

HOW TO DO

A

WALKATHON

NOTE TO THE READER:

This pamphlet is intended to help you understand the walkathon and how to do it. It has little, if any, detail on the actual walkathon itself. An effort is being made to provide more detailed instructions that will help you understand the walkathon better.

One essential premise here is that the organization behind you or have at their disposal a committee, group or organization. If that is not the case, simply take the idea of the walkathon and raise and make a proposal to some group which, because they share your concern, would be interested in supporting you.

Another assumption is that you can persuade some group the case with which funds can be raised. Before familiar with the walkathon and details of the walkathon so that you can make a thorough and compelling presentation. Get on the agenda and persuade them. It may be that you will have to overcome some initial reservations and that there are some legitimate objections but that should not be one of them unless there is a lack of commitment of time and energy on the part of the organization.

Remember, the best part of the walkathon is the low overhead. I have been organizing and coordinating walkathons for years now as well as advising others how to do them. I have yet to see one fail to raise significant money.

If you can follow through on 75% of the publicity and promotion, you can expect an excellent return for your efforts. Please let us know of your final results and if there were any problems. I can be reached on Sunday evenings (9:00-10:00) or by mail: Mike Nishajovich, 617 W. Broad St., Nevada City CA 95959.

NOTE TO THE READER:

This pamphlet is written with the supposition that the reader has little, if any, experience with the mechanics or organizing. An effort has been made, therefore, to detail some instructions that may appear obvious to those much more experienced.

One essential premise here is that the organizers belong to or have at their disposal a committee, group or organization. If that is not the case, simply take the idea of the walkathon fundraiser and make a proposal to some group which, because they share your concern, would be interested in supporting you.

Another assumption is that you can persuade some group the ease with which funds can be raised. Become familiar with the mechanics and details of the walkathon so that you can make a thorough and compelling presentation. Get on the agenda and persevere. It may be that you will have to overcome some initial reservations and that there are some legitimate objections but failure should not be one of them unless there is a lack of commitment of time and energy on the part of the organizers.

Remember, the best part of the walkathon is its low overhead. It is a labor-intensive fundraiser. I have been organizing and coordinating walkathons for years now as well as advising others how to do them. I have yet to see one fail to earn significant moneys.

If you can follow through on 75% of the publicity and promotion, you can expect an excellent return for your efforts. Please let me know of your final results and if there were any problems. I can be reached on Sunday evenings (PST): (916) 265-2931. Or by mail: Mike Mihaljevich 637 W. Broad St. Nevada City CA 95959.

I. INTRODUCTION

A. Purpose

A walkathon can be a superb fundraiser but, also, much more. As walkers attempt to gather sponsors, they will be involved in educating others as to your cause and informing them about your group which can mean significant publicity. Furthermore, the walkathon will provide an opportunity for many in the group to participate where, before, they merely observed. A walkathon is attractive because it is activity-oriented, presents a challenge and requires no special skill. After the walkathon, you may find that you have aroused new interest and even new members. Among your members, friendships will develop and comradeship deepen. Very possibly, your group will become re-invigorated.

B. Fund-raising Potential

There is no reason why your group shouldn't be able to raise several thousand dollars assuming the initial commitment is present. The fund-raising potential at its most obvious is dependent on the total number of walkers, the number of each one's sponsors, and the value of their pledges which, in turn, is dependent on distance covered. Some examples:

1. 50 walkers, each with 10 sponsors with a pledge average of 50 cents per kilometer for 15 kilometers (9.3 miles) would gross \$3,750 ($50 \times 10 \times \0.50×15).
2. 100 walkers each with 15 sponsors with a pledge average of \$.50 per km for 20 km (12.4 m) would gross \$15,000 ($100 \times 15 \times \0.50×20).
3. 150 walkers, each with 15 sponsors with a pledge average of \$.50 per km for 20 km would gross \$22,500 ($150 \times 15 \times .50 \times 20$).

C. Success Variables

Ultimately, the degree of success of the walkathon is contingent upon the following factors: 1) how popular and timely your cause is; 2) the amount of lead time; 3) the energy and thoroughness of the organizers; and, directly related to the last, 4) the degree of promotion and publicity (especially personal contacts).

The organizers must be committed to the work which may take considerable time and energy. Dedication and perseverance should be foremost in their minds.

II. DESCRIPTION

Each potential walker receives a packet which consists of a coversheet, map and sponsorsheet(see pgs. 12-14). The coversheet explains the purpose of the walkathon, i.e. why money is urgently needed and gives details as to how a walkathon works and what a walker does. The map outlines the route while the sponsorsheet is used to gather pledges.

Each walker gets relatives, friends acquaintances, colleagues, church members, etc. to sponsor him/her by pledging so much money per kilometer covered(walked, run cycled, skated). Fifty cents to a dollar per kilometer should be the goal here. All walkers have distances verified at several checkpoints along the route. Walkers have the responsibility to collect money and send it in.

III. COSTS

Hopefully, there are individuals who can front a couple hundred dollars to cover the two major expenses: duplication of materials and postage. And unless you envision a walkathon of over 100 or 200 walkers, chances are that is the most you'll need.

Even so, there are ways to keep your costs down. For example, duplication can be handled by individuals who have access to copy machines at work or at school. Just copy small amounts at a time so as not to attract too much attention. Postage, too, can be minimized by including the walkathon leaflet and/or packet in the monthly mailings of other groups sympathetic to your cause. Some of these groups even have tax-exempt status and, therefore, their postal costs are quite low. If the nature of your walk is apolitical, you could take advantage of their special status. In return, you can pay for half their costs or offer to help with the mailing.

There is also the possibility of eliminating or reducing mass mailings altogether. Since, as a part of your promotion and publicity, you will be advertising the walkathon through announcements, postings of leaflets and packets, phoning and presentations.....a large mass mailing could be sacrificed.

However, it is a good idea to do a mass mailing, at least to members and/or people on your mailing list. Often, people have to hear or read about something several times to be prompted to participate. Also, a leaflet or packet in somebody's hands may have a much larger impact and be far more persuasive in attracting walkathon participants.

A. Formation of the Walkathon Committee

Ideally, a committee of five would help coordinate, direct and handle all major tasks. It is unlikely that all will be equally motivated but there should be two or three individuals who are dedicated and can be relied upon to carry out their assignments. One individual must serve as a coordinator who would be responsible for monitoring all elements of the walkathon. This individual should be of a highly organized bent, attentive to details and thorough to a fault.

B. Orientation of Walkathon

If your cause is political and/or controversial, this may pose a problem. It is possible that in some communities, an issue is so unpopular that it would be wise to put a particular slant to the event. For example, a political cause could be given a humanitarian slant. If, of course, it is felt that this is being deceptive and hypocritical (and it may very well be), you may want to consider making the walkathon an educational event rather than a fundraiser with the emphasis on raising consciousness as opposed to funds.

C. Permit(s)

Check with City Hall or the police about the need for permits. Sometimes, cities want to regulate walkathons because of the possibility of lawsuits being filed due to accidents. They are also concerned with fraud. The police, typically, only become involved if the walkathon is large and traffic problems are to be anticipated. In many cases, if not most, a permit is not needed as long as walkers remain on the sidewalk and obey traffic signals.

If you plan to hold a rally at a park before the walkathon begins a permit may be required especially if a sound system is utilized. Check with the city's Parks and Recreation Division.

If you anticipate having any difficulty obtaining a permit, you may want to consider not bringing the walkathon to the attention of the authorities. Chances are that virtually most of the public will be oblivious to the event if it is kept low key and is small in nature. Still, do recognize that there is a measure of risk involved here. I recommend informing authorities if the event is at all controversial.

D. Date, Time

The need for lead-time is crucial as is the choice of the day for the walkathon. You probably need two months and, perhaps three, depending on your publicity campaign. Do you want your walk to occur on the anniversary of some event? Is a rally planned beforehand at which speakers will be present? Give yourself enough time to prepare.

Weather is another consideration. Check to see what the rainfall average is for the month you plan the walkathon. Temperature extremes should be avoided. You may want longer daylight hours but summer may present other problems. Many people go on vacation, school is out and many others are in some kind of transition.

Plan with the holidays and other celebrations in mind. Since you may want to appeal to high school and college students, think about graduations, finals, sporting events, proms and other social events.

Pay attention to the calendar plans of other groups. Locate a calendar of local events and try to place notices about the walkathon two to three months in advance so as to 'make a claim' to a particular day or week-end.

Remember, you will not be able to avoid some conflict with the plans of all other groups if you live in a large city, but at least you can reduce the chances of serious conflicts.

One last note: start your walkathon in the morning. Because of the unknown of local weather conditions, it is difficult to generalize about the best time. Don't forget to consider an alternative date in case of inclement weather.

E. Distance

Keep the distance of the walkathon in kilometers as more money can be raised. A kilometer is equal to .62 miles.
(10 km = 6.2 m; 15 km = 9.3 m; 20 km = 12.4 m; 25 km = 15.5 m)

A course of 15 or 20 kilometers seems appropriate for most walkathons as most participants will find it a challenge. Even so, it is not incumbent upon the walker to complete the entire walk. Arrangements can be made to pick up any walkers at checkpoints along the route.

For some individuals, ten miles may seem like a great distance. But if you shorten the distance, you may be encouraging others to stop also. Walkers who wish may continue on until the next checkpoint or even do another lap.

F. Route

The criteria for planning the route includes: length, traffic, neighborhoods, city boundary lines and aesthetics.

It is advised that the route be made a loop that begins and ends at the same location such as a park or other recreational area. Afterwards, a picnic, potluck or barbecue could be held as a celebration. Make sure you inquire about a permit even if it is indirectly. Parking availability is another factor. Mention to walkers if parking restrictions exist in the area.

Another point to deliberate is the location of checkpoints where walkers' distances are to be verified. Checkpoints should be in areas of easy access and not pose any municipal code violations. Checkpoints at specific intervals, say the 5 and 10 kilometer marks for example, may mean more careful attention being given to the route.

Finally, for some individuals the existence of restrooms and/or eating places along the course is a necessity. Restrooms located at checkpoints would be perfect. Snacks such as fruit can be stocked at the checkpoints along with water especially if food is not available along the way.

Don't make the route too complex; a more or less rectangular pattern is best. It may be that you want to take the route through specific neighborhoods but don't get too carried away with this.

Although walkers should have maps and explicit directions the day of the event, it is suggested that the route be chalked. It can be very frustrating to be confused by directions and some people have virtually no sense of direction. A well-marked-out course will assure that everyone will finish and alleviate the anxiety any might have of getting lost. Some walkathons have their own stickers made and use these to guide walkers along.

Whatever you decide, on the morning of the day of the walkathon, somebody has to mark the route. It would be best if those who planned the route and are familiar with it, also mark it.

G. Security

In some cities or locations, depending on the nature of the cause and the route itself, it is advised that there be some security along. I recommend at least two roving monitors who can serve as security. But if your cause is controversial, plan to have more people involved. Advise people to stay in groups of two or three if necessary. In extreme cases, have a security training session ahead of time where people can practice dealing with instigators through role-playing. In most cases the walk will be low-profile and this will not be a concern.

A. Division of Labor: Major Jobs

1. Mapping of route, composing map & marking route
2. Composition of walkathon packet and leaflet
3. Promotion/Publicity
 - a. Presentations
 - b. Placing of announcements
 - c. Mailings
 - d. Phone calls
 - e. Posting of leaflets
 - f. Leafletting
 - g. Packet drop off

B. The Route(cont.)

Careful planning of the route will reduce any problems or inconveniences. Get an up-to-date map and plan a general route, beginning, if possible, at some local park. Keep in mind the aesthetics of neighborhoods and potential dangerous areas to be avoided. Using a car, drive the proposed route noting modifications to be made. Keep an eye on the odometer to check mileage. As mentioned previously, checkpoints should be at similar intervals throughout the course.

Next, cycle or walk the course as you may identify problems overlooked while driving. On a bicycle, you can verify the accuracy of the measured distances on an odometer that may even be programmed for metric distances (odometers can be a tad expensive). Measuring wheels may be available at the local high school or college since cross country courses have to be measured.

Remember to consider traffic on the day of the event. Also, decide which side of the road you want walkers to remain on. If there is no sidewalk, avoid the street altogether. Don't take chances as children may join the walk. One last factor to reflect upon is whether cyclists, skateboarders and other sidewalk tormentors will be sharing significant portions of the route. If so, alert all participants to this fact. In any case, before the walk begins, have all participants sign waivers (see p. 17). freeing you from liability in case of accidents.

After the exact route has been determined, duplicate a few copies of the mapped area and outline the course with a thinly pointed marker. White out spaces so you can clearly designate where checkpoints are. Alternatively, you can draw your own map including important cross-streets as reference points. Directions can be included at the bottom if there is room or, better yet, on the same sheet where the verification of distances is to be made (see p. 16).

C. The Leaflet

Used to promote the event, one can be more creative here. Get an artist or someone with a flair for design to help but don't get carried away. Compare the leaflet included here (p. 15) with the coversheet (p. 12)--the former was done on a home computer while the latter was professionally done. Another option is to use your typewriter along with cutting and pasting if a computer is unavailable.

Scrutinize the leaflet. Notice that it tells people where the walkathon packets can be picked up. Locations for placement of packets must have consent of owners or person(s) in charge.

Several phone numbers should be put on the leaflet if possible and interested parties should be able to leave messages on one at least.

D. The Packet

As mentioned earlier, the walkathon packet consists of a coversheet, map and sponsorsheet. These packets will be made accessible to all likely walkers and left at key locations where they can be picked up.

The coversheet (see p. 12) is a brief introduction to the walker. It could also be used as a leaflet (compare pgs. 12 & 15). The coversheet has a dual purpose: 1) to offer some explanation as to the purpose and encourage participation and, 2) to provide basic data in regards to the walkathon and how it works.

It is possible to use the coversheet to serve to educate the public as regards your cause but there is limited room and it is not advisable to clutter it up too much. Study the enclosed sample carefully as you don't want to leave off any pertinent information.

The map and sponsorsheet are self-explanatory but, again, carefully review all information included here as well as the aforementioned leaflet as it is very easy to forget one or more details.

Remember to keep white originals of all written materials as it may become necessary to reproduce more later and colored copies may not reproduce as well. On the subject of duplication, the larger the quantity, the lower the price. Consequently, it's better to reproduce a thousand leaflets at one time as opposed to several hundred many different times. It may also be cheaper to use off-set printing on quantities over 500 or 1000.

F. Promotion/Publicity

This has to be the most critical element and it is virtually impossible to do too much. Involve as many reliable persons as you can at this stage but, remember, the coordinator or one of the organizers must monitor all aspects of publicity. Don't assume some aspect has been taken care of just because someone has volunteered to do it. To assure the success of the walkathon, someone must take the time to check!

STEP 1 Get everyone in your group or organization involved either in walking or helping. Stress that a real commitment from everybody is needed. Give each a packet or two and a stack of leaflets. Review and answer all questions. Set a goal and have everybody work towards it. Ask every walker to get a relative or friend to join the walkathon and urge each participant to get twenty sponsors (you could have a prize for the person(s) who raise the most money). The pledge minimum should be 50 cents to a dollar per kilometer. Those who can't or don't walk should be signed up to staff checkpoints, work at the sign-in table, be roving-monitors or help get food together for a picnic afterwards.

STEP 2 You next major emphasis should be to contact any and all groups which might be sympathetic to your cause. This list could be quite extensive and include: liberal/progressive political, student, church, worker, neighborhood and senior citizen groups. This may require some research but, typically, some other group has already established a list of such organizations and you simply have to get a copy.

After obtaining this info, make a phone contact to each group and get the name of key individual, leader or other, and his/her phone number if possible. Talk to the leader or other contact and ask if you can get on their agenda for the next meeting to make a presentation or announcement. (Sometimes this takes several calls but do it!) Come prepared with leaflets and packets as people will be impressed with your organization and this will be enough to encourage some to join in the walkathon.

When a group indicates some interest because they share your specific cause, now is the time to ask if they would be willing to include your leaflet in a monthly mass mailing if they have a newsletter. Mention to them that you can share the cost or help with the mailing. If all else fails, get an announcement put in any literature they may be sending out.

STEP 3 Do your own mass mailing to your members and/or supporters. Depending on how long your list is and your budget, mail out a couple leaflets if not a packet. Simply tri-fold and staple. Typed address labels are appropriate here. All of this can be done by several people one evening while you discuss the progress of walkathon preparations.

STEP 4 Follow this up with phone calls as personal contacts are considered to be much more effective. If you have a long mailing list, divide it up among your members so that each makes 10-20 calls. Encourage your members to be responsible with this since, for most, this is distasteful work. In the end, it will pay off.

As a brief aside here, it must be emphasized how important phone contact is. The organizers and coordinator(s), especially, should be making and returning calls daily. Again, this is onerous work but, together with the mailings, will bring results. One thing to keep in mind is that in some walkathons, 10-20 walkers bring in 25-50% of the gross. In some cases, these people are complete strangers who have simply been inspired to make a contribution because this type of activity-oriented event is appealing to them.

STEP 5 Get announcements placed in all weekly or monthly bulletins or newsletters of all groups in your locale. This includes church bulletins, local and student newspapers, and social or political newsletters. You can also try to get radio(college or community) and television(public) spots. This requires some phone work ahead of time.

STEP 6 Posting leaflets should be shared by everybody. Get permission to post when in doubt. Obvious places are colleges, including the offices of all progressive student groups, libraries, bookstores, community bulletin boards, progressive restaurants and other businesses. Check regularly to replace leaflets taken down or covered up.

STEP 7 Leafletting at other events, programs, movies and other functions can be an excellent means of promoting the walkathon. However, it is best not to waste leaflets by just handing them out to anybody. Target your leafletting unless you have a huge budget or leftovers.

STEP 8 Keep packets replenished at locations where the public can easily locate them. Three locations should be the minimum number but this depends on the size of the city and walkathon.

G. Media

If you want the media to do a story on the walkathon, this may take some work. Depending on your location and an array of other factors, a walkathon may be a real newsworthy event or simply a rather mundane news story. Media contacts are useful here. Press releases are the standard way to go about getting the media to your event. Call and get a contact person to send your press release to(or send a leaflet and packet). It might be worth having some media spokespersons ready to handle questions just in case.

A. Preparations

The organizers should arrive a couple of hours ahead of time to set everything up, chalk the route and perform any other needed preparations. This, of course, may also depend on how large a walkathon you anticipate and whether or not a rally is planned. On page 11 is a checklist you can use to assure that nothing is overlooked.

B. Chalking the Route

As mentioned before, this is a suitable measure to take. Early in the morning on the day of the event or a couple of hours prior to the starting time, chalk the entire course. Buy plenty of boxes of large colored chalk available at a toy store. Then, hop on a bicycle and begin marking the course using arrows as frequently as possible, perhaps every 100-200 yards but, in particular, when walkers need to cross streets or make turns. Post signs on trees or in the ground if there is no sidewalk and the route gets complicated.

C. Roving Monitors

Have a couple of fit cyclists monitor the route. These individuals can act as security, carry bandages, offer encouragement and relay information back to the starting point. It would be perfect if the people who chalk the route also double as monitors. Alternatively, use a car.

D. Checkpoints

There should be at least two people at each checkpoint. Their job is simply to verify the distance covered by stamping a form each walker is carrying. Rubber stamps should be ordered two weeks ahead of time, one for each checkpoint. The stamps can have the name of your walkathon on them and various checkpoint distances (e.g.: 5 km, 10 km & Finish). Don't forget stamp pads, each with a different color.

E. Check-in

When people arrive, have them sign-in, printing the following info: complete name, address (including zip), and phone number. You may want to follow-up the walkathon with calls or letters to prompt walkers to collect their pledges and send their money in or, perhaps, to thank them and let them know how much money was raised. Next, make sure each has a map and direction sheet with spaces provided for verification of distances (see p. 16). Finally, have each walker sign a waiver (see p. 17) and keep for your records.

F. Final Checkpoint

After final verification, remind each participant to collect and mail in their money as soon as possible. Make it clear to whom the checks should be made out and where they should be sent.

CHECKLIST IN PREPARATION FOR WALKATHON

1. Secure permits, Duplicate
2. Plan Route
3. Develop map/Duplicate
4. Create/Duplicate Packets(coversheet, map, sponsorsheet)
5. Create/Duplicate Leaflets
6. Create/Duplicate Direction/Verification Sheets
7. Create/Duplicate Waivers
8. Assign Checkpoint Staffers
9. Assign Roving-Monitors
10. Assign Check-in Staffers
11. Select Media Spokesperson(s)
12. Presentations
13. Announcements
14. Mailings
15. Phone contacts
16. Postings
17. Leaflettings
18. Packet drop-offs(&replenishing)
19. Order rubber stamps
20. Plan for Refreshments/Food

CHECKLIST FOR DAY OF WALKATHON

1. Permit(s), copies
2. Banner to identify group, cause &/or walkathon
3. Posterboard and markers to make signs(e.g. identify sign-in table)
4. Extra maps
5. Direction/Verification sheets
6. Waivers
7. Tables & Chairs(for all checkpoints)
8. Pens, stapler & staples, tape, wooden stakes(?)
9. Chalk(boxes of colored)
10. Rubber stamps & stamp pads
11. Name tags
12. Refreshments(orange & water?)
13. Paper cups
14. Bandages (& moleskin?)
15. Trashbags
16. Literature
17. T-shirts(to sell or give to walkers-optional)
18. Sound system(?)
19. Checkpoint & Sign-in staffers
20. Monitors, Media spokesperson(s)

The San Diego Teachers' Committee on Central America
invites you to join our

WALKATHON

SUPPORT OUR EFFORTS TO PROMOTE EDUCATION AND PEACE IN NICARAGUA! HELP US RAISE FUNDS TO PURCHASE BUILDING MATERIALS SO THAT WE CAN CONSTRUCT FOUR CLASSROOMS IN THE CITY OF MATAGALPA, JUST NORTH OF MANAGUA.

Construction, Not Destruction — Buildings, Not Bombs!

WE'VE ALREADY RAISED \$10,000 AND NEED JUST \$10,000 MORE!
REMEMBER: EVERY DOLLAR YOU RAISE HELPS THE CHILDREN OF NICARAGUA! ALL LABOR IS DONATED BY SAN DIEGAN VOLUNTEERS WHO ARE PAYING THEIR OWN WAY DOWN!

Date:

JUNE 13, SATURDAY AT 10:00 A.M.

Place:

**MEET AT THE VISITORS' CENTER
AT MISSION BAY**

(East Mission Bay Drive & Clairemont Drive)

Distance:

16 KILOMETERS (10 MILES)

(See Attached Map)

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1. Get family, friends, colleagues, students etc. to sponsor you for so much money per kilometer (see attached sponsor sheet). Try to get each sponsor to pledge 50 cents per kilometer (not mile)!
2. Your distance will be verified *on your map* at checkpoints along the way!
3. Collect your pledges within one week after the walkathon if possible. Some walkers find it more convenient to collect pledges before the walkathon.
4. Have checks made out to San Diego Teachers' Committee on Central America. An alternative is to collect cash or have checks made out to you and write a single check covering the total amount you've collected!

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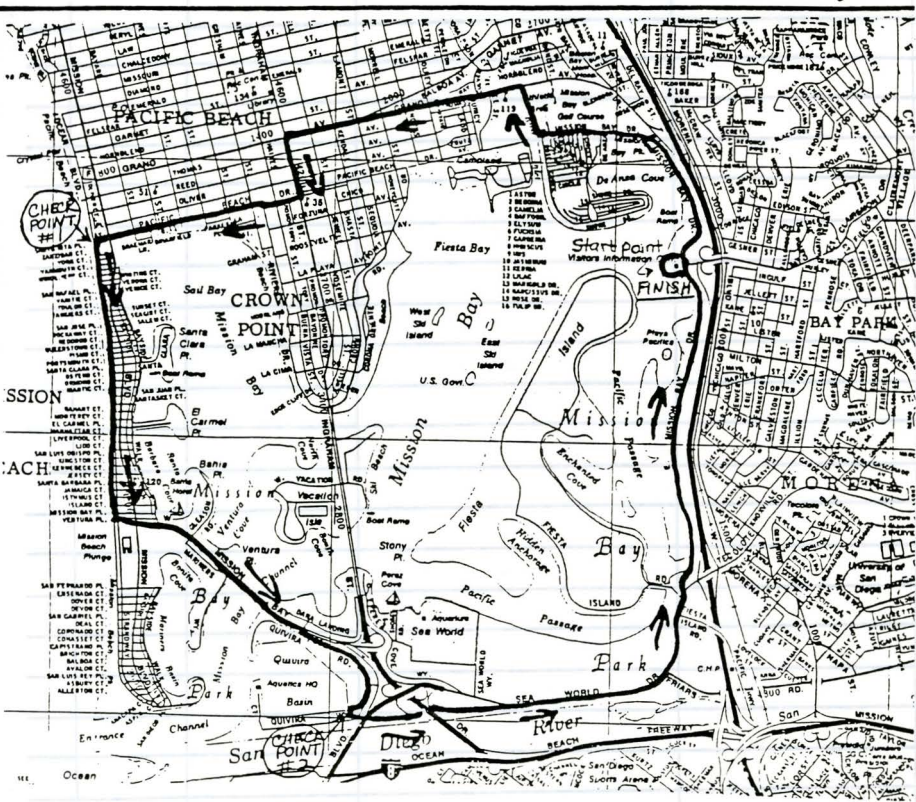
- ... WEAR COMFORTABLE WALKING SHOES!
- ... ARRIVE AT LEAST *A HALF-HOUR* EARLY TO CHECK-IN!
- ... IF YOU GET PLEDGES IN THE AMOUNT OF \$100, YOU RECEIVE A FREE T-SHIRT!
- ... EXTRA WALKATHON PACKETS ARE AVAILABLE AT GRASS ROOTS CULTURAL CENTER AND THE PEACE RESOURCE CENTER IN SAN DIEGO; GROUNDWORK BOOKSTORE AT UCSD; THE OLD TIME CAFE IN LEUCADIA; or THE CARLSBAD LIBRARY.

ANY QUESTIONS? — Contact: MIKE at 729-2028 or at 481-****



WALKATHON

ROUTE - 16K (10 MILES)



REMEMBER: TRY TO COLLECT ALL THOSE PLEDGES AND MAIL THEM INTO US AS SOON AS POSSIBLE, WITHIN ONE WEEK WOULD BE GREAT! CHECKS SHOULD BE MADE OUT TO: S.D.T.C.C.A. and MAILED TO: P.O. BOX 82184 San Diego, CA 92138

SPONSOR SHEET

WALKATHON FOR SCHOOL IN NICARAGUA

	NAME	ADDRESS	PHONE #	AMT/KM	
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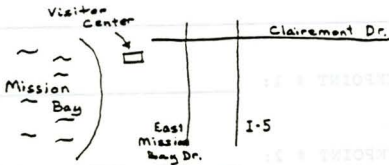
Join Our WALKATHON

The San Diego Teachers' Committee on Central America is raising funds to build another school in Nicaragua. Help support this humanitarian effort so that we can promote peace in that country. Help end the war by constructing peace. Construction and instruction, not destruction.



**Saturday
June 13
10 am**

Mission Bay



Start at the Visitors Center,
East Mission Bay Dr.
& Clairemont Dr.

Walker: Get your friends, teachers, students, businesses to sponsor you on a per kilometer basis. Route is 16 km (10 miles). Walk all or part.

Sponsor: Support a walker and support education.

PICK UP WALKATHON PACKETS AT ONE OF THE FOLLOWING LOCATIONS:

The Grass Roots Cultural Center or The Peace Resource Center in San Diego; Groundwork Bookstore @ UCSD; Old Time Cafe in Leucadia; or the Carlsbad Library.

OR CALL: Mike @ 729-2028 or at 481- or at 298-

DIRECTIONS

NOTE: THE WALKATHON ROUTE WILL HAVE CHALKED MARKINGS HELPING YOU ALONG THE WAY. ALSO, LOOK FOR SIGNS!

Walk north along walkway which proceeds from Visitor Center, following contour of bay. Walkway comes to an end at roundabout. Make right on DeAnza, left on N. Mission Bay Dr, continuing until you see sign that says 'End'. Make right on narrow bikepath(single file here) that is fenced on both sides; then left on Grand continuing for several blocks, at least. Next make a left on Ingraham, a right on Pacific Beach Drive, continuing on to the end. Cross over Mission Boulevard to Boardwalk. 1st CHECKPOINT IS LOCATED ON BEACH BEYOND WALL. Water & oranges available here! Don't forget to get this sheet stamped!

Follow boardwalk south(approximately 1.3 miles); then make left on W. Mission Bay Dr. Then, cross to south side. Cross over Mission Boulevard and continue on W. Mission Bay Dr(remember, you're on the south side now). Stay on sidewalk all the way across the Glen A. Rick bridge. Next, make right on Quivera Rd., an immediate left on Quivera Court(stay on left side facing traffic if possible). Pass Marina Village, following curve to beginning of bike route. 2nd CHECKPOINT. Water & oranges available here along with encouragement! Don't forget to get this page stamped!!

Follow bike route back under bridge and continue for a ways. Make left on Friars Rd., cross over to west side of Sea World Dr. and proceed north. Make left on E. Mission Bay Dr., veering onto walkway. Continue on walkway, following contours all the way back to Visitors' Center. FINAL CHECKPOINT! CONGRATULATIONS!! Get last stamp and enjoy a well-deserved rest!

CHECKPOINT # 1: _____

CHECKPOINT # 2: _____

CHECKPOINT # 3: _____

NOTE: Thanks for the Great job! Now don't forget to collect those pledges as quickly as possible and mail them to us! Try to get the money to us within a week! Checks should be made out to: The San Diego Teachers' Committee on Central America
S.D.T.C.C.A.

MAILING ADDRESS: P.O. Box 82184 San Diego, CA 92138

Any questions: Contact Mike @ 729-2028 or, after June 26,
@ 282-****

WAIVER

PLEASE READ THE FOLLOWING CAREFULLY
AND THEN SIGN AND DATE AT THE BOTTOM!!

The San Diego Teachers' Committee on Central America can assume absolutely no responsibility for any physical injury or ailment of any kind that any participant might incur as a result of his/her participation in our walkathon.

Therefore, it is important that every participant obey all laws and park regulations, especially as regards traffic and safety, in addition to taking whatever precautions necessary so that the walkathon is completed without injury and in good health.

All participants should be in good health and adequate physical condition. Anyone with a serious health problem should not participate. If it is a hot day, please drink plenty of liquids, preferably water. Water and oranges will be available at all checkpoints! Bathrooms are located throughout Mission Bay Park and at the beach (there's one at the first checkpoint).

All participants must^{be} alerted to the fact that bicyclists, skateboarders, frisbee players, joggers etc. will probably be present during significant portions of the walkathon route. This is true of the beach boardwalk and along Mission Bay Drive, Sea World Drive and Mission Bay Road. Because of this, we urge you to not travel in groups of over two abreast...and even single file when necessary. DO NOT ASSUME THAT A CYCLIST OR SKATER WILL STOP FOR YOU OR MOVE OVER!!

Lastly, there is always the possibility, no matter how small, that you may meet some obnoxious and/or ill-mannered individual(s) along the route. Our advice is to ignore such people. Make no response. That is the safest bet. Why let someone ruin an otherwise beautiful experience!

I, _____ (please print), have read the above and understand that the S.D.T.C.C.A. can assume no responsibility for any injury or ailment that might occur as a result of my participation in their walkathon. Therefore, I release them from any responsibility of a legal or medical nature in regards to my safety or health.

Signature: _____ Date: _____