

**Katie Grant:**

You're about to embark on an amazing journey in the fight against breast cancer. You've already made the commitment, and raised the money and of course you're training. Please tell me you're training, right? So, you're almost there!

Thank you so much for your enthusiasm and your commitment.

I'm Katie Grant, and as a past Susan G. Komen 3-Day® walker myself, I'd like to share with you some things you need to know.

**Take your safety seriously.**

Beyond the funds and awareness raised for breast cancer, I'll be the first to tell you that "awareness" also applies to your surroundings when participating in the Komen 3-Day. Our first priority is your safety.

**Take responsibility for your own well-being.**

We are prepared for the fact that some of you may need medical attention. You must be prepared for that fact as well. The only person who can keep your feet happy and your body hydrated, safe and out of the medical tent is YOU.

**Dr. Michelle Look**

The two biggest medical problems we see on the event are dehydration and blisters.

**Dehydration**

Dehydration is an excessive loss of water from the body. It is caused by not providing your body with enough fluids. Dehydration can quickly become very serious. If you're feeling thirsty, you should stop, rest and drink some fluids.

**Drink when you are thirsty.**

The key to preventing dehydration is to drink when you are thirsty.

Here's another hint: You should become very familiar with the inside of a porta-potty. If you aren't urinating at every other pit stop, or you notice your urine is dark, you may not be drinking enough.

**Hyponatremia**

Hyponatremia is less well known, but it can be very serious. Hyponatremia is caused by a failure to replace the salt that you lose through sweating. It is highly dangerous and difficult to diagnose. If it goes untreated, it can lead to mental status changes and seizures.

The way to avoid hyponatremia is to drink AND eat something that contains electrolytes—namely, sports drinks AND food with salt. Not eating is not an option.

If you at any time feel thirsty, weak or light-headed, nauseous or disoriented; or if you experience a rapid heartbeat, rapid breathing, headaches or vomiting, STOP WALKING IMMEDIATELY and ask for assistance.

On a hot day on the 3-Day®, it is not uncommon for many walkers to be treated for dehydration and hyponatremia by our Medical Crew. Some of those walkers will go to the hospital. Don't be one of them.

Both of these conditions are preventable, if you drink water and sports drinks and eat foods containing salt throughout the day.

You must be eating and drinking to replace fluids and salt. And also to give you energy. Only you can keep yourself out of the hospital.

Avoid the IV. Drink when you are thirsty. Eat before you are hungry.

### **Blisters**

Ask any walker: blisters are one of the biggest problems on the event. Blisters are caused by friction. Reduce the friction and you reduce the blisters. Here are some tips to help keep your feet happy and walking.

Lubricate your feet. Petroleum jelly or anti-chafing products such as BODYGLIDE® can be applied to your feet before you put on your socks so that your feet glide rather than rub.

Dry your feet. Cornstarch or talcum powder can decrease moisture on your feet and keep them from sweating. Carry an extra pair of socks to change into at lunch to keep your feet dry.

If you feel pressure, tenderness or heat, stop and check your feet. You may have a hotspot. This red, tender area is a potential blister. Cover the hot spots with moleskin, tape or a bandage.

If a blister has already formed, protect it with a 2<sup>nd</sup> Skin® cushion or blister bandage. Large painful blisters may need to be lanced.

For your safety, please do not lance blisters in your tent. This should be done in the medical area by a member of the medical crew.

### **Stretch. Stretch. Stretch.**

Stretching is important to help prevent muscle injury and soreness. Stretch while waiting for the porta-potty. Stretch at stop lights. Stretch when you come into camp. Get it? Stretch! And remind everyone around you to stretch as well. One of the best parts of the 3-Day is everyone taking care of each other.

### **Pack smart.**

Consider your safety before you even take a single step. Pack smart. Sunscreen, lip balm and a hat are essential items for your fanny pack. And of course, don't forget your water bottle.

### **Medication**

Over-the-counter medication should be used with caution and the recommended dosage should not be exceeded. The recommended dosage of ibuprofen is two 200 mg tablets every 8 hours. The dosage of acetaminophen is two 500 mg tablets every 6 hours.

**Katie:**

## **On the road: stay alert, stay alive!**

On the 3-Day, you're not walking alone; you're sharing the road with hundreds of vehicles and thousands of walkers. So you must take extra caution and make a conscious effort to stay alert and attentive at all times.

## **Safety Monitors**

Along the route there will be fellow walkers designated as "safety monitors." These volunteers will be wearing badges to identify themselves as someone who wants to help remind everyone to walk safely. If they ask you to do something, please listen to them.

Often the route will take you down a busy city street, across a major intersection and through highly populated areas. Remember what your Mom used to tell you: be careful at the intersections, look both ways before crossing the street and obey traffic signals.

At intersections, make sure you make eye contact with drivers before crossing the street. Most importantly, walk defensively; anticipate potholes, uneven or cracked sidewalks, curbs, speed bumps, tree roots and even cyclists.

And always pass on the left. Let the walkers in front of you know you're coming by calling out "on your left." Use good judgment. NEVER pass if doing so puts you or the person you are passing into harm's way. If you hear someone behind you say "on your left," please move to the right to allow the person to pass.

Also, please leave room for vehicles to get past you and other walkers. Don't walk in large bunches. If walkers are four-, five- or six abreast, you can create a serious traffic hazard. Use sidewalks or pathways, unless specifically directed to walk on the street.

## **In case of emergency, call 911.**

In an emergency call 9-1-1 first, then the phone number on your credential.

## **Pit Stops and Grab & Gos**

Approximately every 3 miles along the way, you will find a pit stop or a grab & go. Grab & gos offer porta-potties, water and sports drinks. Pit stops are larger and include the same amenities as the grab & gos, plus snacks and a medical crew. At every pit stop along the route, practice the three R's: refuel, re-hydrate and relieve yourself!

For your safety, the route has designated opening and closing hours. All route hours, including pit stop opening and closing times, are included on the daily route card and are posted at each pit stop. To ensure that you will have time to complete the route while it is open, you must leave a pit stop before its posted closing time. If you arrive at a pit stop after it has closed, you will be transported to lunch or to camp, depending on which pit stop it is. This is to ensure that we don't have walkers out on the route after dark. If you arrive at a pit stop before its opening time, you will be asked to wait.

## **This is a walk, not a race.**

Remember: the 3-Day is not about rushing to the finish. It's about the journey along the way. So, be conscious of your speed, know the distance for the day and pace yourself accordingly.

## **Sweep Vans**

We have what we call "sweep vans" patrolling the route. If you are unable to continue walking, a sweep van can transport you. If at any point you need medical attention or cannot finish the day, find a safe spot along the route, move over and stop walking. A sweep van will transport you to the next scheduled pit stop. At that point, you may be able to continue walking, or you may be transported by a shuttle to camp.

Remember: you took the biggest step when you committed to the 3-Day. Don't force yourself to walk all 60 miles if you are not physically able to. We want you to be able to walk into the Closing Ceremony with your thousands of new friends.

If you want to be picked up by a sweep van, just step off the route and give them a "thumbs down" signal or place your arms in an X over your head. Remember to hold the signal as the vehicle passes by. Oftentimes, the driver is watching you in their rearview mirror. Don't be alarmed if an event vehicle passes by without stopping. That vehicle may have another, equally important job to do and will radio your location to the command center to let us know where you are. Stay put. We'll come to you.

If you stop along the route but aren't in need of help, just give a friendly "thumbs up" and a wave as the vehicle passes by.

## **Weather**

The 3-Day continues even when the nice weather doesn't! Plan for rain, pack for rain and be prepared to keep walking in the rain. If rain is in the forecast, line your duffle bag with a large trash bag. Put all of your belongings in the trash bag and secure it tightly. If you encounter thunderstorms on the route, seek shelter indoors or under an awning and wait for the lightning and thunder to pass before continuing on.

Severe weather can hit camp as well. We've seen it all—from hurricanes to snow storms, believe it or not. Sometimes weather gets so severe, we have to move everything at a moment's notice using a relocation plan.

If we are forced to relocate the camp, listen to the crew and staff. We'll get you out of harm's way first, and deal with comfort second. Please be understanding. Consider it an adventure. You'll have bragging rights like no one else!

## **At the End of the Day: Camp**

Once you've reached camp, even though you've stopped walking, your body is still working. Your first impulse when you arrive in camp will probably be to get clean, but it's crucial that you re-hydrate and eat before you take that shower. The warmth and steam of the shower can cause fainting, lightheadedness and dehydration.

Continue to stretch once you reach camp. And be sure to drink water and sports drinks throughout the evening. You should definitely wake up at least once in the night to use the restroom. Oh, and please remember to close the porta-potty doors quietly. Your neighbors will thank you!

Keep in mind that your tent is not a good place for an afternoon catnap. Tent walls are like an oven in the hot sun and it is easy to dehydrate while you sleep. Also remember that coffee, tea and soda are diuretics, meaning they rid your body of fluids. So go easy on those caffeinated beverages.

### **Safety is serious business.**

You may think we're being too serious about safety. Last year, we had walkers with broken bones, acute hyponatremia and severe dehydration. It is entirely possible that someone could die on this event. And if you think we're being too serious, then you are the person we're most worried about.

We're so concerned about your safety that we'll ask you to leave if you violate the rules of the event. We've expelled people in the past, and although it's never easy and it's never fun, it's critically important to the safety of everyone else.

Here's a short list of rules that, if broken, are grounds for expulsion from the 3-Day:

### **No Running**

You must walk at all times while on the route. This is a walk, not a race.

### **Obey the Rules of the Road**

You must obey the rules of the road, traffic signals and route signage at all times.

### **No Cell Phones or Headphones While Walking**

The use of cell phones, PDAs, MP3 players, headphones and radios is not permitted while you are walking. These devices distract you from being aware of your surroundings.

### **Follow Instructions**

We will expel participants for disobeying the instructions of, or being abusive to, the staff, crew, volunteers, safety monitors or law enforcement officers during the event. These personnel are here for your safety and they deserve your respect at all times.

### **Properly Dispose of Trash and Recycling**

Please respect the communities we are walking through. We are their guests and we want them to invite us back. Don't drop any trash along the route. Please place it in your fanny pack and toss it in a trash can at your next stop.

### **Changing Lives**

The goal of the 3-Day is to change lives and to save lives. You are part of something big, bold and incredible.

# SUSAN G. KOMEN 3-DAY® SAFETY VIDEO TRANSCRIPT

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So be kind to yourself. Be kind to each other. Listen to your body. Hydrate and stretch. Be aware of yourself and your surroundings. Stay alert, stay in touch with yourself and take care of each other.

Thank you and have a safe event.