

SUSAN G. KOMEN 3-DAY® EVENT INFORMATION SHEET



(Walker Version)

To Whom It May Concern:

Your patient has signed up to participate in the Susan G. Komen 3-Day®. The Komen 3-Day is committed to the safety and well-being of all participants and, therefore, it is important to us that you understand all the particulars about this event in order to make an informed decision about whether your patient may safely participate.

This event is a 60-mile walk that takes place over the course of three days with the mileage for each day being approximately 20 miles. The terrain can vary from flat ground to hills, and walking may be done on a variety of surfaces such as sidewalks, shoulders of streets, beach paths, etc.

Walkers have as many as 10 – 12 hours to complete each day's mileage, generally from sunup to sundown. Depending on the dates of the 3-Day®, walkers participate in a variety of weather conditions from heat and humidity to cold, wind and rain. There are pit stops and a lunch stop every three to four miles along the route where the walkers may rest and get food, fluids and basic medical care. For those walkers who are unable to complete the mileage each day, vehicles are available to transport them into camp.

A volunteer crew transports gear to the campsite and all meals are provided while on the event. Participants sleep in two-person tents in the campsite on Friday and Saturday evening, with the exception of Philadelphia, which will take place entirely in hotels. All participants have access to a comprehensive health services team in the event camp, comprised of doctors, nurses, EMTs and sports medicine professionals.

If participating as a 20-Mile Walker, the participant will only join on the Sunday of the event weekend, with the option to sleep at camp on Saturday night.

Although the staff and crew of the 3-Day make every effort to provide a safe and comfortable environment for the participants, the 3-Day is still a difficult endurance event. Thank you for considering the details of the event as well as your patient's medical history when advising your patient on his/her participation.

Sincerely,

Rene' Tamayo
Event Operations Senior Manager
Susan G. Komen 3-Day

SUSAN G. KOMEN 3-DAY® EVENT INFORMATION SHEET



(Crew Version)

To Whom It May Concern:

Your patient has volunteered to participate as a crew member in the Susan G. Komen 3-Day®. The Komen 3-Day is committed to the safety and well-being of all participants and, therefore, it is important to us that you understand all the particulars about this event in order to make an informed decision about whether your patient may safely participate as a volunteer crew member.

The 3-Day® is a 60-mile walk that takes place over the course of three days with the mileage for each day being approximately 20 miles. Your patient will be part of the all-volunteer crew that works very hard to make sure that the needs of the walkers are met during the event.

Depending on the crew team to which he/she is assigned, a crew member's duties may include working outdoors, being up very early in the morning and staying up until late at night, heavy lifting, standing for long periods of time, transporting gear for the walkers, or other activities to prepare for and support the 3-Day event and its participants. Your patient will be able to describe to you the specific crew team to which he/she has been assigned, the particular duties this assignment entails and the physical nature of these duties.

Depending on the dates of the 3-Day, crew members participate in a variety of weather conditions from heat and humidity to cold, wind and rain.

All meals are provided while on the event. Participants and crew members sleep in two-person tents in the campsite on Friday and Saturday evening, with the exception of Philadelphia, which will take place entirely in hotels. All participants and crew members have access to a comprehensive health services team in the event camp, comprised of doctors, nurses, EMTs and sports medicine professionals.

Thank you for considering the details of the event as well as your patient's medical history when advising him/her on whether to participate as a volunteer crew member.

Sincerely,

Rene' Tamayo
Event Operations Senior Manager
Susan G. Komen 3-Day