

WALKER TIPS

1. For safety and comfort, wear loose-fitting, light-colored clothing and shoes suitable for walking, with heavy socks. Begin to practice now for the WALK CLASSIC. Consider your physical condition. We want you to finish, but we want you to stay healthy!
2. Refreshment stands, including bottles of water, will be provided along the route; therefore, food need not be brought from home.
3. Walk on the right side of the road, with the traffic. Obey all police officers and official marshals. Stay on the sidewalks when they are present.
4. Please have respect for all private and public property.
5. Don't be a litterbug! Trash receptacles are placed all along the route for your convenience. Be a good steward of God's creation.
6. If you are tired, don't hesitate to get in an official vehicle.
7. Restrooms are located along the route.
8. Plan to arrive at least 30 minutes before the WALK CLASSIC to allow time for registration.

**WE ARE HAPPY THAT YOU ARE WALKING WITH US, AND WE WILL
LOOK FORWARD TO SEEING YOU AT THE WALK CLASSIC!**