

FUNDRAISING AND TRAINING GUIDE

challenge
walk



Cape Cod, Mass.

3 DAYS. 50 MILES. CONNECT TO END MULTIPLE SCLEROSIS

2-DAY, 50-KILOMETER OPTION
JOIN A COMMUNITY OF SPIRIT & STRENGTH





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WELCOME

DEAR FRIEND,

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 trek that tests your strength and your spirit, and makes an extraordinary difference in the lives of the 400,000 people who have multiple sclerosis. Past MS Challenge Walkers tell us that when they complete the challenge 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 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.

Warmest regards,



Aileen Callahan,
Development Manager

CONTACT

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STEPS TO FUNDRAISING SUCCESS:

- Think about who's in your personal and professional network
- Set a fundraising goal (*Challenge Walkers raise more than \$2,250 on average*)
- Share your commitment and start fundraising! (*See strategies on pages 5-6*)
- \$1,500 minimum is due the first day of the Challenge Walk

CHALLENGE WALK MS VOCABULARY

- Crew: Dedicated individuals who travel with walkers supporting the event. **Please note: crew members pay a fee of \$75 to participate, which helps underwrite housing & meal costs.**
- Volunteer: A dedicated person who gives a hand for an hour or a day to help with the MS Challenge Walk.
- Water Stops: Stops along the route with volunteers and water.
- Rest Stops: Stops along the route loaded with snacks, water, sports drinks & lots of cheery volunteers.
- SAG: (Support & Gear Wagons) Vehicles along the route to assist you should you need to be taken to the next rest stop or finish location.
- Walker Mentors: A veteran walker you can call at the National MS Society for advice or support.
- Fundraising Kit: Another tool to help you with fundraising.

WE'RE HERE TO HELP YOU

This guide is designed to give you the tools, resources and information necessary to create a successful fundraising campaign and training regimen to prepare you for the adventures of Challenge Walk MS.

The National MS Society has over 50 years of expertise in the field of fundraising. This fundraising tool kit offers ideas and strategies to help you get started and succeed on another important journey: moving toward a world free of MS.

CHALLENGE WALK CONTACTS

The MS Challenge Walk on Cape Cod is a collaboration among seven National MS Society chapters. Your questions about fundraising and training are best directed to the chapter that is closest to where you live. Chapter offices are open Monday - Friday, 9 a.m. - 5 p.m.

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THINK BIG!

You may be a little intimidated by the thought of raising \$1,500 or more, but it's much easier than it sounds. In 2013, the average Challenge Walker raised around \$2,250 and thousands of walkers have succeeded in raising much more than their pledge goal. You can too! When you share your vision of a world free of MS, people will want to help you. We are here to help you as well.

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.

Team members don't all have to live in the same area or state. Ask friends and relatives around the nation to fundraise and train where they live, and then join you on the day of the event. (Call it a Cape Cod vacation!) Keep each other motivated by e-mail or phone. Reuniting on the day of the event adds a special memory to the MS Challenge Walk.

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 dough-nuts 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.



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. Multiple sclerosis affects more than 400,000 in the U.S., and at least 2.5 million worldwide.

HOW WILL MY CONTRIBUTION HELP?

By choosing to walk in the MS Challenge Walk, you are joining thousands of people across the country who are building resources to drive research for a cure and to address the challenges of everyone affected by MS. The National Multiple Sclerosis Society funds more MS research, offers more services for people with MS, provides more professional education programs, and furthers more MS advocacy efforts than any other MS organization in the world.

FUNDRAISING STRATEGIES

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.

5 STEPS FOR SUCCESSFUL FUNDRAISING:

- Do not procrastinate. Start your fundraising now! Successful fundraising is intentional and planned, and intelligently executed.
- 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.
- Develop a plan. Start a calendar. Take your pledge goal and break it down into smaller goals. Then schedule due dates on your calendar. Remember, each walker commits to raise at least \$1,500, and it must be paid by the first day of the Challenge Walk.
- 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.
- 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.

LETTER WRITING

Open your address book today. To whom do you send holiday cards?

Who is in your 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. (It's amazing how many connections to MS you uncover when you reach out to people.) Now select a fundraising campaign that will work best for you.

TRADITIONAL LETTER CAMPAIGN

We've made it easy for you! Check out the Fundraising Tools section of the MS Challenge Walk website for two sample fundraising letters. www.MSChallengeWalkCapeCod.org

ON-LINE LETTER CAMPAIGN

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 Email
- Send the email to everyone in your address book
- Create a quick and easy personal web page using the "Participant Center."

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 Greater New England Chapter.

BOUNDLESS FUNDRAISING™

boundless Fundraising™ is a Facebook application that enables participants to extend their fundraising efforts beyond their Participant Center and Personal Page. To use boundless Fundraising, you must be a Facebook user (visit www.facebook.com to create a free account). After registering for an MS event, you'll receive an email that includes a blue "Fundraise with Facebook" button. The button is also available in your Participant Center. Click on the blue button to give the boundless Fundraising application access to your Facebook account. Boundless Fundraising provides an easy way to donate through your Facebook profile and post news about your fundraising so that it appears in the Newsfeed where friends will see it.

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.

FOR FURTHER INFORMATION ON HOSTING A CHALLENGE PARTY, PLEASE CONTACT MSCHALLENGEGNE@NMSS.ORG



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.

ASK BIG

Put together a list of potential major donors who can donate \$500 or more. 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.

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

FUNDRAISING EVENTS

The goal of a fundraising event is to introduce your friends, family, co-workers and neighbors to Challenge Walk MS in a fun and social setting. Let them hear firsthand what an amazing experience the walk is and how they can get involved. You can host this event at your home or work. We will provide you with the information you need and will even come to your party and present Challenge Walk MS to your guests!

How to get started:

- Schedule your party. Call us to invite us to attend.
- Create a guest list. Plan on having 15-20 people at your party.
- Send out our invitation or send an e-mail to your contacts. Send the invitation about three weeks before the party. Make sure to mention that guests should bring a checkbook or credit card.
- Follow up with those you invited. Call your guests one week before the party to make sure they received the invitation
- Enjoy! During the party, let people mingle and eat.
- Make the presentation. Start it within the first half-hour.
- Hand out registration forms. Ask guests to donate, register for the walk and join your team.
- Follow up after the party. Send thank you notes to those who attended. Follow up with guests who took registration forms home. Call those who couldn't attend and ask them to join you.

ALWAYS THANK YOUR DONORS

- Always send a thank you note to anyone who donates and/or attends a lunch/dinner or Challenge party.
- Think of thoughtful individualized ways to thank 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 about donations, registrations for the walk, and joining your team.
- Follow up after the party. Send thank you notes to those who attended. Follow up with guests who took registration forms home. Call those who couldn't attend and ask them to join you.

STEP 2: SHARE THE EXPERIENCE AS PART OF A TEAM

A team is made up of two or more walkers and each member is required to raise the \$1,500 minimum.

BENEFITS TO FORMING A TEAM:

- Walking is more fun with friends, family and coworkers
- Promotes community spirit, pride and unity
- Shows the community that your company or organization cares about fighting MS
- Multiplies your individual fundraising impact on people living with MS

TEAM FUNDRAISING

Team fundraisers can be fun and easy. Host one or all of the following fundraisers:

- Car wash
- Texas hold'em tournament
- Dress-down day at work
- Paper feet sale
- Bake/yard sale

TEAM TRAINING

Having automatic training partners is one of the biggest perks of sharing the experience with a team. It's so much harder to bypass training 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.

STEP 3: START TRAINING

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. The training process is a journey unto itself that rewards you with better health and fitness, greater calmness and energy in your daily life, more self-confidence, and more fun at the MS Challenge Walk.

This training module is designed to provide all the information you need to prepare for the Challenge 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 an amazing experience!

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 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 might affect your ability to safely handle the rigors of a walking program.

ESSENTIAL GEAR FOR WALKING

One of the nice things about 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

USE A LIGHTWEIGHT, FLEXIBLE SHOE WITH A LOW HEEL BASE

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.

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. Be sure your shoes are broken-in and comfortable before the big weekend.

SOCKS

Even with the perfect shoe, a cheap pair of socks can cause blisters. Look for thin socks made of a wicking material (not cotton), 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-sleeved T-shirt, a lightweight wind/rain jacket on top and comfortable running shorts, possibly with 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 sunscreen.
- 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 drinks.

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 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 needs 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 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.

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.

QUICK TIPS

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

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 three-day 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.

18 WEEK TRAINING CHART (IDEAL)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	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	Off	3	Off	CHALLENGE WALK MS		36

12 WEEK TRAINING CHART (MINIMUM)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MILES
1	Off	1	0.5	1	Off	0.5	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	Off	3	Off	CHALLENGE WALK MS		36

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

INJURY PREVENTION

The key to preventing injury is to properly stretch before, during and after you walk and to not over train. Listen to your body. Don't try to push it beyond its limit. Start your training slowly and gradually build up. If you try to get in shape in the last few weeks prior to Challenge Walk MS, there is a good chance you will be injured and, depending on the injury, you could be out of commission for two to six weeks.

A FEW WELL-KNOWN WALKING INJURIES:

- Shin splints: This is the most common condition new walkers experience, especially if you are trying to walk too fast. The pain can be felt in the lower leg while walking. It stops when you slow down or stop. To prevent this, make sure you don't over-stride. Your heel should strike first, then roll forward towards your toes and push off. Another cause may be from over pronation, which is when your foot rolls inward excessively. To prevent this, make sure you are wearing a good motion-control shoe. The best walking shoes will have very little difference between the heel height and the forefoot height.
- Blisters: These are fluid filled sacs caused by heat and/or friction. To help prevent blisters, buy shoes that have extra room in the box and fit snugly at the heel. Wear socks made of Coolmax or polypropylene. Put lubricant such as Vaseline petroleum jelly on areas prone to blisters. If you have an area prone to blisters, also consider using moleskin. Don't wear wet socks. If your feet tend to sweat a lot, carry an extra pair of socks and change them halfway through the walk.
- Chafing: To prevent chafing, stay well hydrated by drinking every 15-20 minutes. Stay dry by wearing clothing made of man made materials that are designed to keep sweat away from your body. You can apply a lubricant such as Vaseline petroleum jelly to the parts of your body where you may have potential chafing: your bra area, between your thighs and under your arms. Wear clothing that fits properly. If you wear loose clothing, it may cause chafing.
- Knee pain: In walkers, knee pain is generally caused by improper tracking of the kneecap, resulting in wearing of the patellar tendon. Typically, this 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 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.

STRETCHING

Stretching should be done slowly without bouncing. Stretch to where you feel a slight, easy pull. Hold this feeling for 5-20 seconds. As you hold this stretch, the feeling of tension should diminish. If it doesn't, 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 over stretching.

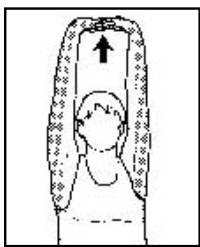
Ease off a bit to a comfortable stretch. The developmental stretch reduces tension and will safely increase flexibility.

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 regularly and limberness will become just one of the many beneficial byproducts.

Do a light warm up of walking or jogging for several minutes prior to stretching. Stretching cold muscles may result in injury or a muscle pull. Please see the diagrams on the next page.

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

STRETCHES FOR WALKING



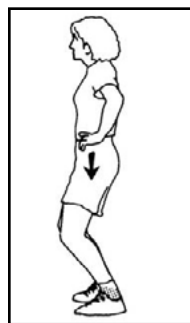
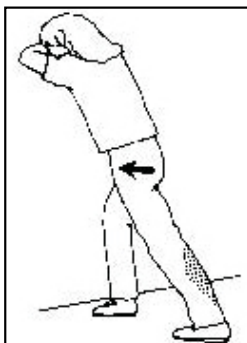
1. Interlace your fingers above your head. With your palms facing upward, push your arms slightly back and up. Feel the stretch in arms, shoulders and upper back. Hold stretch for 15 seconds. Do not hold your breath. Do twice.

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.



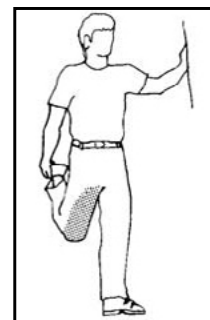
3. Standing with knees slightly bent, place palms on lower back just above hips, fingers pointing downward. Gently push your palms forward to create an extension in the lower back. Hold comfortable pressure for 10-12 seconds. Repeat twice. Do not hold your breath. Use this stretch after sitting for an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



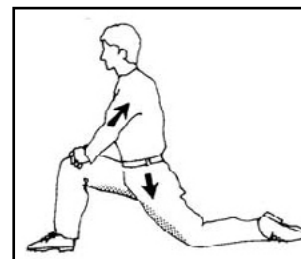
5. Stand in this bent-knee position. This position contracts the quadriceps and relaxes the hamstrings. Hold for 30 seconds. Stretches lower leg (Achilles tendon area) and ankles. Because these muscles have opposing actions, tightening the quadriceps will relax the hamstrings. As you hold this bent-knee 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 in-line 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) in-line 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.

- 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 keeping 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

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 primary causes of fatigue are dehydration and depletion of energy stores in the muscles. 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 food during all of your walks.

THE IMPORTANCE OF HYDRATION

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. You should drink four to six ounces of water or sports drink every 12 to 15 minutes during workouts, and it's recommended that you consume one bottle of sports drink for every two bottles of water. 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 carbohydrates. Carbohydrates are the primary fuel that powers the muscles during exercise. When carbohydrate fuel runs low, fatigue sets in. However, by consuming carbohydrates in a quickly and easily absorbed form during exercise, athletes and exercisers can delay fatigue much longer.



THE SPORTS DRINK 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.

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 sport drinks contain carbohydrate and electrolytes

NUTRITION FOR RECOVERY

The most convenient way to get all of the nutrition needed for recovery is to continue drinking the same carbohydrate-protein sports drink that was used during the workout.

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 fat and excess protein that might slow down the delivery of nutrients to your muscles. For more information, visit poweringmuscles.com.

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.

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 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.

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.

- Quick Tip: Consuming carbohydrate and protein within 45 minutes after your exercise will help you recover faster

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.

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 over training 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 become 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.

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?

○

STEP 4: CHALLENGE WALK MS WEEKEND

WALKING THE CHALLENGE!

Challenge Walk MS is not just an event, it's a celebration of your year-round commitment to create a world free of MS.

THE ROUTE: 3 DAYS. 50 MILES.

DAY 1: FRIDAY

- Start at Hyannis Village Green
- Walk to Cape Cod Sea Camps
- Overnight: Enjoy dinner, massage, and the nightly program

DAY 2: SATURDAY

- Start at Cape Cod Sea Camps
- Overnight: Enjoy dinner, massage, and the Candlelight Ceremony

DAY 3: SUNDAY

- Start at Cape Cod Sea Camps
- Walk to “pre-finish” in Dennis
- Complete the walk Hyannis

CLOSER TO A CURE

THE FINISH — HYANNIS VILLAGE GREEN

This is it! You did it! Your feelings of accomplishment may very well rank as “Life Changing.” 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 with MS.

Everyone walks the final half-mile together, down Main Street to the Village Green, led by the individuals with MS who participated. 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.

- Note: There is no parking at Hyannis Villiage Green. There are satellite lots with shuttle service to the Green.

EVENT POLICIES

ACCOMMODATIONS

Challenge Walkers and Crew can choose to stay at the Cape Cod Sea Camps, which is covered in the registration fee. The Cape Cod Sea Camps are located directly on Cape Cod Bay in Brewster, Mass., 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 stay in group cabins, and meals are served on-site in the camp's cafeteria. If you prefer, feel free to stay at one of the hotels listed on the hotel list sent to you under separate cover. You are responsible for making and paying for hotel 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?”

AGE LIMIT

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

PETS

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

GEAR TRANSPORTATION

On Saturday, drop off your luggage at the Cape Cod Sea Camps. 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. Dinner is provided when you return to camp.

IDENTIFICATION

All walkers are given a walker number. This walker number should go on any donation or other checks sent to us. Your walker number and name are on your and credentials, which you receive closer to the Challenge weekend. Be sure to write your name and walker number on your Change of Clothes Bag. 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

Meals are included beginning with an informal meal Friday night and ending with the Sunday barbecue at the Wixon School in Dennis. There are plenty of snacks along the route each day. Lunch is set up near the halfway point of Saturday'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.

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 a.m. and closes at 6 p.m. SAG vehicles will pick up any remaining walkers and take them to the Camp. You must be on the course each day by 8 a.m.

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.



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 remain open to the public 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

To keep the MS Challenge Walk safe, the National Multiple Sclerosis Society must address policies, procedures, and violations. You may be expelled from the 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.

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
- 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
 - Shorts
 - Pants
 - Sports Bra (For the gals in the crowd)
 - Shower shoes
 - Sleep wear
 - Windbreaker/jacket
 - Spending money
 - Sunglasses
 - Beach towel or Yoga mat
 - Camera
 - Flashlight and batteries
 - Bath towels
 - Identification
 - Lip Balm
 - Prescription Medication
 - Insurance information
 - Hat/Visor
 - Toiletries
 - Watch
 - Pain Reliever