



2015 Walker's Guide

Thank you for participating in the 23rd annual Bob Murray Housing with Love Walk. This collaborative effort involves volunteers who walk all or part of the length of Cape Cod to raise money and awareness for 11 non-profit agencies who work to prevent and reduce homelessness on Cape Cod.

By walking, you are helping to raise awareness. By asking your friends and neighbors to sponsor you, you are helping people secure the housing they need to be healthy, happy and productive members of our Cape Cod community.

Here are some tips on how to have the best possible experience:

BEFORE THE WALK

- Contact one of the organizations that participates in the Walk (for a list, see below) and they can tell you how to deliver the money you raise. They can also tell you how to pick up your T-Shirt.
- Ask your friends, family, church members and/or neighbors to sponsor your efforts. Begin collecting money.
- Physical condition: plan ahead and make sure you're in good physical shape. Whether you're walking 1 mile or 100, you need to be healthy!
- Arrange for transportation to and from the Walk. Check with your organization; some can help with rides, while others cannot. It is your responsibility to get home!

ITEMS TO CARRY WITH YOU ON THE WALK

We walk rain or shine, so you need to be prepared. Please expect to have:

- Cell phone
- ID
- Hat
- Water bottle
- Something to eat
- Sunscreen
- Insect repellent (best if it works on ticks)
- Rain poncho and a spare set of socks, if necessary

AFTER THE WALK

Other than tending to any blisters or sunburn you may have accidentally acquired, the key task after the Walk is to make sure you collect all the money pledged to you. It's good courtesy to write thank you notes to your sponsors, as well.

OTHER THINGS TO KNOW

Participants who walk for more than one day need to be particularly careful of their health and fitness. Be sure to hydrate well, both during and after the Walk. Make sure your shoes and socks fit well to prevent blisters. If this level of walking is new for you, do some research to make sure you are set to have a good experience.

There is a support van with supplies including first aid, food and water, but each walker needs to carry basic gear.

Emergency contact numbers will be provided each day of the Walk.

Lunch is provided by volunteers every day except Sunday. If you have special dietary needs, you will need to pack your own.

For safety's sake, every walker needs to pay attention to traffic and the rules of the road. Remember to cross at crosswalks, walk facing traffic, and stay either on the sidewalk or the shoulder of the road.

Thank you for participating. Housing is a serious need in our community and by joining this Walk you will make a valuable difference.

Cape Cod Council of Churches; Champ Homes; Chatham Ecumenical Council For The Homeless; Community Development Partnership; Falmouth Homeless Prevention Program; Friends of Prisoners/Guindon House; Harwich Ecumenical Council for the Homeless; Homeless Not Hopeless; Housing Assistance Corporation; Homeless Prevention Council; St. Vincent De Paul Society

www.murrayhousingwalk.org