

# Participant Information

## www.walkforwellness.weebly.com

Please consider the following information as you plan your day at Walk for Wellness 2008.

- Print out the email from the Walk for Wellness Team OR the “Directions” tab on the website so you have directions to the event. There is not a physical address for this location, please refer to the directions provided. You can also expect helpful signs guiding you along the surrounding streets.
- There is also a map available for you to print. This can help you navigate your way to the park as well as along the trail. Please visit the “Directions” link to find a printable version of this map.
- Gather any additional sponsorship money you have collected since the mail-in deadline of September 20<sup>th</sup>. If you have ideas for fundraisers to conduct the day of Walk for Wellness, please **email** us so we can get it approved! Same-day registration and additional funds will be collected at the *Information Booth* located at the wellness fair.
- Eat a well-balanced breakfast and pack plenty of **water** and **snacks**. You could potentially be at Walk for Wellness for 8 hours. Although we will have various samples and freebies provided by our sponsors, please bring enough food and fluid for you and your family.
- Consider some of the following items you may need to maximize your comfort and fun at Walk for Wellness
  - Chairs – there is adequate room for you to bring blankets, chairs or canopies to shelter your team and/or family. Again, we want you to be comfortable
  - Bug spray – the 12 foot wide, concrete trail travels along densely wooded areas. Especially if you or your children are allergic to insect bites, you should make sure to bring some sort of repellent.
  - Towels – if it rains, you may want something dry handy.
  - Umbrellas – we would hate for a little sprinkle to put a “damper” on your stay!
  - Comfortable shoes – blisters and sore feet make for a disgruntled experience.
- Parking is available at the DART Station. It is just south of the event at the northwest corner of Riverside Dr. and W. Northwest Hwy. It is a very short walk to the event, approximately ½ mile. There will be a shuttle available for families with special needs or handicaps.
  - **North Irving Transit Center**
    - Riverside Drive and Northwest Highway  
(5601 Riverside Dr.)  
[View a location map](#), courtesy of MapQuest.com.
    - Free Public Parking Available (715 spaces)

- No Overnight Parking
  - [2 Bike Lockers](#)
- Check-in when you arrive. You will be able to pick up your shirt as early as 7:00 am. Just look for the t-shirt banner. Please remember, this will be our check-point to ensure you have signed a waiver. If you failed to sign a waiver with your registration we will be in contact with you soon. If somehow you are overlooked, we will have you sign a waiver at the walk. Obviously, it will be easiest for you to complete this task during registration prior to the event.
  - Warm-ups and stretches are very important to perform before you participate in a 4.4 mile walk. Please refer to the following links for suggestions on how to prepare your muscles and joints for this type of activity:
    - <http://www.masschiro.org/Articles.php?topic=2&story=11>
  - Restrooms can be found on the wellness fair grounds (near the start line). First Aid stations can be found on the wellness fair grounds as well as the half-way point at TW Richardson Grove pavilion (2.2 miles into the walk AKA turn-around point).
  - Once your camp is set up and you are ready to walk, join us at 8:45 at the starting line for the ribbon cutting!!!
  - After the ribbon is cut, you may begin your travel along the trail (approximately 9:00am).
  - The trail is linear (refer to the map). There will be markers along the trail denoting distance. REMEMBER, you can turn around at any point. For example, if you would like to complete 1 mile, simply turn around at the ½ mile point. You will have traveled ½ mile north and ½ mile south = 1 mile.
  - The fun continues at the wellness fair!! We have arranged for tons of fun and interactive learning to enrich your experience. Children and adults alike will enjoy the information and activities that will take place until 3:00pm.

Please remember, registration deadline is SEPTEMBER 20<sup>th</sup>!

If you have any questions regarding the walk, wellness fair, sponsorships or registration, please email us at  
[walkforwellness@gmail.com](mailto:walkforwellness@gmail.com)

