

# CAPITAL CHALLENGE WALK MS: PARTICIPANT GUIDE



Capital  
Challenge 2013

## 2 DAYS. 50K. CONNECT TO END MULTIPLE SCLEROSIS

JOIN A COMMUNITY OF SPIRIT & STRENGTH







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## INTRODUCTION

### WHAT'S YOUR ONLINE FUNDRAISING RESOURCES KIT?

- Sample fundraising letter
- Steps to an Effective Fundraising Campaign
- Donation materials
- Participant Guide (this booklet)
- Fundraising Ideas
- Fundraising Thermometer

### STEPS TO FUNDRAISING SUCCESS:

- Think about who's in your personal and professional network
- Set a fundraising goal (*Challenge Walk MS Participants raise more than \$1,800 on average*)
- Share your commitment and start fundraising! (*See strategies on pages 3-4*)
- \$1,500 minimum required to walk

### CHALLENGE WALK MS VOCABULARY

- Day 1: Saturday, September 21, 2013 (approx. 20 miles)
- Day 2: Sunday, September 22, 2013 (approx. 10 miles)
- Water & Rest Stops: Stops every three miles along the route loaded with snacks, water and sports drinks
- SAG: (Support & Gear) Vehicles along the route to assist you should you need to be taken to the next rest stop or finish location
- Walker Mentors: A veteran walker you can call at the National MS Society for advice or support
- Super Crew: Dedicated volunteers raising \$1,500 who travel with walkers supporting the event
- Crew: Dedicated volunteers who travel with walkers supporting the event
- Volunteer: Dedicated person who helps for a day

## WELCOME

### DEAR FRIEND,

Capital Challenge Walk MS is more than just a walk. It's a commitment to the more than 6,500 local people living with MS that you will go the distance to fight this disease. It's a commitment to their families that you will work tirelessly to help us find a cure.

Connect on September 21-22. We invite you to share your story — whether you're a first-time walker or a veteran — and join our shared mission to create a world free of MS.

Challenge Walk MS is the perfect opportunity to bring together new and veteran walkers alike for a life changing experience. We're getting you started on your journey with four easy steps to Challenge Walk MS success. Read on to learn about fundraising, training, forming a team, and packing for the event.

Please know that Challenge Walk MS staff, crew members and volunteers will be working hard to ensure that your experience is safe and enjoyable. If there is anything you need at any time, please don't hesitate to contact us.

**Warmest regards,**

The Capital Challenge Walk MS Team

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## WE'RE HERE TO HELP YOU

This guide is designed to give you the tools, resources, and information necessary to create a successful fundraising campaign and training regimen to prepare you for the adventures of Challenge Walk MS.

## THINK BIG!

You may be a little intimidated by the thought of raising \$1,500 or more, but it's much easier than it sounds. In 2012, the average Challenge Walk MS Participant raised around \$1,800 and thousands of walkers have succeeded in raising much more than their pledge goal. You can too! When you share your vision of a world free of MS, people will want to help you. We are here to help you as well.

## STEP 1: MAKE A PLAN AND START FUNDRAISING

### BEST PRACTICES OF SUCCESSFUL FUNDRAISING

#### PRACTICE # 1: KNOW YOUR NETWORKS

Make a list of every person you know — the obvious (friends and family) and the not-so-obvious (neighbors, acquaintances, business associates, team members, alumni, associates, etc.) You have just created your donor list.

#### PRACTICE # 2: SET YOUR FUNDRAISING GOAL

Now that you know your networks, set your goal. The commitment for Challenge Walk MS is \$1,500, but based on your networks can you achieve Golden Laces status at \$2,500. Keep in mind that you will want an attainable goal and there is always an opportunity to adjust your goal higher throughout the Challenge Walk MS season.

#### PRACTICE # 3: SHARE YOUR COMMITMENT AND ASK YOUR NETWORKS

You have created your donor list, set your goal, and now comes what people think is the hardest part of fundraising; the ASK. Tell everyone what you are doing; the excitement is contagious and your story will inspire others. Articulate why you are taking on Challenge Walk MS. *Your commitment will be the reason they choose to give you a donation.*

## EMAIL THROUGH YOUR PARTICIPANT CENTER

The average online pledge is higher than any other pledge, and email is a great way to send out fundraising letters. We make it easy for you. When you register online, we automatically create your own web page. Start by personalizing your page with a photo and the story of why you walk. Then, send out emails and watch your donations add up! To start fundraising online, follow these steps:

- Go to *CapitalChallengeWalkMS.org*
- Click on "My Account"
- Log in with user name and password
- Click on "Challenge Walk MS 2013"
- Click the "EMAIL" tab at the top of the page
- Click "Contacts" to import contacts or add them manually
- Click "EMAIL" tab again
- Select "Contacts" on the right and choose your recipients
- Click "Compose" to start your message
- To use a pre-written template, choose from the listed options
- Personalize the message
- Click "send"

## TRADITIONAL LETTER CAMPAIGN

We've made it easy for you! We've put together a great kit that will help with your fundraising. Download a sample letter from the our fundraising resources page. Customize the letters to each recipient. In addition, consider different approaches for those who give \$100 versus \$500. Start a letter-writing campaign:

- Make a list of everyone you know (friends, family, colleagues, neighbors, your doctor, etc.)
- Customize your letter (download the sample from *CapitalChallengeWalkMS.org*)
- Address an outer envelope for each person on your list (provided by you)
- Include a return envelope with your address. Contributions should be mailed directly to you. Checks should be made payable to the National MS Society

- Insert your letter and a return envelope (addressed to you) into the envelopes to your friends and family. Add a stamp.
- Drop your letters in the mail and let the fundraising begin!
- **In two weeks, call or email the people you sent letters to. Follow-up is the most important part.**
- **Once you have received a donation, be sure to send a thank you note.**

#### GO CORPORATE

Ask your company to sponsor you. Some companies offer matching gift programs for contributions made by employees. If they do, contact your human resource director for more details. Put up posters and signs promoting Challenge Walk MS.

#### ASK BIG

Put together a list of potential major donors who can donate \$500 or more. These may be business associates, your employer or acquaintances in lofty positions. You may want to meet one-on-one, perhaps over lunch or dinner.

- Call each potential major donor to schedule a meeting or lunch/dinner
- Be bold. Contact people you don't know but who are able to make large donations
- Write a script of the things you want to cover during your meeting. Be enthusiastic and passionate
- Regardless of the outcome, send a thank you note after the meeting
- Stay in touch! Send progress letters to all donors and non-donors

#### A PARTY WITH A PURPOSE

The goal of a "Party with a Purpose" is to introduce your friends, family, co-workers, and neighbors to Challenge Walk MS in a fun and social setting. Let them hear firsthand what an amazing experience the walk is and how they can get involved. You can host this event at your home or work. We will provide you with the information you need and will even come to your party and present Challenge Walk MS to your guests!

#### How to get started:

- Schedule your party. Call us to request CW materials and info about MS
- Create a guest list. Plan on having 15-20 people at your party
- Send out our invitation or send an email to your contacts. Send the invitation about three weeks before the party. Make sure to mention that guests and will be invited to donate.
- Follow up with those you invited. Call your guests one week before the party to make sure they received the invitation
- Enjoy! During the party, let people mingle and eat
- Make the presentation. Start it within the first half-hour
- Hand out registration information on a trading card. Ask guests to donate, register for the walk, and join your team
- Follow up after the party. Send thank you notes to those who attended. Follow up with guests who took registration forms home. Call those who couldn't attend and ask them to join you

#### ALWAYS THANK YOUR DONORS

- Always send a thank you note to anyone who donates and/or attends a Challenge Walk MS party
- Think of thoughtful ways to thank your donors and personalize your thanks for special meaning
- Send photos, poems, anything creative
- Create and send a newsletter or weekly email messages with updates (mention donors' names)
- Invite them to volunteer or crew or to come to the closing ceremony

#### BECOME PART OF THE GOLDEN LACES CLUB!

Becoming a Golden Laces Top Fundraiser member is a significant way to help create a world free of MS. We are with you every step of the way and will give you the tools and knowledge to accomplish your goals by raising \$2,500 all members receive:

- A pair of golden laces!
- Personalized badge designating your status
- Special gift given to club members during the Challenge Walk MS
- Recognition during the event and online after the event
- FREE registration for the Challenge Walk MS 2014

For more information, visit the Golden Laces Club page on [CapitalChallengeWalkMS.org](http://CapitalChallengeWalkMS.org).





## STEP 2: SHARE THE EXPERIENCE AS PART OF A TEAM

A team is made up of two or more walkers and each member is required to raise the \$1,500 minimum.

### BENEFITS TO FORMING A TEAM:

- Walking is more fun with friends, family and coworkers
- Promotes community spirit, pride and unity
- Shows the community that your company or organization cares about fighting MS
- Multiplies your individual fundraising impact on people living with MS

### TEAM TRAINING

Having automatic training partners is one of the biggest perks of sharing the experience with a team. It's so much harder to bypass training when someone is waiting at the park for you. By training as a team, you can motivate and support each other every step of the way.

### TEAM FUNDRAISING

Team fundraisers can be fun and easy. Host one or all of the following fundraisers:

- Car wash
- Dress-down day at work
- Paper feet sale
- Bake/yard sale
- Office breakfast

### SPECIAL TEAM AWARDS

Teams of four or more fundraisers are recognized the weekend of the walk and are eligible to receive awards for the following:

- Top Fundraising Team
- Highest Team Member Pledge Average
- Best Team Gear
- Largest Team
- Best All Around First Year Team
- Best Stop Award
- Golden Shoes Award for Team Spirit
- Elite Feet: Magnificent Milers - \$30,000+
- Elite Feet: Super Striders - \$20,000 - \$29,999
- Elite Feet: Miracle Milers - \$15,000 - \$19,999
- Elite Feet: Hopeful Hikers - \$10,000 - \$14,999

## STEP 3: START TRAINING

The spirit and adventure of the Challenge Walk MS experience begins not on the first day of the event, but the moment you begin training. The training process is a journey that will reward you with better health and fitness, more self confidence, quality time with your teammates and training partners, and more fun in the two-day, 50k Challenge Walk MS.

The starting point of the training process is different for each walker. Before beginning this or any other training program, it is important that you assess your present state of health and fitness so that you may begin with a level of training that is tailored to your capacity. Always consult a doctor before beginning any fitness program.

### GETTING STARTED

Training should begin as soon as you register for Challenge Walk MS. Make sure to assess your fitness and choose a program (see *next page*) before charging off toward the horizon.

Form a habit quickly by walking five times per week. Your body will need to build up endurance to keep it going for 15-20 miles a day. Of course, your initial walks can be very short — this is a fitness program, not boot camp!

Start a walking journal. Keeping track of your weekly walking efforts will help you maintain your schedule. Use a calendar format and simply record the duration of each walk, the distance covered, and a few words about how you felt. Feel free to record any cross-training workouts you perform as well.

### FIND A TRAINING PARTNER

Sharing your time on the road with someone you care about is a great way to make the miles go by quickly. Recruit one or more friends and family members to join you on your Challenge Walk MS journey.

### TRAINING FOR LONG-DISTANCE WALKING

Training for a long distance requires the practice of what is called progressive overload. The idea of progressive overload is to make your body do just a little more work (that is, a little more walking) than it is used to over a period of many weeks, so that your body is able to gradually and steadily gain fitness. The goal of the first week or two is to give your body an opportunity to adjust to consistent walking workouts. With each successive week (except for a couple of “recovery weeks”), do a little more walking than you did the previous week until your body is fully prepared to meet the challenge of a two-day, 50k walk.

## TWO WALKING PROGRAMS

On the following page are two training programs: an ideal program and a minimum program. Beginning walkers should allow themselves 18 weeks to prepare for Challenge Walk MS. If you complete the 18-week ideal program, you will be able to master Challenge Walk MS with energy to spare. The minimum program is a 12-week program for beginning walkers who do not have 18 weeks available to prepare for the Challenge Walk MS. Walkers who have 18 weeks to train but cannot safely complete 13 miles of walking in one week should start with the minimum program and then switch over to the ideal program at an appropriate point.

Experienced walkers with a solid fitness base may begin the ideal program at week 4, week 6, or as late as week 10 and repeat the final weeks of the program in order to fill any remaining weeks before the event.

The goal is to increase your total mileage safely. This is done mainly by adding one long walk to the distance per week. For the most part, you should still rest every other day to recharge your body and muscles, but since you’re training for a two day event, you’ll occasionally do back-to-back long walks. Speed is not an issue until you are able to walk the distance comfortably, but try to walk a little bit faster one day per week. Each week may be altered to fit your schedule, but sticking to a schedule is important for optimum training. If you find one week is too difficult, repeat it before you progress.

### WALKING TECHNIQUES

Entire books have been written about walking technique, but the best advice can be summed up in two words: walk naturally. Stand up straight, don’t swing your arms wildly or take very long strides, and you’ll do just fine.

### RACEWALKING TECHNIQUES

Challenge Walk MS is not about speed, but if you do want to rev up your walking, try adding some elements of racewalking techniques to your stride.

- Bend your elbows to 90-degrees and drive them back vigorously with each stride.
- Your hands should be held in a light fist; not clenched, but not flopping.
- Take shorter, faster strides rather than long slow ones.
- Use your feet, landing on your heels and rolling forward to push off your toes.

## 18 WEEK TRAINING CHART (IDEAL)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MILES
1	Off	3	Off	3	Off	3	4	13
2	Off	3	Off	4	Off	3	5	15
3	Off	4	Off	4	Off	3	6	17
4	Off	4	Off	4	Off	3	8	19
5	Off	4	Off	4	Off	4	10	22
6	Off	4	4	Off	3	4	8	23
7	Off	4	Off	4	Off	4	12	24
8	Off	4	4	Off	3	4	10	25
9	Off	4	Off	4	Off	4	14	26
10	Off	4	4	Off	3	4	12	27
11	Off	4	Off	4	Off	4	16	28
12	Off	4	5	Off	4	5	12	30
13	Off	4	Off	5	Off	4	18	31
14	Off	4	5	Off	5	6	12	32
15	Off	4	Off	5	Off	4	20	33
16	Off	4	5	Off	5	6	12	32
17	Off	4	Off	4	Off	8	10	26
18	Off	3	Off	3	Off	CHALLENGE WALK MS		36

## 12 WEEK TRAINING CHART (MINIMUM)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MILES
1	Off	1	0.5	1	Off	0.5	1	4
2	Off	1	1	1	Off	1	2	6
3	Off	1.5	1	1.5	Off	1	2	7
4	Off	2	1	2	Off	2	3	10
5	Off	3	Off	3	Off	3	6	15
6	Off	4	Off	3	Off	3	8	18
7	Off	4	Off	4	Off	3	10	21
8	Off	4	Off	4	Off	4	12	24
9	Off	4	3	Off	3	6	10	26
10	Off	4	Off	4	Off	4	15	27
11	Off	4	Off	4	Off	8	10	26
12	Off	3	Off	3	Off	CHALLENGE WALK MS		36



## ESSENTIAL GEAR FOR WALKING

One of the nice things about walking is that it does not require any fancy or expensive equipment. However, certain clothes and shoes are better suited to fitness walking than others, and it is important that you use gear that is designed for this use.

### SHOES

The average participant training for Challenge Walk MS will take approximately half a million steps — nearly 100,000 on the event weekend alone, so it's critical to find the right shoes.

Unfortunately, most shoes sold as “walking shoes” are too stiff and heavy for more than a few miles of easy strolling (on carpet, in a mall, etc.). A lightweight, flexible running shoe with a relatively low heel is a much better choice for most walkers.

Look for the following characteristics when shopping for walking shoes:

- **Flexibility:** Both in the forefoot and medially (side to side). Your shoes must be flexible enough to allow your feet to roll from heel to toe when you walk or you'll wind up with a very “stumpy” stride and sore shins
- **A low heel:** The bigger the heel on the shoe, the more your feet will slap the ground when you walk. With a low heel your feet will roll very easily along the ground
- **A wide toe box:** Make sure there's plenty of wiggle room for your toes to spread out when you walk. Cramped toes will become blistered toes

No matter what shoes you choose, the most important consideration is the way they fit your feet. When shopping for shoes, wear the same socks you will be wearing during Challenge Walk MS weekend, as well as any shoe inserts or orthotics you will use. Also, your feet will swell during the day, so try on shoes late in the day — preferably after a workout — when your feet are largest. Don't be afraid to walk around the store to make sure the shoes fit in action.

Once you've found your perfect shoe, consider buying a second pair. Alternating shoes from day to day will extend their life and ensure that you'll always have a dry pair. You may even want to try another model or brand for your second pair since different shoes will change your walking mechanics enough to work slightly different muscles. Be sure your shoes are broken-in and comfortable before the big weekend.

### SOCKS

Even with the perfect shoe, a cheap pair of socks can cause blisters. Look for thin socks made of a wicking material and make sure they fit.

### INSERTS

If you have shin, knee, or lower back pain when you walk, you might want to consider a shoe insert. Inserts are designed to keep your feet in the proper position when you walk and give them better support and cushioning than you'll get from the flimsy “sock liners” that come with most shoes. A pair of arch supports that you can purchase in most stores are better than the ones that come with most shoes, but if you really want to treat your feet right, spring for a pair of high-quality inserts available at specialty running and walking stores.

### WORKOUT CLOTHES

Your walking attire should be comfortable. Some loose fitting clothes may cause chafing. When training, test several types of exercise clothing.

- Dress in layers so you can remove clothing as you warm up or put it back on if you are cold
- The bottom layer should be made from a lightweight, wicking fabric to pull moisture away from your skin
- A long-sleeved T-shirt, a lightweight wind/rain jacket on top and comfortable running shorts, possibly with tights on the bottom, will prepare you for any type of weather
- Don't forget sun protection! Be sure to pack a hat with a visor, sunglasses, and sunscreen
- If your clothes/shoes don't have reflective materials built in, look for adhesive or clip-on reflectors for safety at night

Finally, most walkers like to wear a fanny pack to carry lip balm, cell phone, keys, food, etc., and a hydration belt to hold water and sports drinks. You will be responsible for carrying a water bottle all weekend.

## INJURY PREVENTION

The key to preventing injury is to properly stretch before, during, and after you walk and to not overtrain. Listen to your body. Don't try to push it beyond its limit. Start your training slowly and gradually build up. If you try to get in shape in the last few weeks prior to Challenge Walk MS, there is a good chance you will be injured and, depending on the injury, you could be out of commission for two to six weeks.

## STRETCHING EXERCISES

SHIN STRETCH	CALF STRETCH	HAMSTRING STRETCH	QUAD STRETCH	HIP STRETCH
<p>To stretch your shins, balance yourself near a wall or post. Put your weight on one leg and straighten it. Now, point your other foot to the ground, toe first. With your toe touching the ground, roll this foot forward, so that your toenail is almost touching the ground. Proceed by moving your leg forward, from the ankle.</p>	<p>Place both hands, at shoulder height, on a wall in front of your body. Keep your arms fairly straight, and one leg a little bent under your body. Now with your toe pointed to the ground, place the other leg about 1.5 to 2 feet behind your body.</p> <p>While keeping your rear leg fairly straight, and without moving its position, place the heel of your rear foot on the ground. You should feel a stretch in the calf muscle. If not, try to move your rear leg back a little further. Throughout the stretch, keep your upper body vertical; make sure you do not bend forward.</p>	<p>In a seated position, place the leg you wish to stretch straight in front of you. Then place the other leg alongside to make a triangle with your legs.</p> <p>With a straight back, bend from your hips, and lean towards your toe. Reach for your toe with both hands and hold for 20 to 30 seconds. Do not bounce and do not worry if you are unable to reach.</p>	<p>Standing next to something for balance, raise the leg you wish to stretch behind you and grab hold of your foot.</p> <p>The upper part of the leg should remain in a vertical position as you pull your foot upwards. A slight variation in this stretch is to pull your foot back slightly; this will help stretch other areas of the quadriceps.</p>	<p>Stand with one leg on the curb, hanging the other leg over it.</p> <p>Now lower the hanging leg and keep both legs straight. You will feel the stretch on the hip opposite the curb.</p>

### A FEW WELL-KNOWN WALKING INJURIES:

- Shin splints:** This is the most common condition new walkers experience, especially if you are trying to walk too fast. The pain can be felt in the lower leg while walking. It stops when you slow down or stop. To prevent this, make sure you don't over-stride. Your heel should strike first, then roll forward towards your toes and push off. Another cause may be from overpronation, which is when your foot rolls inward excessively. To prevent this, make sure you are wearing a good motion-control shoe. The best walking shoes will have very little difference between the heel height and the forefoot height.
- Blisters:** These are fluid filled sacs caused by heat and/or friction. To help prevent blisters, buy shoes that have extra room in the box and fit snugly at the heel. Wear socks made of Coolmax® or polypropylene. Put lubricant such as Vaseline® petroleum jelly on areas prone to blisters. If you have an area prone to blisters, also consider using moleskin. Don't wear wet socks. If your feet tend to sweat a lot, carry an extra pair of socks and change them halfway through the walk.
- Chafing:** To prevent chafing, stay well hydrated by drinking every 15-20 minutes. Stay dry by wearing clothing made of manmade materials that are designed to keep sweat away from your body. You can apply a lubricant such as Vaseline® petroleum jelly to the parts of your body where you may have potential chafing: your bra area, between your thighs and under your arms. Wear clothing that fits properly. If you wear loose clothing, it may cause chafing.

- Knee pain:** In walkers, knee pain is generally caused by improper tracking of the kneecap, resulting in wearing of the patellar tendon. Typically, this is associated with muscular imbalances in the leg that can be corrected with conditioning exercises. Specifically, walkers who develop knee pain are generally weak in the gluteal muscles (buttocks) and in the vastus medialis, one of the muscles comprising the quadriceps. Bicycling is a great conditioner for the vastus medialis, while Pilates and exercises such as lunges develop the gluteals. If you develop pain just below the kneecap, reduce your walking and emphasize these cross-training activities until you are symptom-free.

## STRETCHING

Stretching should be done slowly without bouncing. Stretch to where you feel a slight, easy pull. Hold this feeling for 5-20 seconds. As you hold this stretch, the feeling of tension should diminish. If it doesn't, ease off slightly into a more comfortable stretch. The easy stretch reduces tension and readies the tissues for the developmental stretch.

After holding the easy stretch, move a fraction of an inch farther into the stretch until you feel mild tension again. This is the developmental stretch, which should be held for 5-20 seconds. This feeling of stretch tension should also slightly diminish or stay the same. If the tension increases or becomes painful, you are overstretching.

Ease off a bit to a comfortable stretch. The developmental stretch reduces tension and will safely increase flexibility.

Hold only stretch tensions that feel good to you. The key to stretching is to be relaxed while you concentrate on the area being stretched. Your breathing should be slow, deep, and rhythmical. Don't worry about how far you can stretch. Stretch regularly and limberness will become just one of the many beneficial byproducts.

Do a light warm up of walking or jogging for several minutes prior to stretching. Stretching cold muscles may result in injury or a muscle pull. Please see the diagrams on the previous page.

*\*Note: If you have had any recent surgery, muscle, or joint problems, please consult your personal healthcare professional before starting a stretching or exercise program.*

## **FUELING YOUR MUSCLES FOR WALKING**

With every step you take, a small amount of body fluid is lost through sweating and a little bit of energy fuel is burned inside your muscle cells. The primary causes of fatigue are dehydration and depletion of energy stores in the muscles. The more fluid you lose and the more energy your muscles burn, the more tired you become. So it is important that you consume fluid and food during all of your walks.

### **THE IMPORTANCE OF HYDRATION**

The loss of water that comes with perspiration limits the capacity of the blood to carry vital nutrients, such as glucose, fatty acids, and oxygen, to working muscles. You should drink four to six ounces of water or sports drink every 12 to 15 minutes during workouts, and it's recommended that you consume one bottle of sports drink for every two bottles of water. For convenience, wear a hydration belt that holds one or two squeeze bottles or a fluid bladder backpack so you don't have to carry anything in your hands. You can find such belts at most running shoe stores.

The second component of exercise nutrition is carbohydrates. Carbohydrates are the primary fuel that powers the muscles during exercise. When carbohydrate fuel runs low, fatigue sets in. However, by consuming carbohydrates in a quickly and easily absorbed form during exercise, athletes, and exercisers can delay fatigue much longer.

### **THE SPORTS DRINK ADVANTAGE**

A quality sports drink can supply the fluid, electrolytes, and carbohydrates walkers need to maximize their endurance. Studies have repeatedly shown that exercisers who use a sports drink during exercise are able to go faster and longer than those who drink plain water.

By replacing only the water content of sweat while sweating profusely, walkers continually lower the concentration of sodium in their blood. This can lead eventually to a dangerous condition known as hyponatremia, with symptoms including confusion, vomiting, and dizziness. Therefore, drinking a sports drink instead of water is especially important during long walks in warmer weather.

Consuming a sports drink containing both carbohydrate and protein during your walks will also leave your muscles feeling less sore the next day. Post-exercise muscle soreness is related to muscle tissue damage.

During your longest walks you will probably get hungry. The best solid foods to carry with you and eat during long walks are energy bars. Choose a bar that has approximately the same 4 to 1 ratio of carbs and protein that you should also look for in a sports drink, and avoid bars that have more than a very small amount of fat.

### **NUTRITION FOR RECOVERY**

The most convenient way to get all of the nutrition needed for recovery is to continue drinking the same carbohydrate-protein sports drink that was used during the workout.

If you are hungry after your walks, eating is fine. Just make sure you get all the same nutrients you would get in a quality sports recovery drink without a lot of extra fat and excess protein that might slow down the delivery of nutrients to your muscles. For more information, visit [poweringmuscles.com](http://poweringmuscles.com).





## STEP 4: CHALLENGE WALK MS WEEKEND

### THE ROUTE: 2 DAYS. 50K.

#### DAY 1: SATURDAY, SEPTEMBER 21

- Start at GEICO, Chevy Chase, MD
- Overnight: Enjoy dinner, massages and the Misson Ceremony. All walkers sleep at the overnight

#### DAY 2: SUNDAY, SEPTEMBER 22

- Start in Arlington, VA and finish at the U.S. Capitol Building

### CLOSER TO A CURE

#### THE FINISH — U.S. CAPITOL

This is it! You did it! Your feelings of accomplishment may very well rank as life changing. This is a time for you to be proud that you took the challenge and made the commitment physically, emotionally, and philanthropically to make a huge difference in the lives of those with MS.

Please invite your family, friends, sponsors, and whomever else will want to celebrate your victory as you

cross the finish line! It will be an experience you — and they — will never forget.

## WE ARE PEOPLE WHO WANT TO DO SOMETHING ABOUT MS NOW

### YOUR FUNDRAISING MATTERS

The National MS Society helps people affected by MS by funding cutting-edge research, driving change through advocacy, facilitating professional education, and providing programs and services to help people with MS and their families move forward with their lives.

Since its beginning, the National Capital has been in the forefront of providing programs and services for people with MS and those who care for them. We serve 6,500 clients and their families in D.C., Maryland, and Virginia.

Clients turn to us for services including home health assistance, respite care, physical and occupational therapy, transportation to medical appointments, employment services, educational programs, and more.

The National Capital Chapter appreciates the generosity of its donors and takes every step possible to ensure that funds are used responsibly and effectively as we work together to end MS forever.