

challenge  
walk



Historic  
Williamsburg  
Walk 2009

# September 11-13, 2009 Crowne Plaza Williamsburg at Fort Magruder

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## CONGRATULATIONS! YOU'VE ACCEPTED THE CHALLENGE!

There are 10 Challenge Walk MS events in the entire country and you're conquering one of them! It's the only one that journeys through our nation's first region. The greatest adventure you'll ever take travels through the historic triangle of Williamsburg, Yorktown and Jamestown, Virginia. Over two days, you will walk farther than you could have ever imagined and have fun doing it.

The Challenge Walk is a 30-mile, 2-day walk raising essential funds for education, direct support, advocacy, and research for people living with the challenges of MS. It's not about being athletic, it's about showing compassion. It is truly about accomplishing in two days what many never accomplish in a lifetime, much less attempt.

The first day of the walk winds through the battlefields of Yorktown, passing historic landmarks, beginning with Surrender Field - where General Cornwallis surrendered to George Washington and the United States became the land of the free and home of the brave. On the second day, you'll start the day where John Smith and the first settlers struggled to begin a new colony. Your journey will end at the College of William and Mary where friends and family can cheer you on as you take your final walk around the track at Zable Stadium.

There will be excellent support along the route including water stops, EMS and support and gear vehicles (SAG). Our host hotel is The Crowne Plaza Williamsburg at Fort Magruder where earthworks from the Civil War still exist. Virginia's Historic Triangle promises to be the ideal location for you to journey toward a world free of MS.

### It all Starts Friday, September 11

**Everyone must check in at the Crowne Plaza Hotel at Ft. Magruder on Friday evening between 5:00 PM – 9:00 PM.** We will have a list of funds already turned in, whether online or mailed. Remember, you must have a minimum of \$1500 turned in when you check-in to walk. If you know that you are going to be short donations, please contact Sharon Grossman at [sharon.grossman@nmss.org](mailto:sharon.grossman@nmss.org) so that we can make special arrangements. If you have not raised your money AND you know that you are not going to raise anymore, you can switch to a crew member and still attend the event and work – you just can't walk.

Once you've checked in for Challenge Walk MS, stop by the Wine and Cheese Reception beginning at 7:00 PM. Get to know the other walkers or visit with the ones you haven't seen in awhile!



**Walk where Washington won the War!**

# Challenge Walk MS Schedule

Everyone, whether you are staying at the sponsoring hotel or at home, will be leaving together on a bus to the start location on Saturday morning. (There is no parking at Surrender Field or anywhere on the route. If you park at Surrender Field, you will be towed!). **On Saturday, we will leave at 7:00 am from the Crowne Plaza Hotel. If you miss the bus, you miss the walk!**

## Friday, September 11, 2009

5:00 PM - 9:00 PM Check-in at the Crowne Plaza Clara Barton Room

7:00 PM - 9:00 PM Wine and Cheese Reception Petersburg Room

## Saturday, September 12, 2009

6:00 - 6:45 AM Veranda Restaurant opens for breakfast--Walkers are responsible for breakfast costs

6:50 AM Board Oleta Coach Lines at Crowne Plaza

7:00 AM Oleta Coach Lines depart for Surrender Field in Yorktown

7:40 AM Opening Ceremony

8:00 AM Challenge Walk MS begins

1:00 PM Shuttle begins from Surrender Field to Crowne Plaza

1:00 - 6:00 PM Quiet Room available in the Abraham Lincoln Board Room

1:00 - 6:00 PM Massages and Foot Soaks available in Jackson Room

5:00 PM All Walkers must be off the route Last shuttle leaves for hotel

6:00 PM Dinner served in Petersburg Room

6:45 PM Dean Shostak Glass Harmonica Concert, dessert, and coffee in Newmarket Hall

7:30 PM Candlelight Ceremony in Courtyard of Crowne Plaza

Everyone must check-out of their rooms Sunday morning by 11:00 AM. **If you do not have friends and family staying in your room, you will need to check out prior to boarding the bus Sunday morning.** Your luggage will be stored at Crowne Plaza for you to pick up after the closing ceremony. Please note--there will be a bus to take you back to the hotel after the ceremony.

## Sunday, September 13, 2009

6:00 - 6:45 AM Breakfast served in General Hills Redoubt

6:50 AM Board Oleta Coach Lines

7:00 AM Oleta Coach Lines depart for Jamestown

7:30 AM Stretches lead by Barbara Hanna

7:45 AM Walk starts

10:30 AM Lunch & Pre-Finish Activities Begin

12:20 PM Board Oleta Coach Lines

12:30 PM Oleta Coach Lines departs for College of William and Mary

1:00 PM Arrive at College of William and Mary Walk final mile

1:15 PM Closing Ceremony at College of William and Mary's Zable Stadium

2:00 PM Walkers board bus or ride with their families back to Crowne Plaza to retrieve luggage

## Friends and Family Can Join in the Fun!

If you have friends or family that are staying with you at the hotel or will be with you in Williamsburg and they are not registered as a Crew Member, they can still have dinner and Sunday breakfast with us. They must register as a guest which they can do at [www.fightMS.com](http://www.fightMS.com), click on Challenge Walk MS and then click on guset on the left side. All registered walkers, crew, and guests will receive a wristband which needs to be worn all weekend.

## Weekend Packing Essentials

### Clothing-

Pack for all weather conditions: hot, windy, and rain.

- Two pairs of worn-in walking shoes
- Two sets of shirts & shorts or pants
- Waterproof jacket
- Three to six pairs of socks (moisture wicking)
- Comfortable underwear, sports bra or other athletic support
- Long pants/sweatpants
- Sweatshirt or fleece
- Nice, comfortable outfit for the evening events
- Sunglasses
- Hat or visor
- Watch
- Swimsuit (the hotel has a whirlpool to soak your sore muscles)
- Cash to tip the Massage Therapists

### First Aid-

- Sunscreen
- Insect repellent
- Lip balm with sunscreen
- Blister Kit: alcohol-free wipes, mole skin, antibacterial ointment
- All required prescription medications
- Petroleum jelly or sport lubricant for chaffing (i.e. Body Glide)
- Anti-inflammatory pain medicine
- Antacid
- Toiletries

### Hydration System-

- Hydration pack (i.e. Camelbak)
- Water Bottles
- Hip pack with water bottle holder

### Other-

- Camera

## Saturday Afternoon at the Crowne Plaza

After the walk, shuttles will return you to the Crowne Plaza to relax before the evening festivities. Take the time to pamper yourself! Free Massages will be available, but they appreciate tips! You will also have the opportunity to soak your feet after the 20-mile trek! You may also enjoy the indoor or outdoor pools and whirlpool.

## Get Energized!

There will be 12 water stops along the 20-mile route on Saturday and six along the 10-mile route on Sunday. For your convenience and information, here is a tentative list of the foods that will be available at the water stops (please note that the food list is subject to change). If you have special dietary needs, please make sure you bring your own food with you! Water and Shaklee Performance Sports Drink will be provided at all stops.

### Saturday

Start	Bananas
Stop 1/12	Cereal Bars
Stop 2/11	Trail Mix & Protein Bars
Stop 3/10	Bananas & Peanuts
Stop 4/9	Cookies & Oranges
Stop 5/8	Trail Mix & Cheezits
Stop 6/7	Lunch sponsored by Ruby Tuesday: Pasta with Cream Sauce and Chicken, tossed salad, iced tea, cookies

### Sunday

Stop 1	Bananas
Stop 2	Peanuts & Oranges
Stop 3	Protein Bars
Stop 4	Trail Mix
Stop 5	Oranges
Stop 6	Pre-Finish Festivities and Lunch

## Friends and Family at the Finish!

Friends and family members are welcome and encouraged to be at the end to cheer you in and to witness the closing ceremonies. They should arrive at Zable Stadium on the College of William and Mary no later than 12:30 PM.

**IMPORTANT:** The bleachers are in the sun so they may want to bring a beach or golf umbrella for shade. Sunglasses, hats and sunscreen are also a good idea. It is a hot location to finish so people need to be prepared!!!!



**Zable Stadium circa 1936**



## Directions to Crowne Plaza

6945 Pocahontas Trail, Williamsburg, VA

- Take I-64 east or west
- Exit 242A- Route 199W
- Follow Route 199W about two miles
- Exit to Route 60 east/west
- Turn left at the bottom of the ramp onto Route 60W
- Follow Route 60 for about one mile
- Turn left into the Crowne Plaza parking lot



**Crowne Plaza Williamsburg at Fort Magruder**

## Directions to Zable Stadium

### From The North/West:

- Take I-64 East to Lightfoot
- Exit 234- Route 199 East
- At top of exit ramp, take a right onto Route 199 East  
Stay on 199 East until Monticello Avenue exit
- Exit at Monticello Avenue, bear left on exit ramp
- At bottom of ramp, turn left at light onto Monticello  
(pass under 199)
- Continue on Monticello through five stoplights.
- At the sixth light, turn right onto Richmond Road
- Continue on Richmond Road until the first stop light
- Take a right at the light into the Zable parking lot

### From the South/East:

- Take I-64 West to Exit 242A- Route 199 West
- Follow 199 to fourth light
- Take a right onto Jamestown Road
- Follow Jamestown Road approximately two miles  
until reaching a 4-way intersection
- Turn to the extreme left onto Richmond Road
- Continue on Richmond Road until the first stoplight
- Take a left into the Zable parking lot

## Special Thanks to our Sponsors



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Williamsburg at Fort Magruder



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