



challenge  
walk



Cape Cod, Mass.

MS LifeLines

Services sponsored by EMD SERONO Pfizer

## Travel & Information Guide

September 11-12, 2010  
Cape Cod, Massachusetts

## Welcome!

This is the Travel and Information Guide. It is meant to give you all the information you need to get to the MS Challenge Walk, what to bring with you, and what to do while you're there.

The **MS Challenge Walk**® challenges us to move beyond our limits, both as individuals and as a group. It extends beyond the challenges of the training, the fundraising, and the physical stress. The MS Challenge Walk is about moving beyond our past experiences and into a context of possibility and reality.

- The possibility that we can walk 50 kilometers in two days.
- The possibility that we can raise a significant amount of money that will make a meaningful impact on people living with multiple sclerosis.
- The reality that we can work together as a team, in complete support of one another towards finding a cure for MS.

Over the weekend, expect the unexpected. Expect people to offer you help. Expect people to ask you how you are doing. Expect people to support you and cheer you on in a way you have never before experienced. And, expect to experience yourself as a hero, a supporter, and a team working together for a common objective. The fundamental understanding of the MS Challenge Walk is the realization that we can work as a team, in total support of one another. In this way, we realize that the well being of the group is as important as the well being of the individual.

The MS Challenge Walk is a demonstration of responsibility and integrity, and a testament of the impact that can be made if people join together towards a common goal: to create a world free of multiple sclerosis.



## Thank you to our sponsor



### FRIDAY, SEPTEMBER 10

(For early arrivals.)

#### EARLY CHECK-IN:

6-9 p.m., Cape Cod Sea Camps

- Receive your housing assignments
- Pick up your Walker/Crew credentials and sign the appropriate waiver forms.
- Drop off your Change of Clothes Bag.
- Meet other walkers and crew.
- Enjoy a 1950s Rock 'n Roll theme party and dinner.



Park your vehicle at the Kalmus Beach parking area for the whole weekend. (Do not leave valuables in vehicle.) Parking is free at Kalmus Beach. You may not leave your car in the parking lot at the Hyannis Village Green, it will be towed by the Town of Barnstable.

A shuttle bus at Kalmus Beach takes you to the Cape Cod Sea Camps. Please be sure to bring your luggage and Change of Clothes Bag with you on the shuttle.

Shuttle Service on Friday runs on the hour from 3-8 p.m. When you leave your car, please make sure that you have everything that you need for the entire weekend.

All participants are encouraged to park at Kalmus Beach. If you park at the Sea Camps, you will have to take a shuttle back from Hyannis after the walk.

## SATURDAY, SEPTEMBER 11

The walk starts at the Cape Cod Sea Camps in Brewster at 8:30 a.m.

Shuttle services on Saturday morning run on the half-hour from 6-7:30 a.m. from Kalmus Beach in Hyannis to the Cape Cod Sea Camps in Brewster.

### 7:00 a.m. CHECK-IN:

- Pick up Walker/Crew credentials and housing assignment at the Sea Camps.
- Drop off Change of Clothes Bag at the Change of Clothes Truck.
- Fill water bottles.
- Make sure you have signed a waiver.

### 8:30 a.m. OPENING CEREMONIES/CHALLENGE WALK BEGINS

- The parade starts as we depart from the Sea Camps.
- Line-up instructions are given at the start.

### SATURDAY AT THE CAPE COD SEA CAMPS

1:00-7:00 p.m.    Massage Therapy available

2:00-4:00 p.m.    Snacks and music at Camp

5:00-7:00 p.m.    Dinner

7:00-7:30 p.m.    Slide Show

7:30-8:30 p.m.    Evening Program



## SUNDAY, SEPTEMBER 12

- 5:30-7:30 a.m. Breakfast at Camp
- Drop off your luggage (with Change of Clothes Bag packed) at the luggage truck on your way out of the Sea Camps.
- 7:00 a.m. Warm-Up/Stretching/Route Opens
- 8:30 a.m. All walkers must be on the route
- 9:00 a.m.-Noon Massage Therapy available at the pre-finish
- 11:30-12:45 p.m. Lunch at the pre-finish
- 1:00 p.m. Pre-Finish Load Busses, depart for Hyannis

### 1:30 p.m. PARADE TO THE FINISH LINE

- At the 'pre-finish' in Dennis, walkers and crew board buses in the order that you will parade down Main Street (i.e.: walkers and crew with MS on first bus, etc.).
- Buses take you from the pre-finish BBQ to the Transportation Center in Hyannis, where all walkers, crew, and volunteers form-up for the parade along Main Street to complete the Challenge by walking the final quarter-mile to the Village Green.
- Family & friends must wait on the Hyannis Village Green, not at the Transportation Center or the 'pre-finish' in Dennis.

### 2:00 p.m. CLOSING CEREMONIES

- As you parade along the pathway on the Green, you receive a Challenge medal and then gather in front of the stage for the closing ceremonies and speakers. Please keep the line flowing and fill the space in front of the stage.

### LUGGAGE PICK-UP

- Luggage and Change of Clothes Bag are waiting at the Hyannis Village Green. Luggage is sorted by walker number. Crew luggage is in a separate designated area.
- Family or friends may pick up your luggage and Change of Clothes Bag, but they must provide the 'Luggage Release Form' to a Crew or Staff member at the luggage area, including your name and walker number. Please do not leave luggage unattended.

### SUNDAY WALKER PICK-UP

- Walkers may be picked up after the Closing Ceremony at the Hyannis Village Green.
- Shuttles will go back to both Kalmus Beach parking lot and the Sea Camps after the walk.



## FAMILY & FRIENDS

- To view the final quarter-mile parade, family and friends may stand on the sidewalks along Main Street from the Hyannis Village Green to the corner. They may also stand along either side of the pathway on the Green, from the sidewalk to the stage, but they must leave space for walkers and volunteers to gather in front of the stage.
- There is a booth at the Hyannis Village Green where family and friends can make posters, and grab pom-poms and noisemakers to cheer the Challenge walkers and crew.

Additional viewing sections on Saturday:

### **Coast Guard Beach and Salt Pond Visitor Center, Eastham**

Directions - Take Rt. 6 to Nauset Rd. Turn right toward the beaches. Salt Pond Visitor Center is on the right or follow the signs to Coast Guard Beach.

### **Orleans District Court, Orleans**

Directions - Take Rt. 6 to the rotary near exit 12 with Route 6 and Route 6A. Go right 3/4 around the rotary and make an immediate left onto Rock Harbor Road. The courthouse is less than 1/2 mile on the right.

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## SAFETY

Our first priority is your safety. The following are state laws and other points regarding your safety and walking routine. Please remember them. Embracing these rules may save your life.

Know and obey all traffic signals, signs, markings, laws, and regulations. Stop and scan for traffic at all stop signs.

- Always walk through intersections predictably and with awareness. In most vehicle pedestrian accidents, motorists say they never saw the pedestrian, or did not see him/her in time to avoid the collision.
- Always stop and look left-right-left before crossing an intersection. If vehicles are present, make eye contact with the drivers. Do not assume they will automatically give you the right of way, even though it may be the law.
- Walk within the obvious walking area, such as a sidewalk. Avoid bunching into large groups that could spill out on the roadway, causing accidents.
- Be alert to hazards such as glass, broken cement, large cracks, sand, dogs, etc. It is also courteous to point these obstacles out to those walking with you.

**WALKER/CREW ID & EMERGENCY MEDICAL INFORMATION MUST BE WORN THROUGHOUT THE EVENT**



## **MEDICAL EMERGENCIES**

IF YOU SEE ANOTHER PERSON GET HURT:

- Notify an event official, or if you have a cell phone call 911 depending on the severity of the injury.
- DO NOT MOVE the injured party.

MEDICAL SUPPORT/EMERGENCY CREWS AND VEHICLES:

- Please allow medical professionals and event officials to move and work freely while they are assisting the injured party.
- It is your responsibility to keep moving, unless you were witness to the incident.
- If you are witness to the incident, then you are required to assist in completing the incident report.

**PLEASE TAKE THE FOLLOWING SITUATIONS SERIOUSLY.**

IF YOU HAVE ONE OR MORE OF THE FOLLOWING SYMPTOMS, REPORT TO THE MEDICAL TEAM IMMEDIATELY!

- Extreme Fatigue
- Cuts & Bruises
- Redness or sore spots (hot spots) on your feet (start of a blister)
- Blisters
- Dehydration – Here are the signs:

Dark yellow urine or no urine

Dry, sticky mouth

Dry eyes

Fatigue

Dizziness or confusion

Heartburn or stomachache

Recurring or chronic pain

Lower back pain

Headache

Mental irritation or depression

Water retention

Lack of skin elasticity

Sunken eyes



## WEATHER

- IF THERE IS LIGHTENING, TAKE SHELTER IMMEDIATELY.
- When moving around in the rain, be more cautious. The visibility for both walker and driver is low.
- Keep in mind that it does not take much rain to accumulate on the roads and walking paths for them to become water-logged.

To 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:

## DISTRACTIONS

- Walkers may not wear earphones, headphones, or use radios or cellular phones while walking.

## LAWS

- Walkers/Crew are not to engage in any activity that is in violation of any criminal laws.

## ALCOHOL/DRUGS

- Walkers/Crew are never to walk or work while under the influence of alcohol or drugs, nor be in the possession of such.

## INAPPROPRIATE BEHAVIOR

- Walkers/Crew should never engage in inappropriate, threatening or violent behavior, including fights, arguing or the harassment of others.

## IDENTIFICATION

- Walkers must wear their Walker Number credentials throughout the MS Challenge Walk.
- Crew must wear their credentials while working on the MS Challenge Walk.

**The National Multiple Sclerosis Society reserves the right to remove participants from the route.**

Listen and obey event officials.

Officials may close the route for the day or temporarily due to inclement weather.



## VEHICLES

- Only official vehicles are allowed entry to the Cape Cod Sea Camps and rest stops, because of limited parking space and respect for property.
- For safety reasons, you should strongly discourage friends and family from driving along the route. Pulling over or honking at walkers may create a safety risk.

## HOUSING ASSIGNMENTS

- Housing assignments are given out at the Sea Camps, upon the walker and crew member's arrival.
- Every consideration has been given to each Walker's and Crew's request for housing.

## HOTEL SHUTTLES

- Saturday: Shuttles run at the Sea Camps from 2 - 9 p.m. Shuttle Pick-Up times are posted at Check-In. Please make note of times.
- Shuttles only go to hotels in: Brewster, Eastham, Orleans, and West Yarmouth. If your overnight accommodations are not in one of these towns, please see a representative at the Check-in Tent at the Cape Cod Sea Camps. Shuttles will not go to hotels in Hyannis.

## WHAT IS PROVIDED AT THE CAPE COD SEA CAMPS

- Pillow
- Sheets
- Blanket
- Towel – a very small towel is provided; you may want to bring a bigger one.
- We encourage you to bring whatever linens you feel you may need.

## SHOWERS

- There are hot showers in a series of shower buildings.
- Please be considerate of your colleagues and take brief showers.

## ELECTRICITY

- There is electricity in each cabin.

## INFORMATION

- An information area is available for your questions, to help you locate lost and found, and from which to purchase commissary items.
- A message board is available to pick up messages or leave messages for another Walker/ Crew or volunteer.



## MEALS

The following meals are provided at the Cape Cod Sea Camps:

- Breakfast                      Saturday 5:30–7:30 a.m.  
    Sunday 5:30–7:30 a.m.
- Lunch                              Saturday, Noon – 1 p.m. (Sea Camps for Crew and Staff)  
    Saturday, en-route for Walkers and Crew  
    Sunday, pre-finish barbecue at the Wixon School
- Dinner                             Friday 6:00–9:00 p.m. (Early check in party!)  
    Saturday 5:00–7:30 p.m.
- Snacks provided at each rest stop throughout the day.

PLEASE NOTE: Meals are for registered Walkers, Crew, and Staff only.

## DAILY CHECK-IN

- For safety reasons, the MS Challenge Walk will include systems and procedures that will allow us to keep track of Walkers.

## LEAVING THE MS CHALLENGE WALK

- Walkers who wish to leave the MS Challenge Walk, or who are expelled, are given information on transportation home. The transportation and costs are the responsibility of event participants, not that of the National MS Society.

## HELPFUL HINTS REGARDING YOUR LUGGAGE

- Make sure there is a bright ribbon or distinguishing marking so that your bag is easy to spot. (Many people have identical black bags.)
- Do not hang items from your bag, as they will fall off.
- Make sure everything is safely tucked inside your luggage.



## 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 pre-packed Ziploc bags to manage the contents of Change of Clothes bag.
- 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.
- No bungee cords. (Stretchy cords that may spring loose and injure the volunteers who load your luggage.)
- A duffle bag is the best organizer. One that is waterproof or water-resistant is highly recommended.

### SUGGESTIONS FOR WHAT TO PUT IN YOUR LUGGAGE

- |   |  |
|---|--|
| <input type="checkbox"/> Windbreaker/jacket                     | <input type="checkbox"/> Flashlight and batteries  |
| <input type="checkbox"/> Sweatshirt/sweater                     | <input type="checkbox"/> *2 pairs of shoes (Make sure they are not new, and that you have trained in them)               |
| <input type="checkbox"/> Shorts                                 | <input type="checkbox"/> Sandles or Crocs for relaxing off the route   |
| <input type="checkbox"/> Pants                                  | <input type="checkbox"/> *2 water bottles or a Camelbak/Platypus (Please be advised that this is a "Cup Free Event")     |
| <input type="checkbox"/> Sports Bra (For the gals in the crowd) | <input type="checkbox"/> *Sunblock   |
| <input type="checkbox"/> Shower shoes                           | <input type="checkbox"/> *Socks – not new! (Socks play an important role in walking, polypropylene or silk. Not cotton.) |
| <input type="checkbox"/> Sleep wear                             | <input type="checkbox"/> *Rain Gear (We do walk rain or shine, so make sure you have coverage.)                          |
| <input type="checkbox"/> Lip balm                               | <input type="checkbox"/> * Anti-Blister Aids/Blister Kit   |
| <input type="checkbox"/> Toiletries                             | <input type="checkbox"/> *Insect Repellent   |
| <input type="checkbox"/> Identification                         | <b>* REQUIRED</b>  |
| <input type="checkbox"/> Insurance information                  |  |
| <input type="checkbox"/> Spending money                         |  |
| <input type="checkbox"/> Sunglasses                             |  |
| <input type="checkbox"/> Beach towel or Yoga mat                |  |
| <input type="checkbox"/> Camera                                 |  |

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

## **DIRECTIONS to the CAPE COD SEA CAMPS 3057 Main Street, Brewster, MA**

### **FROM THE SAGAMORE BRIDGE:**

Take Route 6 East to exit 12. Take a left at the end of the ramp onto Route 6A. Take Route 6A approximately 2.5 miles. Go past Nickerson State Park on the left and Linnell Landing Road on the right. Soon, you'll see our fields and sign on your right. Turn right into the driveway at the far end of the field.

## **DIRECTIONS to KALMUS BEACH (Parking for all event participants)**

### **FROM BOSTON AND POINTS NORTH:**

Take either Route 128 or I-93 south to Route 3 south. Follow Route 3 south to the end at the Sagamore Bridge. Route 3 becomes Route 6. Cross over the Sagamore Bridge. Take Route 6 (Mid-Cape Highway) to Exit 6. Bear right off the exit onto Route 132 Hyannis. At the Airport Rotary, take your second right onto Barnstable Road; this road turns into Ocean Street. Follow Ocean Street to the very end; Kalmus Beach is on your left. Take shuttle from Kalmus Beach to Hyannis Village Green.

### **FROM NEW YORK/CONNECTICUT AND POINTS SOUTH:**

Take Route I-95 to Providence, Rhode Island. Take exit 20, I-195 east (signs for Cape Cod and the Islands). Follow I-195 to the end (exit 22A) and bear right onto Route 25 east. Follow Route 25 over the Bourne Bridge. Cross over the Bourne Bridge and take your third right out of the rotary (Sandwich Road/Route 6A east) and proceed to the first set of lights. Take a right onto the ramp of Route 6 (Mid-Cape Highway) and follow to Exit 6. Bear right off the exit onto Route 132 Hyannis. At the Airport Rotary, take your second right onto Barnstable Road; this road turns into Ocean Street. Follow Ocean Street to the very end; Kalmus Beach is on your left. Take shuttle from Kalmus Beach to Hyannis Village Green.

### **FROM SPRINGFIELD AND POINTS WEST:**

Take the Massachusetts Turnpike, I-90, eastbound to exit 11A (I-495 south). I-495 becomes Route 25 east. Follow Route 25 over the Bourne Bridge. Cross over the Bourne Bridge and take your third right out of the rotary (Sandwich Road/Route 6A east) to the first set of lights. Take a right onto the ramp of Route 6 (Mid-Cape Highway) and follow to Exit 6. Bear right off the exit onto Route 132 Hyannis. At the Airport Rotary, take your second right onto Barnstable Road; this road turns into Ocean Street. Follow Ocean Street to the very end; Kalmus Beach is on your left. Take shuttle from Kalmus Beach to Hyannis Village Green.

## **DIRECTIONS to HYANNIS VILLAGE GREEN**

(For family and friends to meet the Walkers at the finish)

### **FROM BOSTON AND POINTS NORTH:**

Take either Route 128 or I-93 south to Route 3 south. Follow Route 3 south to the end at the Sagamore Bridge. Route 3 becomes Route 6. Cross over the Sagamore Bridge. Take Route 6 (Mid-Cape Highway) to Exit 6. Bear right off the exit onto Route 132 Hyannis.

Just before the second set of lights (West End) bear right onto Bearses Way. At the Kennedy Skating Rink bear left onto High School Road Ext. Go to the second set of lights, which brings you to Main Street. Continue through the light and see the Hyannis Village Green.

### **FROM NEW YORK/CONNECTICUT AND POINTS SOUTH:**

Take Route I-95 to Providence, Rhode Island. Take exit 20, I-195 east (signs for Cape Cod and the Islands). Follow I-195 to the end (exit 22A) and bear right onto Route 25 east. Follow Route 25 over the BOURNE BRIDGE. Cross over the Bourne Bridge and take your third right out of the rotary (Sandwich Road/Route 6A east) and proceed to the first set of lights. Take a right onto the ramp of Route 6 (Mid-Cape Highway) and follow to Exit 6. Bear right off the exit onto Route 132 Hyannis. Just before the second set of lights (West End) bear right onto Bearses Way. At the Kennedy Skating Rink bear left onto High School Road Ext. Go to the second set of lights, which brings you to Main Street. Continue through the light and see the Hyannis Village Green.

### **FROM SPRINGFIELD AND POINTS WEST:**

Take the Massachusetts Turnpike, I-90, eastbound to exit 11A (I-495 south). I-495 becomes Route 25 east. Follow Route 25 over the Bourne Bridge. Follow directions above from BOURNE BRIDGE.

### **BY PLANE OR BUS:**

Cape Air/Nantucket Airlines at the Barnstable Municipal Airport services direct flights to and from Boston, Martha's Vineyard, and Nantucket. There are other airlines with direct flights to and from Newark and New York. Plymouth & Brockton Bus Company provides hourly, scheduled motor-coach service between Logan Airport, downtown Boston, Plymouth, and throughout Cape Cod. Charter services are also available.



## Contact Us

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