

TRAVEL AND INFORMATION GUIDE

challenge
walk



Cape Cod, Mass.

3 DAYS. 50 MILES. CONNECT TO END MULTIPLE SCLEROSIS

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



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 on Cape Cod, 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 miles in 3 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. Also, expect to experience yourself as a hero, a supporter, and a team member working towards 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 to the impact that can be made when people join together towards a common goal: to create a world free of multiple sclerosis.

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.

Connecticut Chapter

Allison Ihm
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Upstate New York Chapter

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Campaign Manager
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THURSDAY

EARLY CHECK-IN:

6 p.m. - 8:30 p.m.

Cape Codder Resort and Spa
1225 Iyannough Rd., Hyannis, Mass.
Route 132 & Bears's Way
888-297-2200

- 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 catering provided by the Resort.
- Please note: **Luggage cannot be dropped off Thursday evening.**

FRIDAY

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. There is **NO PARKING** at the Hyannis Village Green, it will be towed by the Town of Barnstable.

Place your luggage in the designated area at Kalmus Beach.

A shuttle bus at Kalmus Beach takes you to the start location at Hyannis Village Green. Please be sure to bring your Change of Clothes Bag with you on the shuttle.

Shuttle Service: **6:30 a.m. to 7:30 a.m.** Please make sure you arrive on time. When you leave your car, please make sure you have everything that you need for the entire weekend. Make sure you have something to eat before the walk.

TAXI SERVICE

Skip's Cab 508-432-0935
John's Taxi 508-394-3209

○ 7:00 a.m. CHECK-IN:

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

○ LUGGAGE DROP-OFF

- Make sure you have a luggage tag with your walker number or crew name securely attached to your luggage. (Luggage tags are provided.)
- Drop off your luggage at the designated luggage drop-off area only at Kalmus Beach or at the Hyannis Village Green.

○ CHANGE OF CLOTHES BAG

- Drop off your Change of Clothes Bag at the Change of Clothes Truck at the Village Green if you didn't leave it at the Thursday Night Early Check-In.
- Your Change of Clothes Bag is at the lunch stop on Friday and Saturday, and is returned to the Cape Cod Sea Camps at the end of each day.

○ 8:00 a.m. OPENING CEREMONIES

○ 8:30 a.m. CHALLENGE WALK BEGINS

FRIDAY AT THE CAPE COD SEA CAMPS

1:00-7:00 p.m.	Massage Therapy available
2:00-4:00 p.m.	Snacks and music
5:00-7:00 p.m.	Dinner
7:00-7:30 p.m.	Day 1 Slide Show
7:30-8:30 p.m.	Evening Program, which includes a theme party and appetizers.

LUGGAGE PICK-UP

Your luggage is delivered to the Cape Cod Sea Camps and can be picked up upon your arrival.

Luggage is arranged by walker number and colored luggage zones. Crew luggage is in a separate designated area.

SATURDAY

- 5:30 a.m. Breakfast at Camp
- 7:00 a.m. Warm-up/Stretching/Route Opens
- Drop off your Change of Clothes Bag at the Change of Clothes Truck
- Fill water bottles
- 8:30 a.m. All walkers must be on the route
- 1:00-7:00 p.m. Massage Therapy available at camp
- 2:00-4:00 p.m. Snacks and music at Camp
- 5:00-7:00 p.m. Dinner at Camp
- 7:00-7:30 p.m. Day 2 Slide Show
- 7:30-8:30 p.m. Evening Program

FAMILY & FRIENDS

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.



SUNDAY

- 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. Change into "Parade T-shirt," Load Buses, 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).

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 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.

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
 - Lower back pain
 - Dry, sticky mouth
 - Headache
 - Dry eyes
 - Mental irritation or depression
 - Fatigue
 - Water retention
 - Dizziness or confusion
 - Lack of skin elasticity
 - Heartburn or stomachache
 - Sunken eyes
 - Recurring or chronic pain

WEATHER

If there is lightening, take shelter immediately.

- Officials may close the route for the day or temporarily due to inclement weather.
- 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 possession of such.

INAPPROPRIATE BEHAVIOR

Walkers/Crew should never engage in inappropriate, threatening or violent behavior, including fights, arguments or harassment.

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.

VEHICLES

- Only official vehicles are allowed entry to the Cape Cod Sea Camps and rest stops, because of limited parking space and out of 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 or crew member's arrival.
- Every consideration has been given to each Walker's and Crew's request for housing.

HOTEL SHUTTLES

Hotel shuttles operate only from the Sea Camps, and DO NOT include the Friday start in Hyannis. Walkers and crew must transport themselves to the start.

- Friday and Saturday: Shuttles run at the Sea Camps from 2 p.m. - 9 p.m.
- Saturday and Sunday: 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 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	Friday & Saturday	Noon – 1 p.m. (on-site for Crew and Staff)
	Friday & Saturday	(en-route for Walkers and Crew)
Dinner	Friday	5:00–7:00 p.m.
	Saturday	5:00–7:00 p.m.

Snacks are 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 participant, not that of the National MS Society.

HOW TO PACK

- 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.
- 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. Remember, your bag must be limited to 40 lbs. **Bold items with an asterisk are required.**

- * **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**
- Windbreaker/jacket
- Sweatshirt/sweater
- Shorts
- Pants
- Sports Bra (For the gals in the crowd)
- Shower shoes
- Sleep wear
- 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

DIRECTIONS TO THE CAPE CODDER

FROM BOSTON:

Approximately 75 miles (1½ hours). Take the Southeast Expressway (I-93 south) to Route 3 south. Follow to the Sagamore Bridge. Follow Sagamore Bridge directions.

FROM PROVIDENCE:

Approximately 90 miles (1½ hours). Follow I-195 east to the Cape Cod/The Islands exit (Exit 22A). Take the exit onto Route 25 south. Follow Route 495/25 directions.

FROM HARTFORD:

Approximately 175 miles (3 ½ hours). Take I-84 east to Massachusetts Turnpike (I-90 East). Follow Mass. Turnpike/I-90 east to Exit 11A (I-495 south). Follow I-495 south, which becomes Route 25 south. Follow Route 495/25 directions.

FROM NEW YORK:

Approximately 245 miles (5 hours). Take I-95 north to Providence, Rhode Island. Take exit 20 for I-195 east in Providence. Follow I-195 east to the Cape Cod/The Islands exit 22A. Take Exit 22A onto Route 25 south. Follow Route 495/25 directions.

FROM ROUTE 495/25 SOUTH:

Follow Route 25 south over the Bourne Bridge onto Cape Cod. Take Route 6/6A toward Sagamore. At the traffic light, turn right onto Route 6 east. Follow Route 6 to Exit 6 (Route 132/Hyannis).

FROM SAGAMORE BRIDGE:

Cross the Sagamore Bridge to Route 6 east. Follow Route 6 east for approximately 20 minutes to Exit 6 (Hyannis Route 132). Bear right as you come down the exit ramp and merge with Route 132 south. Continue on Route 132 south for about 1½ miles. The Cape Codder Resort is located just before the second traffic light on the right.

DIRECTIONS TO KALMUS BEACH

(Parking for all event participants)

FROM BOSTON & 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 & 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 & 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 & 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 & 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 & 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.

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 the camp fields and sign on your right. Turn right into the driveway at the far end of the field.