

Event details

Thank you for walking in our 14th Annual Walk Across Southeastern CT and for taking on the challenge. We are down to the last week before the Walk and would like to share the following important details leading up to and including the day of the Walk.

We are watching the weather closely. If we are expecting flooding or high winds, we will consider cancellation by 9:00a.m. Friday morning. It will be announced on the website at www.tbbcf.org and on radio station Jammin 107.7, and we will email all registered walkers and crew members.

Pre-Walk Check-in

Check-in for walkers and crew will be Friday, October 4th from 5:00-7:00 pm at Old Saybrook Point, Vicki G. Duffy Pavilion, 155 College St, Old Saybrook or Saturday, October 5th, prior to the start of each Walk.

At check-in you will receive your bib # and t-shirt. Please remember to bring your bib # with you on Saturday.

If you are registered as a team and will be picking up your bibs as a team on Friday evening, please email slogan@atlanticbb.net by 5:00 pm Wednesday (October 2nd) and we will put your team's packages together. Please include all your team members in the email.

Walk Day Information

Full Marathoners -Opening Ceremonies start at 6:40 am at Saybrook Point Marina, and your feet will be on the street at 7:00 am. Parking for marathoners will be at Dock & Dine Restaurant, 145 College St, Old Saybrook. If you do not check-in on Friday night, plan to arrive 20 minutes prior to the start of the Walk to check-in and receive your bib # and t-shirt. A shuttle bus will be available to bring walkers back to Dock & Dine Restaurant parking lot. Shuttle departure times are 2:30 pm and after closing ceremonies. Walk directions are available on the TBBCF Website. [TBBCF Walk/2019 Route Directions](#).

Half Marathoners - Your Walk begins at 10:00 am (new start time) at 8 Capitol Drive in East Lyme. If you do not check-in on Friday night, plan to arrive 20 minutes prior to the start of the Walk to get your bib # and t-shirt. [Parking at Capitol Drive is available, but car-pooling is recommended](#). A shuttle bus will be available to return you to the parking lot at 2:30 pm and after closing ceremonies. Walk directions are available on the TBBCF Website. [TBBCF Walk/2019 Route Directions](#).

Quarter Marathoners - Your Walk begins at 1:00 pm (new start time) at the Niantic Baptist Church, 443 Main St., Niantic, CT. If you do not check-in on Friday night, plan to be at the church 20 minutes prior to

the start of the Walk to check in and receive your bib # and t-shirt. Parking will be available at Niantic Baptist Church. A shuttle bus will be available at 2:30 pm and after closing ceremonies to return you to the parking lot. Walk directions are available on the TBBCF Website. [TBBCF Walk/2019 Route Directions](#).

Family Fun 5K Walkers - Your Walk begins at 2:30pm (new event) at Camp Harkness, 301 Great Neck Rd, Waterford, CT. If you do not check-in on Friday night, registration, check-in and pick-up of your bib # and t-shirt will begin at 1:30pm. Parking will be available at Camp Harkness. The 5K route will be clearly marked and will include 3 loops around the park.

Walk staff volunteers will be available to assist you throughout the day. In addition, there is a cycling team dedicated and ready to assist you along the Walk route. Cycling team members will be wearing TBBCF cycling shirts. Medical staff will be at every pit stop and at Opening Ceremonies, Rocky Neck and Closing Ceremonies.

The pit stops will be closing on a planned schedule (20-minute miles). Please check the back of your bib for the closing times.

A sweep vehicle will also be available to pick you up should the need arise. Pit stops will be located approximately every three miles along the route. Water, Gatorade, fruit and snacks will be available along with porta-potties. If you have any food allergies, please plan ahead. If needed, you can shed jackets, hats, etc. at each pit stop and pick up your clothing at Camp Harkness.

We are very happy and excited to inform you that the massage tent will be back again this year! The massage tent will be closing promptly at 4:00 pm. New this year - Yoga Stretch will be available on a drop-in, continuous basis between 1:00-4:00 pm.

In the event it should rain please consider the following tips:

Each person's experience of walking in the rain is different. Below are some things you may find helpful.

- Nylon or cotton clothing can cause rashes.
- Plastic ponchos keep in the heat and do not allow you to sweat.
- A rain jacket that breathes allows the release of body heat.
- Carry an extra pair of socks in a zip lock bag or perhaps someone can meet you along the walk route with dry socks or a dry set of clothing. Dress in layers. If you need to shed clothing, zip lock bags will be available at each pit stop. Volunteers will collect, bag and label your items and deliver them to the finish at Camp Harkness.
- Wear the same clothing and shoes that you've been training in.

Fundraising - A great many of you have already reached your fundraising goal! Thank you! We ask that you send in your donations as you receive them so we can promptly post them to your account. For those of you who have not reached your fundraising goal, we would like to remind you that you have until December 31, 2019 to complete your fundraising commitment.

Plan to make Closing Ceremonies a "Family Affair"! Invite your family down to Camp Harkness to see you walk through the balloon arch - signaling the end of your day's journey, and a fabulous photo op! We

will have refreshments, kid's games and activities, and a photo booth to entertain everyone. Ask them to bring lawn chairs or a blanket to relax, hang out and partake of the closing ceremonies! The more the merrier!

If you know someone who would like to get involved, as a volunteer, on the day of the walk, but they have not signed up yet, please encourage them to come and join us. We depend on our volunteers and couldn't do it without them!

We look forward to seeing you at walker check-in and on the day of the Walk. We are most grateful for your support on our 14th Annual Walk.

Sincerely,

Jean Logan & Lisa Carroll
Registration Co-Team Captains