

# CHALLENGE WALK MS: WEEKEND GUIDE



## 2 DAYS. 50 KILOMETERS **CONNECT TO END** **MULTIPLE SCLEROSIS**

JOIN A COMMUNITY OF SPIRIT & STRENGTH  
**SEPTEMBER 20-21, 2014**



## WELCOME!

Thank you for accepting the challenge and helping by connecting with others to end MS. You've already taken your first step toward completing the challenge by registering. Now it's time to take the next step...

In this guide you'll find useful information to help you prepare for the life-changing journey you are about to take. Please read this information carefully and turn in the completed forms upon check in.

There are three pieces of business you must complete prior to participating in Challenge Walk MS: your minimum \$1500 in donations, your waiver, and walker # card.

### 1. YOUR MINIMUM \$1500

All walkers must turn in at least \$1500 in donations prior to walking. You will not receive a participant number until we receive your minimum requirement.

### 2. WAIVER

All walkers must sign a waiver prior to participating. You can download a waiver online at **CapitalChallengeWalkMS.org** and bring it with you when you pick up your packet.

### 3. ID POUCH

In addition to the waiver, there is an emergency contact form within the ID pouch in your packet. It is crucial that you fill this out before the walk. While we hope it never needs to be used, it provides immediate information to emergency personnel should they need it.

### MINOR POLICY

The National MS Society has a policy that no one under the age of 12 will be permitted to walk in Challenge Walk MS. Participants ages 12-17 must be accompanied by a parent/guardian (at least 21 years old) at all times (including in SAG vehicles). Both the child and the parent/guardian are required to fulfill the \$1500 fundraising minimum in order to participate. **Parents/guardians of children ages 12 to 17 must sign and have notarized a special waiver for minors. Download the waiver for minors at CapitalChallengeWalkMS.org or call us at (202) 296-5363, option 2.**



1 Challenge Walk MS: 2014

THANK YOU TO OUR  
GENEROUS SPONSOR

GEICO

THANK YOU TO OUR  
GENEROUS DONORS

Bertucci's



genzyme

secorgroup





## LUGGAGE

When you check in you will receive two luggage tags that have your walker/crew number.

Attach these tags to:

- 1 bag for sleeping bag, air mattress, other bedding
- 1 bag for clothing and toiletries

Once tagged, drop them off at the luggage truck at the start on Saturday, and we'll deliver them to you at the overnight. On Sunday, these bags are (again) dropped off at the luggage truck and delivered to a location near the finish line.

Do not pack anything fragile or anything that might leak. We are not responsible for any damage. For the safety of our luggage volunteers, these bags must be NO heavier than 40 pounds each.

## CHANGE OF CLOTHES

In addition, all participants will be given a changing bag with their check-in packet. This bag, which has your walker number written on it, can be dropped off at the changing bag truck on Saturday morning, and will be delivered to lunch on Saturday. After lunch, you may drop off your changing bag to the truck, and it will be delivered to the overnight. There is no changing bag for Sunday.

## WEATHER

We walk rain or shine but we want you to be knowledgeable about what to do in case of severe weather. We consider severe weather to be thunder, lightning, high winds, and/or heavy rain. Our team will be monitoring the weather leading up to the event and through the entire event. What you should do if you are on the route:

If you are at a rest stop **STAY THERE** and wait for communication from the rest stop volunteers who will be in contact with our staff.

If you are on the route, please go to the nearest shelter you can locate – call the help line **(202) 375-5615** and give your location.

If we have to close the route, all participants will be picked up and brought to the overnight location. We hope to avoid this, but need to look out for our participants' safety first.

Please follow the instructions of staff and volunteers on the route at all times.

# WEEKEND SCHEDULE AND INFORMATION

NATIONAL MS SOCIETY HELPLINE (202) 375-5615

## THE EVENING KICK-OFF FRIDAY, SEPTEMBER 19

### Wisconsin Community Center (2nd floor)

5311 Friendship Blvd  
Chevy Chase, MD 20815

3:00 – 6:00 p.m.      Packet pick-up  
6:00 – 8:00 p.m.      Dinner and program\* with Dr. Vittorio Gallo, Ph.D.

\*By RSVP only. Space is limited to 80 people.

## DAY ONE SATURDAY, SEPTEMBER 20

### START LOCATION

GEICO Corporate Headquarters  
5260 Western Avenue  
Chevy Chase, MD 20815

### ROUTE - approximately 20 miles, with 8 rest stops including lunch

7 a.m.	<b>START SITE OPEN:</b> Packet Pick Up, Luggage Drop Off, Event Photos, Parking* Stretching with Synergy Dance Fitness
7:50 a.m.	
8:10 a.m.	<b>START LINE CEREMONY</b>
8:30 a.m.	Route Opens
8:45 a.m.	All participants must be on route
10:30 a.m. - 2 p.m.	Lunch is served on the route
4 – 10 p.m.	Shower Truck Available
3 – 10 p.m.	Massages - Cost: \$23 for 15 minute massage \$45 for 30 minute massage *10% goes back to The Society
5 – 5:30 p.m.	Gentle Stretching with Laura Starling – Session 1

5:30 – 6 p.m. Gentle Stretching with Laura Starling – Session 2  
5 p.m. **ALL PARTICIPANTS MUST BE THROUGH FINAL REST STOP**  
6 p.m. Route closed (any participants still on route will be driven to the overnight)  
6:30 – 7:30 p.m. Dinner is served - provided by Urban BBQ  
8:00 p.m. **MISSION CEREMONY**  
9:30 p.m. Quiet time in the gym  
10 p.m. **LIGHTS OUT**

**\*PARKING FOR THE WEEKEND**

We have permission to park cars at GEICO from 7 a.m. Saturday until 6 p.m. on Sunday. There will be a designated area you will be directed to park your car within. You will be directed upon your arrival to the START location listed above.



# DAY TWO

SUNDAY, SEPTEMBER 21

**ROUTE – approximately 10 miles, with 4 rest stops, including the pre-finish.**

## SCHEDULE

7 a.m.	Lights on
7 – 8 a.m.	Breakfast provided by Uptown Bakers
7:50 a.m.	Stretching with Maureen McHugh
8:30 a.m.	Route opens
8:45 a.m.	All participants must be on route
10:30 a.m. – 1:30 p.m.	Lunch provided by Cappriottis and Pre-Finish Awards Ceremony
12:30 p.m.	Route closed (any participants still on route will be driven to pre-finish)
12 p.m.	<b>FINISH LINE CEREMONY</b>
2:30 p.m.	Depart via shuttle*** or own transportation
3:00 p.m.	Pick up luggage at Union Station

### \*\*LUGGAGE PICK UP

Due to restrictions at the U.S. Capitol, we cannot deliver your luggage directly to you at the finish line it will be at Union Station.

### \*\*\*TRANSPORTATION TO GEICO PARKING LOT & HOTEL

The shuttle pick up for the return to the parking area of the START will depart the luggage pick up area at Union Station. Only those who have signed up for the shuttle(s) will be guaranteed a seat.



Capital Challenge Walk MS 2014  
 Saturday, September 20<sup>th</sup>, 2014  
 START & WEEKEND PARKING  
 GEICO Headquarters 5260 Western Ave Chevy Chase, MD

- |    |                            |     |                            |
|----|----------------------------|-----|----------------------------|
| 1. | Luggage Truck              | 6.  | Packet Pick up             |
| 2. | Supply truck               | 7.  | Food Tent                  |
| 3. | Volunteer Tent / First aid | 8.  | DJ, Stage, Sound           |
| 4. | Photo Booth                | 9.  | Face Painting / Teams Tent |
| 5. | Port A-Johns               | 10. | Participant Parking        |



# SUPPORT ON THE ROUTE

## **SUPPORT & GEAR VEHICLES (SAGS)**

Support & Gear vehicles are volunteer-driven cars out on the route. Can't go any further? Just need some help to get to the next rest stop for a break? Stop and call (202) 375-5615 for a SAG to be dispatched to you OR you can flag one down on the road by giving the thumbs-down signal. NOTE: The drop to the finish line is not always direct. Please be patient as we pick up other participants. SAGs will have water, snacks, and basic first aid should you need it. All SAG volunteers will receive information prior to the event that will review event details, route/rest stop information, rules of the road, and emergency procedures.

## **MEDICAL VOLUNTEERS**

Medical volunteers will be placed along the route and at key comfort stations throughout the weekend. All are certified medical professionals (nurses, paramedics, etc.). They are instructed on our risk management procedures in advance of the event, have access to incident and witness reports if needed, and will call 911 in case of emergency.

## **BICYCLE PATROLS**

Bicycle Patrols are volunteer cyclists out on the route – mainly on paths where SAG vehicles cannot get to. Bicycle Patrol volunteers will be assigned to specific sections of the route throughout the day to ensure participants are safe and comfortable on the route.

## **REST STOP VOLUNTEERS**

Volunteers and Crew members are assigned to host rest stops along the route to help support the participants. The Rest Stop Captain will be responsible for ensuring their rest stop has the proper equipment and supplies and that it is staffed appropriately. Each rest stop volunteer is expected to arrive at a given time and must stay on site until the rest stop is officially closed by the command center.





# WHAT TO PACK FOR CHALLENGE WALK MS

Use this list as a guide when packing for the Challenge Walk MS.

## YOUR BAGS

When you check in you will receive two luggage tags that have your walker/crew number.

Attach these tags to:

- 1 bag for sleeping bag, air mattress, other bedding
- 1 bag for clothing and toiletries

Once tagged, drop them off at the luggage truck at the start on Saturday, and we'll deliver them to you at the overnight. On Sunday, these bags are (again) dropped off at the luggage truck and delivered to a location near the finish line.

Do not pack anything fragile or anything that might leak. We are not responsible for any damage. For the safety of our luggage volunteers, these bags must be NO heavier than 40 pounds each.

Finally, there will be a few items to keep with you to turn in or to keep on you while walking. A few items are necessary and a few items we suggest for your comfort.

## 1 bag for sleeping bag, air mattress, other bedding

- Sleeping bag
- Air mattress
  - Air mattress pump
- Pillow
- Sheets, blanket, etc.

## 1 bag for clothing and toiletries

- Clothes
  - Comfortable clothes for Saturday afternoon and evening
  - Pajamas for Saturday night
  - Walking clothes for Sunday
  - Extra layering clothes – just in case
- Rain jacket
- Shorts & pants
- Short & long sleeve shirt
  - Team apparel
- Towel, washcloth, and shower shoes in a plastic bag
- Toiletries & personal items
  - Travel size items: soap, deodorant, toothpaste, etc.
  - Toothbrush

- Insect repellent
- Sunscreen
- Medication
- Pain reliever
- Prescribed medication (please contact the National MS Society before the event if you need any special accommodations for your medicine)
- Eye mask/ear plugs
- Small flashlight
- Camera
- Book or magazine
- Writing journal and pens
- Cash for massages at the overnight (\$23 for every 15 minute increment (minimum 15 minutes))

### Changing bag

Using the changing bag is optional, and these items are suggested by past participants

- Extra pair of shoes to wear for the afternoon
- Extra pair of socks
- Pair of flip-flops to wear during lunch
- Extra snacks
- Foot care kit (ex: moleskin for blisters)
- Hat
- Sunscreen

### Keep with you

These are items not to be packed away, but should be brought to the event.

- Items to turn in at check-in:
  - Any additional pledges (you must have turned in \$1,500 to walk)
  - If you are under 18 years old, you must have a notarized waiver form

Items to keep with you while walking:

- Identification, medical insurance card (with you at all times)
- Water bottle(s)
- Body glide
- Hat / visor
- Sunglasses
- Foot care kit (ex: moleskin for blisters)
- SMILE 😊



# SAFETY RULES OF THE WALK

Our first priority at Challenge Walk MS is the safety of each participant. We will do everything in our power to ensure your safety, but we need your help. Please familiarize yourself with the safety rules that have been formulated in the interest of each and every participant; we take them seriously and so should you.

- Know and obey all traffic signals, signs, markings, laws, and regulations. Stop and scan for traffic at all stop signs.  
**Remember: this is not a closed route.**
- The Challenge Walk MS route will be marked with bright arrows. There may be National Park Service areas where there aren't many markers. Please use cue sheets.
- Always stop and look left-right-left before crossing an intersection. If vehicles are present, make eye contact with the driver. Don't assume they will give you the right of way.
- Walk on the left shoulder, opposing traffic, and within obvious walking areas such as sidewalks or close to the curb.
- Weather: take shelter in thunder and lightning and be cautious in rain.
- Avoid bunching into large groups that could spill out into the highway — walk single file.
- Be alert to hazards such as glass, broken cement, dogs, etc.
- Cooperate with Challenge Walk MS officials at all times. Highway officers and local law enforcement will be monitoring the event — be sure to obey their instructions and signals.
- A support and gear vehicle (SAG) will be patrolling the route. These vehicles are there to pick up participants who need a lift to the next stop for any reason or for any medical needs.
- Challenge Walk MS participants are not allowed to wear earphones, headphones, use radios, or chat on cell phones while walking. You may use your cell phone in case of an emergency or while stopped at a rest stop.
- Challenge Walk MS participants must stay on the route and wear walker credentials at all times. This is your ID and meal ticket.
- Laws: Participants are not to engage in any activity that is in violation of any criminal laws.
- Challenge Walk MS participants should not be under the influence of alcohol while on the route.
- Challenge Walk MS participants should not be under the influence or in possession of illegal drugs.
- Inappropriate behavior: Participants should never engage in inappropriate, threatening or violent behavior, including fights, arguing, or the harassment of others.
- Pets: Sorry, no pets allowed on Challenge Walk MS except service dogs.
- Vehicles: For safety reasons, you should discourage friends and family from driving the route. Pulling over or honking at participants can create a safety hazard.

## MEDICAL EMERGENCIES

If you see another person who needs medical attention:

- Depending on the severity of the injury, call 911. Then call the number listed on the back of your walker credential to contact an event official. Event officials can be found wearing staff polo shirts.
- Do not move the injured party. Offer assistance where needed until help arrives.
- Please allow medical professionals enough room to move and work freely.

If you are the witness to the incident, you will be required to remain present until everyone has been taken care of and the scene of the accident is secure. This will include completing an accident form.

## GENERAL MEDICAL INFORMATION

Take the following situations seriously. If you or another walker has one or more of the following symptoms, report to the medical team immediately:

- Fatigue
- Cuts/bruises
- Redness or sore spots on your feet (start of a blister)
- Blisters
- Dehydration
- Signs of dehydration:
  - Dark, yellow urine, or no urine
  - Dry, sticky mouth
  - Dry eyes
  - 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

