



Wild West MS Walkabout | CNS Foundation | 1049 Robertson Street | Fort Collins, CO 80524

www.wmsw.org

August 21 -23, 2009

Fort Collins, CO

3 Days | 50 Miles

The journey of a lifetime

Supporting those who live with MS

www.WildWestMSWalkabout.org

Steering Committee

Lesley Murray

Annette Zacharias

Kathy Dellenbach

Kevin Dellenbach

Christy Dittmar

Kim Dittmar

Kendra Driemeyer

Lester Murray

Maureen Stockover

Thank you for joining us for the fourth annual Wild West MS Walkabout. This packet contains information to help you through the weekend including:

- Event Timeline
- Packing List
- Driving Directions
- FAQs and Event Policies

We hope this material answers all of your questions, but if you need more information, please don't hesitate to contact us.

We've spent a lot of time planning this year's Walkabout and we think it will be our best ever. At this writing we have 98 registered walkers! We had 47 walkers just four short years ago! We couldn't do it without the help of many great volunteers who are willing to help out and make this a great experience for everyone. It takes more than 200 volunteers and crew to make it all work. Our volunteers will be recognizable along the route and able to help you if you need anything at all. Committee members will be wearing bright orange t-shirts, medical team will be in red, volunteers in white, and our crew will be in yellow event t-shirts. You can't miss us

The Walkabout is staffed entirely by volunteers and underwritten by sponsors. Over the last three years we raised over \$250,000 and were proud to say that 100% of the funds you raised went directly to our grants program in support of those who live with multiple sclerosis and to medical research efforts taking place right here in Colorado. When you are on the route and think you can't take another step, we hope you will remember what an important difference you're making to those who are affected by MS.

We look forward to seeing you all at the Opening Ceremonies in Fort Collins.

Lester Murray & Maureen Stockover

Event Directors

Wild West MS Walkabout

970.556.3973 LM / 970.226.0686 MS

mwalkabout@gmail.com

WALKABOUT TIMELINE

On Friday and Saturday, you will start and finish your walk at Ridgeview Classical School, our overnight location for both days. On Sunday, you will cross the 50-Mile Finish Line at Edora Park where we will have lunch and hold the closing ceremonies and festival. The park is a few blocks from the school and shuttle service will be available. The school is also the site for early check-in on Thursday evening between 4 – 7 pm. You may also check in very early on Friday morning. Driving directions are enclosed.

When you check in we will process any funds you have not yet turned in and you will receive an event lanyard, a goodie bag, a yellow shoe bag and luggage tags.

The route opens at 6:30 am on Friday and Saturday and closes at 6 pm. SAG transportation will be provided for all walkers who are not in by 6 pm. The route will open at 7 am on Sunday.

Bottled water and sports drinks will be available every 1.5 miles at "pit stops" along the route and at the overnight. Snacks will be provided at "rest stops" located at 3 mile intervals. Medical assistance is available at all rest stops and at all times in the event of any emergency along the route. Breakfast and lunch will be provided each day and dinner will be a substantial hot meal. A vegetarian option is always available. If you are a strict vegan, please contact Kris Clagett at 970.215.5708 before the Walkabout.

EVENT SCHEDULE

Thursday, August 20, 2009

3:00 – 7:00 pm Early Check-In

Ridgeview Classical School
1800 South Lemay, Ft. Collins, CO
(directions provided below)

Friday, August 21, 2009

4:45 – 6:00 am	Check-In (If you did not check in on Thursday evening, please arrive at the School before 5:45 am to allow time to register. If you are unable to check in by 6:00 am, we will check you in after the opening ceremonies and drive you to the first pit stop)
5:00	Medical Opens
5:00 - 6:30 am	Breakfast
5:45 - 6:00 am	Voluntary intensive stretching
6:00 – 6:10 am	Group photo at stage
6:10 – 6:30 am	Opening ceremonies (intro, Jonathan, Dr. Shulte, general stretching, hit the street by 6:30)
6:30 am	Route opens (we will leave as a group. Must be on route by 7:00 am)
9:45 am	Lunch opens (Spring Canyon Community Park – On Overland Trail Road South of Drake)
2:00 – 7:00 pm	Medical opens at overnight
2:00 – 7:00 pm	Massage available
6:00 pm	Route closes (transport available for those who are not in)
5:00 – 6:30 pm	Dinner
7:00 pm	Medical closes (except for emergencies)
7:00 pm	Evening celebration begins
8:00 pm	Ice cream social
9:30 pm	Lights Outs

Saturday, August 22, 2009

4:45 am	Medical opens
5:30 am	Lights on
5:30 – 6:30 am	Breakfast
6:30 am	Route opens (please be on the route by 7:00 am)
9:30 am	Lunch opens (Fossil Creek Park – about ½ mile south of Harmony on College Avenue)
2:00 pm	Medical opens at overnight
2:00 – 7:00 pm	Massages available
6:00 pm	Route closes
5:00 – 6:30 pm	Dinner
7:00 pm	Medical closes (except to emergencies)
7:00 pm	Evening program begins
8:00 pm	Ice cream social
9:30 pm	Lights out

Sunday, August 23, 2009

WE ASK THAT YOU WEAR YOUR EVENT T-SHIRT (to be provided Saturday night)

5:45 am	Medical opens
5:30 am	Lights on
6:00 – 7:30 am	Breakfast
7:00 am	Route opens (please be on the route by 7:30 am)
9:15 am	First walker allowed past last stop
9:30 am	First walkers cross the Finish Line
9:30 am	Festival opens (Edora Park – several blocks East of Lemay on Stuart)
12:00 – 12:15 pm	Closing ceremonies. 20 minutes after last walkers arrive

Please note that all times are approximate and subject to change.

WHAT TO PACK

If you are staying overnight at the school, don't over pack! Space is limited and we are able to accommodate only two bags per person. Below you'll find a packing checklist. It is simply a guideline. We do suggest that you keep the weather in mind and dress in layers. Colorado weather is very changeable – August mornings can be chilly and it can be very hot by 10 am. Thunderstorms often crop up in the afternoon.

Required items

- Sleeping bag and optional inflatable mattress
- Sunscreen
- Socks – preferably 2 pair for each day
- Shoes – two pair, well broken in
- Two water bottles or a Camelback & 1 water bottle
- Photo Identification
- Personal medications (see a medical volunteer for refrigeration needs)



Suggested Items

We highly recommend an inflatable mattress.

[don't forget your pump]

Pillow

Personal toiletries

- Shampoo & conditioner
- Body soap
- Brush/comb
- Toothbrush and toothpaste
- Deodorant
- Misc. toiletries

Camera w/film or flash card, batteries

Watch

Alarm clock

Plastic bags (for laundry)

Cell phone (pls no use when walking)

Nail clippers

Razor

Hair Dryer

Hair ties

Antichafing stick (Bodyglide etc)

3 pairs of comfortable walking shorts
1 pair of comfortable walking pants
Shirts
Slippers or flip-flops for evening wear
Jeans or sweaters for evening wear
Light sweatshirt or windbreaker
Fanny pack or light backpack
Insect repellent
Underwear
Sleepwear
Hat or visor
UV sunglasses

Petroleum jelly or foot powder
Lip balm (with sunscreen)
Blister kit (alcohol-free wipes, bandages, antibacterial ointment, moleskin)
Pain reliever
Feminine sanitary supplies
Pen and notepaper, business cards
Credit card
Health insurance card
Money
Earplugs and sleep mask
Flashlight or head lamp and extra batteries

What Not to Bring

Heavy backpacks are not recommended
Food, water & Gatorade are provided throughout
Alcohol or illegal drugs of any sort

Towels are provided

Good jewelry and other valuables

PACKING SUGGESTIONS

- Ziploc bags for each days' walking apparel. This will save time at the overnight as well as organize your bag and keep things dry. Place toiletries in another Ziploc bag and clothes for each evening in an additional Ziploc bag. A waterproof sack is recommended for dirty laundry.
- Load your waist or backpack with the items you will carry on the route and try it out on your training walks to see if it fits and test the weight while you train.
- Load your second pair of shoes and socks into the yellow shoe bag we will provide. You may also want to include a fresh pair of socks, foot powder and lotion. These yellow bags will be brought to the lunch stop so you can change shoes. You will be able to retrieve the morning pair at the overnight location.
- A duffle bag is a great organizer. It helps if you can manage to get your sleeping bag and mattress inside the bag without having to strap them on the outside.
- In your fanny pack or light backpack:
 - Rain poncho
 - Petroleum jelly & foot powder to apply to feet
 - Band-aids, blister bandages, alcohol wipes and disinfected needles
 - Camera and extra film or flash card
 - Wallet with one credit card, cash, ID, medical card and emergency phone numbers

Two water bottles
Sunscreen and lip balm
Neckerchief and headband
Route map (you will one each morning)

What to wear and body prep

Wild West MS Walkabout lanyard around neck
Fanny pack or backpack
Sunscreen factor 30 to 40 (remember your ears!)
Shorts or pants, depending on weather
Wicking T-shirt
Windproof jacket (for cool weather)
Sports socks, feet prepared with powder and petroleum jelly if desired

Walking shoes
Hat or sun visor
Sports bra
Lip balm with sunscreen
BodyGlide on areas prone to chaffing
UV Sunglasses

What is supplied

- Shower facilities (bring your own toiletries)
- Clean towels are supplied daily.
- Medical supplies. At each rest stop (every 3 miles), at lunch, and at the overnight, there will be medical support. However, we suggest you bring a few personal supplies to treat blisters that pop up in between these stops along with any specialized equipment and medications.
- You will be provided one shoe bag so we can bring you a change of shoes and socks at lunch. More on this later.
- Bug repellent, sunscreen (it is always a good idea to keep a small supply with you)

- Food and beverages: bottled water and sports drinks are available every 1.5 miles along the route as well as at the overnight. Snacks are provided every 3 miles. Lunch stop will have sandwiches. Breakfast will be provided all three days, and dinner will be a hot meal. A vegetarian option is always provided. If you are a strict vegan, please contact Kris Clagett at (970) 215-5708 before the event weekend to make arrangements.

DIRECTIONS

If your friends and family would like to cheer you along the way!

Start and Overnight Location – Ridgeview Classical School, 1800 South Lemay, Ft. Collins

From the North

- Take I-25 South to Prospect Road, Exit 268
- Go West to Lemay
- Turn Left (South) onto Lemay
- Turn Left (East) onto Stuart
- Make an immediate right into school parking lot
- School is on the SE corner of Lemay & Stuart

From the South

- Take I-25 North to Prospect Rd, Exit 268
- Go West to Lemay
- Turn left (South) onto Lemay
- Turn left (East) onto Stuart
- Make immediate right into school parking lot
- School is on the SE corner of Lemay &

Lunch (Friday) Spring Canyon Park, On S Overland Trail, Ft. Collins

From the North

- Take I-25 South to Harmony Road, Exit 265
- Go West to S Taft Hill Road
- Turn Right (North) onto S Taft Hill Road
- Turn Left (West) onto W Drake Road
- Turn Left (South) onto S Overland Trail and follow to the park

From the South

- Take I-25 North to Harmony Road, Exit 265
- Go West to S Taft Hill Road
- Turn Right (North) onto S Taft Hill Road
- Turn Left (West) onto W Drake Road
- Turn Left (South) onto S Overland Trail and follow to the park

Lunch (Saturday) Fossil Creek Park Shelter, On Fossil Creek Parkway, Ft. Collins

From the North

- Take I-25 South to Harmony Road, Exit 265
- Go West to S College Avenue
- Turn Left (South) onto College Avenue
- Turn Left (East) onto Fossil Creek Drive
- Fossil Creek Drive becomes Fossil Creek Pkwy
- Turn left into entrance of the park (after the bridge and before the houses on the hill)

From the South

- Take I-25 South to Harmony Road, Exit 265
- Go West to S College Avenue
- Turn Left (South) onto College Avenue
- Turn Left (East) onto Fossil Creek Drive
- Fossil Creek Drive becomes Fossil Creek Pkwy
- Turn left into entrance of the park (after the bridge and before the houses on the hill)

Finish Line Festival (Sunday lunch)

Edora Park, Ft. Collins, CO

From the North

- Take I-25 South to Prospect Road, Exit 268
- Turn West to Lemay
- Turn left (South) onto Lemay
- Turn left (East) onto Stuart
- Turn left (North) into Edora Park

From the South

- Take I-25 North to Prospect Road, Exit 268
- Exit West to Lemay
- Turn left (South) onto Lemay
- Turn Left (East) onto Stuart
- Turn left (North) into Edora Park
- Finish line is by shelter at parking lot at bottom of hill

FAQs & EVENT POLICIES

PARKING

Overnight: Ridgeview Classical School, 1800 South Lemay, Ft. Collins

Parking will be available at Ridgeview Classical School for all participants and volunteers. If you will be staying overnight, please park in the school parking lot. If you are dropping people off—please park on Stuart (just East of the school) so we are sure to have enough parking for everyone staying overnight. Volunteers will be directing traffic on Friday morning.

Lunch (Cheering Locations for family & Friends)

We hope you'll invite your family and friends to join you for lunch. Parking at lunch is limited, so please ask your friends to carpool if possible. We ask those who are cheering for walkers to park as far from the set-up area as reasonable – there are many volunteers who need to come and go and load and unload supplies.

Finish Line Festival.

There is plenty of parking in the lot next to Edora park.

SLEEPING ARRANGEMENTS

We will be sleeping indoors in school classrooms. Showers are available and we will provide towels. If you do not wish to stay at the school, you may stay at a local hotel. Hotel shuttle service is NOT available to and from the school. If you are not staying at the school, be sure to let the walker manager know when you are checking in at the end of the route each day. Discounts are available at:

Go to www.wmsw.org to check out hotel discounts!

DAILY CHECK-IN & CHECK-OUT

We ask that each walker check out every morning with the walker coordinator located at the start line. Upon finishing the route each day, walkers are asked to check back in with the volunteer located at the Finish Line. If you will not be staying at the school for the night, please tell the finish line volunteer at this time. You are encouraged to stay for dinner and for all of the evening celebrations.

MEALS

You will be very well fed all weekend! All meals, snacks, water, Gatorade, etc., will be provided from Friday morning through lunch on Sunday. Vegetarian options are available at all meals. If you have special dietary needs (diabetic, kosher, gluten-free, vegan, etc) please contact Christy Scheese at (720) 300-8904 to discuss them. In addition to meals, there will be pit stops every 1.5 miles with water and Gatorade and rest stops every 3 miles with snacks, water and Gatorade.

SAFETY

Our first priority is your safety. Here are a few commonsense points with regard to your safety while you are on the route:

- Please 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 didn't 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 drivers. Don't assume they will automatically give you the right of way.
- Walk within any obvious walking areas, such as a sidewalk.
- Avoid bunching into groups that could spill out onto the roadway.
- Be alert to hazards such as glass, broken cement, large cracks, dogs, etc. Point these out to those around you.
- Cooperate with Walkabout officials at all times and with local law enforcement who will be monitoring the event — be sure to obey their instructions.
- Be aware of others on the trail. We walk on public trails. Please stay on the right side of the trail and if bicyclists approach please move immediately to the right.

OUR NEIGHBORS

We are guests at our overnight, rest stops, and pit stops. We want our hosts to have a positive experience on the Wild West MS Walkabout. Please follow these rules – common courtesy is a great guide.

- Don't litter.
- Respect the neighborhoods and communities through which we pass.
- No radios or loud noise at the school after 9 pm (the school is located in a residential neighborhood).
- Use only walk-designated toilet facilities
- Smoke only in designated areas
- Sleep only where designated.

MEDICAL

Emergencies

If you see another person hurt, notify a Committee or Crew member immediately. If you have a cell phone, call 911 depending on the severity of the injury and call the emergency contact located on the front of the walker's lanyard. Do not move a seriously injured person. Please allow medical professionals and event officials to move and work freely.

General medical for a participant

Take the following situations seriously. If you have one or more of the following symptoms, report to the medical team immediately along the route or at the overnight.

1. Extreme fatigue
2. Cuts/bruises
3. Redness or sore "hot spots" on your feet (start of a blister)
4. Blisters (please don't wait, get medical treatment for a blister!)
5. Dehydration

Signs of dehydration:

- Dark yellow urine or no urine
- Heartburn or stomach ache
- Water retention
- Dry-sticky mouth
- Recurring or chronic pain
- Lack of skin elasticity
- Dry eyes
- Lower back pain
- Sunken eyes
- Fatigue
- Dizziness or confusion
- Extreme mental irritation or depression

WEATHER

If there is lightning, please take shelter. When moving around in the rain, be more cautious. Visibility for both walker and driver may be low. Keep in mind that it doesn't take much rain to water-log roads and walking paths. Listen and obey event officials – we may close the route temporarily if weather conditions become serious and very hazardous.

TRAVEL ALONG THE ROADWAYS

Walk where trail or paved sidewalks are provided. Where sidewalks are not provided, travel on the left shoulder of the roadway, facing oncoming traffic unless otherwise directed. When walking on the trail, be aware of other people using the trail. You should always walk on the right side of the trail. If a bicycle approaches, please move to your right and allow extra room if possible. Be alert – bike riders will sometimes forget to say “on your left”.

SMOKING

Please do not smoke while walking on the route. Only smoke in designated areas at the overnight facilities.

WIRELESS

Talking on a cellular phone while walking is discouraged. Phones may be used more safely at a pit or rest stop, prior to walking each day, and at each day's finish.

PETS

We love our four-legged friends, but unfortunately we cannot allow pets to participate in the event.

VEHICLES

There will be limited space at rest stops and pits stops for vehicles. Therefore, only officially, permitted vehicles will be allowed entry. For safety reasons, please discourage friends and family from driving along the route. Pulling over or honking at walkers can create a safety hazard.

ALCOHOL/DRUGS

The use of alcohol and illegal drugs is strictly forbidden at the school and along the route. The exception, of course, is prescription medication and the proper use of over-the-counter medication.

INAPPROPRIATE BEHAVIOR

The Wild West MS Walkabout Officials reserve the right to expel a participant if that participant poses a risk or danger to themselves, other walkers and volunteers, and/or the general public.

FRIENDS & FAMILY

Friends and family members may visit you at the start line, the final finish line festival, or cheer you on at the designated lunch stops. Friends and family may join you on the route only if they are official Crew members or Volunteers. For your safety and the safety of your fellow walkers, friends and family may not drive alongside you during the event or visit you at rest stops or pit stops where space is very limited.

LEAVING THE ROUTE

Support will be provided through the event. Anything outside the parameters of the route, or after route opens or closes (including stops) will not have support. If you decided to leave the route for any reason, please notify an event official when you leave and when you return.

REFUNDS

If you change your mind or decided for any reason not to participate in the Wild West MS Walkabout, please note that your registration fee as well as your recorded donations are nonrefundable. The fees and donations will be used to support those living with MS just as if you had participated in the event.

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 as fun and as hassle-free as possible so that during each day of physical and emotional extremes, you can relax with each other and enjoy the feelings of accomplishment and fulfillment you have worked so hard to achieve.