretching/Route Opens
8:30 AM	All walkers must be on the route
1:00-7:00 PM	Massage Therapy available
2:00-4:00 PM	Snacks and music at camp
5:00-7:00 PM	Dinner
7:00-7:30 PM	Day 2 Slide Show
7:30-8:30 PM	Evening Program

SUNDAY

5:30-7:30 AM	Breakfast
7:00 AM	Warm-Up/Stretching/Route Opens
8:30 AM	All walkers must be on the route
9:00AM-Noon	Massage Therapy available
11:30AM-12:45 PM	Lunch
1:00 PM	Pre-Finish Load Buses
1:30 PM	Final Walk to Finish Line

TOGETHER WE WILL CROSS THE FINISH LINE!

2:00 PM	Closing Ceremonies

MS™

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Central
New England
Chapter

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