

# AVON 39 THE WALK TO END BREAST CANCER

## 2017 Training Leader Guidelines

THANK YOU for becoming a training walk leader! Walking 2 days and 39 miles is hard but by leading a training walk, you are helping your fellow 39ers to prepare for the weekend of a lifetime.

As a Training Walk Leader, you pick the date, time, location, length and route of your training walk (unless you are helping to lead a pre-scheduled walk). We'll post your walk on the website and in monthly e-newsletters, and invite others to join you.

Your walking experience can range from beginner to advanced, and these training walks are designed to help 39ers get started and build up skills and stamina so that they not only make it through the whole route, but are able to enjoy the sites and camaraderie around them. This is also a great way to meet other 39ers in your community!

Your main responsibilities as a Training Walk leader are:

- Scout out a walk route and submit it to the local AVON 39 office.
- Organize the safety efforts on your walk- read the safety speed to your 39ers, have all participants sign the Training Walk Waiver, and mail/fax the completed waivers to the AVON 39 office after each walk.
- Lead group stretches
- Lead the group in safe walking habits, including attention to hydration and nutrition.
- Help build a sense of community around your walk.
- Keep an eye on 39ers to ensure that everyone can safely complete the training walk.

Included in this packet is a:

- List of tips for selecting a training walk.
- Chart to help you determine the walk difficulty level.

- List of stretches.
- Training Walk Speech.
- Check list of what to do on the day of your training walk.
- Link to Training Walk Leader submission form.

*\*\*Note: The waiver that you need to have your 39ers sign is a PDF file, and will be e-mailed to you separately.*

Once you determine the logistics of the walk and submit the Training Walk Leader form, we will then post your training walk on our website. The day before the training walk, we will send out a reminder to everyone who has signed up, and we will send you a list of names, so you know who to expect.

A quick note on attendance: Although we work very hard to remind people to RSVP and attend, you may find that some people who attend your walk are not on the RSVP list, and that some people who RSVP'd fail to show.

If you have any questions about leading a training walk, please call the office at 800-510-9255 or email us at [info@AVON39.org](mailto:info@AVON39.org).

Thank you so much for helping to lead a training walk!!

## Tips for Selecting a Training Walk Route

Use these tips to help you determine the best route for a training walk. Additionally, if you are new to training walks, and you don't know where to start, see our Walk Resources below!

**Tip #1:** Scout the route for potential rest stops (with bathrooms and water refills) Rest stops are important, especially on longer walks (for bathroom breaks and water refills). Coffee houses and convenience stores usually make the best rest stops.

**Tip #2:** Make sure the route is safe.

You generally want to look for a route that has sidewalks or VERY large shoulders, if you're walking in the road. Remember to wear reflective gear while walking (even if it's day time), and please avoid listening to an MP3 player (if you must have music, listen to it at a very low noise level, so you can still hear the traffic around you). Encourage your 39ers to do the same. Local university/high school tracks, parks and malls make good training walk locations. Need help mapping your route? Reach out to our Training Walks Coordinator at [info@AVON39.org](mailto:info@AVON39.org)

**Tip #3:** Use the gear you plan to use on the walk.

Training walks are a great time to 'test drive' your gear. Take the fanny pack you plan to carry with you on the walk, and wear the clothes you think you'll wear during the event. By ensuring the comfort of your gear now, you ensure that you'll be comfortable during the walk weekend.

**Tip #4:** Fanny pack musts.

Here's a quick packing list of things you don't want to be without on your training walks: cell phone (for emergencies), wallet, bandages, extra pair of socks, winter hat, mittens/gloves, sun glasses, snack bars, rain poncho and YOUR WATER BOTTLE.

## Walk Level Chart

Once you find your route, use this chart to help you determine the estimated difficulty of your training walk.

### **STEP 1:** Determine the difficulty of the terrain

Different terrains have a different point value. Assess the general terrain of your route, and place the appropriate point value in the box on the right. (Ex. If your route is mostly flat, with some hills, then you would put a '2' in the 'your walk' box).

<b>Terrain</b>	<b>Points</b>	<b>Your Walk</b>
Flat	1	
Some Hills	2	
Hills	3	

### **STEP 2:** Determine the speed of your walk

The best way to determine this is to do the walk yourself, and see how long it takes you to walk the route. At the same time, feel free to make a time adjustment if you'd like to lead a more challenging walk at an increased speed, or a slower walk to make it accessible to all walkers in your area.

Assess the speed of your walk, and place the appropriate point value in the box on the right. (Ex. If you plan to maintain a pace of 3-4 miles per hour, then put a '2' in the 'your walk' box).

<b>MPH</b>	<b>Points</b>	<b>Your Walk</b>
2-3	1	
3-4	2	
4+	3	

Step 3: Determine the distance of your walk.

The best way to determine this is to drive the route yourself, and use the odometer to count the miles.

Again, assess the distance of your walk, and place the appropriate point value in the box on the right. (Ex. If your walk is 5-10 miles, place a '2' in the 'your walk' box).

<b>Distance (Miles)</b>	<b>Points</b>	<b>Your Walk</b>
<5	1	
5-10	2	
10-15	3	
15-20	4	
20+	5	

Step 4: Determine the total difficulty of your walk.

Add all the numbers in the 'Your Walk' boxes:

YOUR WALK TOTAL= \_\_\_\_\_

Totals between 1-4= an EASY walk

Totals between 5-8= a MODERATE walk

Totals of 9+= an ADVANCE walk

(Using the examples above, where terrain difficulty= 2; walk speed= 2; and distance= 2; the total point value of the walk is a 6. Making the overall difficulty of the walk= MODERATE).

**To submit your training walk, please fill out the [Training Walk Leader submission form](https://goo.gl/forms/XK3dk2oKTYRFCKBa2): <https://goo.gl/forms/XK3dk2oKTYRFCKBa2>**

## Training Walk Safety Speech

Although training walks should be fun, safety **MUST** be your number one concern when leading any Training Walk! You must impart the importance of safety to **EVERY** participant in the Training Walk. If you take it seriously, they will too. If it helps you, think about how you might feel if a 39er on one of your Training Walks was seriously injured. Don't allow yourself to wonder whether you said and did everything you could to impart the importance of **SAFETY** and following the safety rules.

Please adhere to the following during your Safety Speech:

- Be sure to bring the group as close as possible. Don't let people spread out and make **SURE** that everyone can hear you clearly.
- Do not begin speaking until you have gathered the entire group and **NO ONE** is talking. Be sure you have complete silence before beginning your speech.
- Should anyone begin talking during your speech, directly ask them to stop and listen. Repeat what may have been missed. As stated in the speech, we reserve the right to not allow people to participate in a training walk if they are speaking during the speech. Don't be afraid to enforce this! People's safety may depend on it!
- Be sure to have **ALL** Training Walk participants fill out the Training Walk Waiver. **NO EXCEPTIONS**. Any participants under the age of 18 **MUST** have the signature of a guardian over the age of 18. **NO EXCEPTIONS**.
- Be sure to submit the completed Waiver forms to your **AVON 39 The Walk to End Breast Cancer** office as soon as possible following your Training Walk.

## Sample Speech:

“Hello, and thank you for joining us! How many of you have participated in a Training Walk before? Our top priority for the AVON 39 The Walk to End Breast Cancer is SAFETY! Each participant’s safety is extremely important and it is up to each of us to do all that we can to guarantee each other’s safety. It is very important that everyone listens to this speech in its entirety... even if you have heard it ALL before. If you are talking or not paying attention, I will be unable to allow you to participate in today’s Training Walk. This is for everyone’s safety.

“Safety MUST be everyone’s priority when you are walking. Unfortunately, there is a precedent for serious injury on organized Walks such as this one. No one wants anyone to get injured. We all want to finish together... healthy!! The only person who can guarantee your personal safety is you. The only person who can make every effort to ensure that you don’t suffer any kind of serious injury is you.

“While motorists are supposed to be aware of pedestrians on the road, the reality is that you cannot count on this- you MUST be aware and alert at all times. Being aware of your surroundings and alert at all times is crucial. Keep your eyes open and remain focused. Be alert to the environment around you. Be aware of motorists, be aware of the road conditions, and be aware of your fellow Walkers. STAY ALERT!

“Please remember the following at all times:

1. You must know and obey all traffic signals, signs, and laws. This means that you must STOP at a stop sign or traffic signal. At a stop sign, be sure to look carefully in both directions for approaching traffic before crossing an intersection.
2. When crossing an intersection, be ALERT! Be ready to move quickly should a vehicle approach and not see you.
3. Always look in both directions before you cross any intersection. Be sure to make eye contact with any drivers. NEVER assume that they see you, or that a driver will

automatically give you the right of the way. This assumption can lead to serious injury.

“When walking in a group, it is important to remember the following tips:

1. Remain on the sidewalk, designated trail or shoulder AT ALL TIMES.
2. Always walk single file on narrow pathways. Avoid “clumping” into groups that might spill over the sidewalk and into the road way.
3. Keep your eyes open for hazards in your path, such as glass, broken/cracked concrete, dogs, tree branches, etc. Be alert for these hazards and be sure to point them out to Walkers around you.
4. If you wish to pass another 39er, be sure to let them know by calling out loudly, “Passing!”. Make sure you glance behind you to check for approaching cars, rollerbladers, bicyclists, or other Walkers. Don’t pass until it is SAFE to do so. You may get tired of calling out throughout the Walk, but this is ESSENTIAL to everyone’s safety.

“For your own safety, always remember the following:

1. Carry some form of identification with you at all times. Ideally, have your address, phone number, as well as your insurance card and your blood type available. It’s always a good idea to carry some change for a phone call as well.
2. Be sure to eat before you feel hungry and drink before you feel thirsty. This is essential to your health during a long-distance walk such as this. **LISTEN TO YOUR BODY!** If you feel dizzy or lightheaded, or develop a headache, sit down, eat and drink immediately.
3. No stereo headphones or cellular phones/headsets are permitted while walking. These items prevent you from being completely aware of your surroundings, and compromise your safety, as well as the safety of those around you. If you **MUST** use your cell phone, please stop in a safe location, and do not begin walking again until your conversation is complete.”

*(\*\*End of Safety Speech\*\*)*

### Stretching:

As a Training Walk leader, you will need to lead the group in stretching before and after the walk. Below are some stretching guidelines. Gentle warm up moves can be done prior to your walk. You should not do long static stretches on cold muscles. Begin by walking at a warm up pace for five to ten minutes. Follow that with the warm up stretches. After your muscles are warmed up, you can stretch anything that still feels tight.

### Pre-Walk Stretches:

- **Arm Circles**- Hold your arms straight out to the side. Make small circles going backward, gradually getting larger and larger. Rest for a second and do the same thing in a forward direction. Do this a couple of times until your arms, shoulders, and upper back are warmed up.
- **Trunk Rotations**- Stand with your feet one shoulder width apart and your arms straight out, parallel to the ground. Keep your lower body stationary while swinging your upper body from side to side. Do this several times to loosen up your back and shoulders.
- **Toe Points**- Lift one foot off the floor and gently point the toe. Hold for a few seconds. Now, flex your foot pointing your toe up. Do about five on each foot. (As an after walk stretch, hold the toe point for longer).
- **Ankle Circles**- Stand on one foot, holding the other foot off the ground. Make circles in the air with your toes. Do about ten circles in each direction. Then change feet. Do this two or three times with each foot. This exercise can be performed while standing, sitting or lying on your back with your leg raised.

**Note:** Toe points and ankle circles can be done as a warm up and after walk stretches. Also, try doing a few throughout the day. These can be done while sitting at your desk, watching TV, etc. They are great for strengthening the shins and ankles.

### After Walk Stretches:

At the end of your walk, use a slower pace again to cool down before moving into stretching. Start stretching with the lower body and work your way up.

- **Calf Stretch**- Stand on your toes on a step or curb. Hold onto something for balance. Remove your left foot and slowly allow the right heel to move down. Hold this position. Be sure to keep your body upright and straight. Release and repeat on the other side. Another calf stretch- Take a big step forward with your left foot, keeping your right heel on the ground. Hold the position and repeat on the other side. Be sure to keep your body upright and your abs tight. Do not arch your back.
- **Hamstring and Lower Back**- Slowly bend forward from your waist with your knees slightly bent. Reach for the floor and hold. Only bend as far as comfortable.
- **Outer thigh, buttocks, and spine**- While lying on your back, bring your right knee up. Place your left hand on your thigh and gently pull it over to your left side. Do not pull at the knee. Your shoulders, left leg and back should remain flat. Pull gently. Then repeat on the left side.
- **Lower back**- While lying on your back, bring both knees up towards the chest with the hands. Round the lower back and relax into the stretch. Don't do this stretch on a hard surface- it will bruise the spine!
- **Quadriceps Stretch**- Standing up, hold on to a stationary object. Bend your right knee, bringing your foot toward your buttocks. Keeping your left knee slightly bent, grasp your right ankle with the opposite hand. Slowly pull your leg up and back, bringing your foot as high as comfortable. Repeat with other leg. (To protect your knee- think of pulling the quads back rather than pulling the foot toward your buttocks.)
- **Shoulder Stretch**- Standing upright, cross your left arm over chest. Place your right hand on your upper arm and pull arm in tight to your chest. Be sure to keep shoulders down and do not pull at the elbow. Hold, then repeat with other arm.
- **Neck Relaxer**- Turn and look over your right shoulder and hold. Repeat on the left side. Don't hyper-extend the neck or tilt it backwards.

Important rules for stretching (\*Source: [www.about.com](http://www.about.com))

1. Always warm up prior to stretching.

2. A stretch should be a gentle movement. Slowly go into the stretch- do not bounce.
3. The stretch should feel good. Slowly go to the point where you feel tension in the muscle. Do not stretch too hard. You should not feel pain. If you stretch too far, you will cause the opposite of what you want to accomplish.
4. To lengthen the muscle, hold the stretch for 30-40 seconds.