

WALKER Handbook



ATLANTA
2-DAY WALK
for

BREAST
CANCER

IT'S A WALK!
A walk to remember.
A walk to meet new people.
A walk to provide support.

A WALK FOR HOPE!
A WALK FOR ATLANTA!

Welcome to the Journey!

It's The Journey, Inc. is a nonprofit organization that raises funds for Atlanta-area breast cancer via their 2-Day Walk and other fundraising events throughout the year.

The Atlanta 2-Day Walk's goal is to give back at least 70% of all money raised on the Atlanta 2-Day Walk for Breast Cancer to Atlanta-based breast cancer support, research, financial assistance, and awareness programs. What makes us unique is that *all money raised stays in and around the Atlanta metro area.*

By joining the Atlanta 2-Day Walk for Breast Cancer, you have become part of a worldwide community of thousands of people working together to fight this terrible disease and improve the quality of life of those suffering with it. The needs are great and the number of lives affected is daunting, but the strength and commitment of the people who are rising to meet the crisis are even more amazing.

This group now includes you!

You're providing inspiration, awareness, and hope, and proving what the world can be if people simply care about each other and act on that caring. We are all on this Journey together! Thanks for "stepping" up and reaching out to help others on the path.



Producer of the:
Atlanta 2-Day Walk for Breast Cancer
180 Allen Road, Suite 201 South
Atlanta, GA 30328
Office: 404.531.4111 | Fax: 404.531.9111
www.2daywalk.org

**This handbook is provided to give you basic information about the
Atlanta 2-Day Walk for Breast Cancer.**

The Logistics

Plan Ahead

In the time before the walk takes place, you will need to fundraise and train for the walk. Don't procrastinate – the sooner you get started, the better. Take advantage of your resources and develop a plan - network with other walkers, join a team, and/or contact the 2-Day office. We are here to help.

Orientations

An orientation is an informational meeting where we'll answer questions about the event and where you'll learn how we support you in your fundraising and training efforts.

We recommend that all participants attend an orientation session or view the orientation online as each year brings changes. We will hold approximately one orientation session a month at the 2-Day office, starting at our Kickoff in March. A schedule of the monthly orientation sessions, training walks and locations is available on the 2-Day website, and in this handbook. If you are a first time walker and have a team of 10 or more members, please call the 2-Day office at 404.531.4111 if you would like to schedule a private orientation for you and your teammates.

Training

The distances may sound long if you're not an avid walker. On your first few training walks, you may wonder what you've gotten yourself into. Don't worry – that happens to almost everyone. You'll have lots of help along the way. With a good training program and some basics like stretching and hydration, those miles will start to feel doable. We have included a training sheet to help you.

Preparing for this type of event takes time and regular, steady training. Start now. You'll find information in this manual and on our website on physical preparation as well as some nutrition and safety tips. In addition, walkers will get guidance and help from their Team Captains, 2-Day Coaches, other 2-Day members, and on our training walks.

Fundraising Minimum

The fundraising commitment **minimum** is due at the 2-Day Open House on Saturday August 23rd. The Open House gives you the opportunity to turn in funds, sign promissory note, and turn in Transfer of Funds forms. This is also the opportunity for a Two Day Walker to switch to a Sunday Walker.

Refund Policy

The registration fee is non-transferable and non-refundable. Donations are non-refundable.

Get Connected

Visit our website at www.2daywalk.org. It's loaded with information about It's The Journey, Inc., upcoming events, training walks and orientation schedules, and more! You can send your donors to the site, where they can donate directly to your 2-Day account online. If you have friends and family who want to join you on the 2-Day, our website is also a great place for them to register.

Training Guide

Getting started

Beginning a walking program is like starting most worthwhile things; it takes time, patience, determination, and a plan. Don't go out the first day determined to walk from Atlanta to Gainesville – take a little time to assess your condition, talk it over with your doctor (particularly if you are undergoing cancer treatment or have any other health issue), and then make a plan to get going and build up slowly.

Walking up to twenty miles a day is a real challenge especially for those who are less active, or don't exercise regularly. Be realistic in your training schedule, but listen to your body. Be committed to training without injury – pushing too hard and hurting yourself is a setback, not a shortcut.

Training Safety

- Carry your ID, an emergency telephone number, a copy of your medical insurance card, your blood type, a cell phone, and/or enough coins for a telephone call
- As you train for the 2-Day, consider training with another walker, join one of the 2-Day teams, and/or participate in weekly training walks! The training walks are listed at www.2daywalk.org
- Make yourself visible when crossing at intersections – MAKE EYE CONTACT WITH DRIVERS BEFORE CROSSING
- When you leave for your walk, let someone know your route and when you'll be back
- Walk facing traffic and utilize sidewalks. Cross only at crosswalks
- Stay out of isolated areas
- If you walk at night, wear bright, reflective clothing or put reflective tape on your clothing and shoes. Don't walk at night in unlit areas and use a flashlight
- Vary your walks. Avoid a set, predictable routine
- If you wear ear phones on your walk, only put in one earplug so you can hear traffic, dogs, etc.
- We have included a "Suggested Training Schedule" (page 4) as a guide to help you

Good habits from the beginning

Stretching, hydration, and proper nutrition are of utmost importance for training - they prevent injury, dehydration and help you achieve your peak performance. Visit the website for nutrition and stretching tips and useful links. Start a basic daily stretching routine, and form the habit of stretching before, during, and after a walk.

Drink plenty of water (several glasses a day, every day) regularly, plus plenty during and after walking. Remember to watch your electrolyte levels, particularly if it's hot. Sport drinks can help avoid an electrolyte shortage. It's important to drink sport drinks while training. Don't wait until the event to drink sport drinks – this can cause illness and can prevent you from finishing the walk.

Above all, don't wait until a few weeks before the walk to begin training!

A steady start

Consult your physician before beginning any exercise program, and ask him what your starting point and target heart rate are. If you are new to walking start out walking for a set time and don't focus on miles. Try starting with a 15 minute walk two or three times a week. When comfortable with that, increase to a 30 minute walk two or three times a week. Then increase to 45 minutes.

While you do need to push yourself to stay with the schedule and steadily improve, the emphasis should be on comfort level. There might be some weeks when your body tells you not to do a long walk, and you should always listen. Increase slowly. Give yourself an option on the longer walks by planning the route so that if you're out several miles and it just turns out to be a rough day, you can cut the distance short rather than risk an injury.

When you are comfortable with a 45 minute walk, start walking with the focus switched to miles. At a 45 minute walk, most people are up to two to four miles. At this point in your training, it's good to start varying the times and distances. Try a six-mile walk once per week and a three-to-four mile walk one to two times a week. If you've signed up early and are training during the winter and spring, keep this level up and don't increase until May. This will keep you in good walking shape without over-training or burning yourself out.

When you're comfortable with a six-mile walk, increase your long, once-a-week walk from six miles to nine, still walking three or four miles once or twice a week. When you're comfortable with 9 miles, increase your long walk to 12 miles. When you've got that down, move your long walk up to 15. (The shorter mile walks one to two times per week should continue through the summer). Finally, increase to an 18 mile walk once a week, still continuing to do at least two shorter walks per week.

In July, you should get in a two-day back-to-back walk to get your body used to going again on the second day – it makes a big difference not having a rest day after that first long one. Try to do this once in July and once in August. The miles should be 15 to 18 the first day and 12 to 15 the second day. Avoid long back-to-back walks a few weeks before the event.

Training should taper off during the last month leading into the walk. Three weeks before the event, your longer walks should be no more than 12-to-15 miles and the shorter ones three or four miles. Two weeks before the walk, cut back to one six-to-ten mile walk and a couple of three-to-four mile walks.

To give your body some rest, stop walking one week before the event. Avoid strenuous exercise just before the event to build up reserves.

Other types of exercise

In addition to walking, yoga, and other types of aerobic exercise can be used effectively to train. Swimming and pool exercises are particularly effective for people starting with low leg or ankle strength, or who have joint problems or arthritis.

Gym exercise such as stair-stepping or aerobic dance is also good conditioning for long distances. Any activity that works your cardiovascular system will help, particularly if you maintain an elevated heart rate for at least thirty minutes.

It is vital to get out and walk, and walk on a regular basis through the six months leading up to the event. Nothing else will toughen up the right muscles and develop the specific type of endurance needed for two days of walking.

The 2-Day is here to help. Please call if you have any questions or concerns.

Suggested Training Schedule

1. Before beginning any training work out, check with your doctor.
2. Start your training schedule with the focus on time and not miles.
3. 15 minute walk, 2 - 3 times a week.
4. When comfortable with that, increase to 30 minutes, 2 – 3 times a week.
5. Increase the 30 minute walk to 45 minutes, 2 – 3 times a week.
6. When comfortable with a 45 minute walk, start walking with the focus switched to miles.
7. Start varying the times and distances. Try a 6-mile walk once per week and a 3 – 4 mile walk one or two times a week.
8. When comfortable with the 6-mile walk, increase your once-a-week 6-mile walk to 9-miles. Continue to walk 3 – 4 miles once or twice a week.
9. After a few weeks increase your one a week 9-mile walk to 12 miles.
10. When comfortable with the 12 mile walk increase your once-a-week 12-mile walk to 15 miles once a week. Continue with the shorter mile walks once or twice a week through the summer.
11. In July get in a two-day back-to-back walk to get your body used to going again on the second day – it makes a big difference not having a rest day after the first long one. Try to do this in July/August. The miles should be 15 – 18 miles the first day and 12 – 15 miles the second day.
NOTE: Avoid long back-to-back walks a few weeks before the event.
12. Training should taper off during the last month leading into the walk. Three weeks before the event, cut back the longer walks should be no more than 12 – 15 miles and the shorter ones 3 – 4 miles. Two weeks before the walk, cut back to one 6 -10 mile walk and a couple of 3 – 4 mile walks.
13. To give your body some rest, stop walking at least one week before the event. Avoid strenuous exercise just before the event to build up reserves.

Training Tips to Remember

- Stretch, stretch, stretch! Remember to stretch before, during and after a walk.
- Drink plenty of fluids, both water and sport drinks.
- Dress for walking with comfortable shoes, socks and clothes that wick moisture.
- Have scheduled turnaround points for longer walks and in a group, have someone watching the front and back walkers.
- *LISTEN TO YOUR BODY* and do not push it if you do not feel up to a long walk.
- Follow the nutrition tips on the web site

Our Journey Begins

Saturday/Sunday Route Departure Check-In

On Saturday/Sunday morning (prior to the Opening Ceremony) all walkers are required to pick up their credentials with **Route Departure** before beginning the walk. All walkers must check back in with **Route Return** at the end of the walk. On Sunday morning, all walkers must check-in must check-in with Route Departure before starting the walk and check back in with Route Return at the end of the walk to collect a victory shirt.

Route Departure and Route Return check-in ensures that all participants are accounted for and safe, and that a walker can be found in case of an emergency. If a walker needs to leave the route at any time, they must notify an official 2-Day Crew or Staff member, and check back in when they return. Additionally, if a walker does not participate on a given day, they must notify an official 2-Day Walk Crew or Staff member.

Host Hotel

One of the many attributes to the 2-Day is that you stay in a hotel instead of a tent. Details about the hotel along with other details about your stay will be provided separately.

For Two-Day Walkers, your registration fee includes your Saturday hotel stay. You will have the option to stay in the hotel Friday night for an additional fee. Please note that Sunday Walkers do not stay in a hotel.

On The Way

The 2-Day is challenging, both physically and mentally, but all of the necessities are provided. There will be a breakfast each morning, stops along the way, lunch each day, a hot meal Saturday night, hotel room (two per room), nightly entertainment, route guides and markings, transportation for your gear, medical and emergency support, massage, chiropractic, and physical therapy services, and on-the-route transport should unforeseen circumstances cause you to be unable to finish your day.

B'REST Stops

B'REST Stops will be staffed by crew members along the route. Water, sport drinks, fruit and snacks will be available to keep you fueled for your journey. Portable toilets are located at each B'REST Stop (about every two miles). Please note, only walkers and crew are allowed at the B'REST Stops.

If You Are Unable To Continue

If you choose not to continue or need assistance along the route there will be assistance vehicles to pick you up and take you to the next B'REST stop, to lunch or back to the host hotel.

As the first day comes to a close, vehicles will pick up any walkers who are still on the road so that no one is left out after dark. On Sunday, to insure that all walkers and crew come in for lunch and the Closing Ceremonies, vehicles will be out on the route picking up the last walkers.

Medical Emergencies

If you or anyone around you becomes seriously injured or sick, call 911 first. Then immediately report any medical emergencies to a member of the staff or crew. We have a full crew of volunteer medical professionals, and there will be a doctor, EMT, or paramedic available at a nearby B'REST Stop or riding along the route. The crew and medical staff will have access to local emergency facilities for more serious injuries – but again, ALWAYS CALL 911 FIRST to get help on its way.

Emergency Contact for Families

If someone who is not on the walk needs to reach you, such as a family medical emergency at home, there will be a number they can call in order to get a message to you. That number will be provided to you just before the event so you can pass it along to your family. Please remember that it is an emergency-only line and should not be used for routine messages.

Weather

The walk goes on, rain or shine! The only weather that would (temporarily) slow us down would be a warning from the National Weather Service or other serious weather event that could pose a danger to the walkers and crew. With a little luck we'll have two crisp, bright Atlanta autumn days, but be prepared for rain or very hot weather. Bring practical rainwear (no umbrellas), an extra pair of socks, and make sure anything you carry is placed in a waterproof zipper bag (i.e. papers, wallets, and those extra socks)! Bring sunscreen to protect against sunburn.

The Grand Finale

On Sunday afternoon, we'll gather at the finish area as walkers come in. As closing time approaches, vehicles will bring in the remaining walkers so that the whole group is there and no one misses lunch and the festivities. Encourage your friends, family, and sponsors to gather at Closing Ceremonies to cheer your arrival - they will be part of an unforgettable, moving experience.

Meals

The Atlanta 2-Day Walk for Breast Cancer has a custom menu for the entire event. All the meals are free - just show your walker or crew credentials. Breakfast is available at the start on Saturday and Sunday morning. Lunch is served on the road at the Lunch B'REST Stop both days and dinner is served Saturday night. Please note that if you prefer vegetarian meals, you must let us know. If you need to change your selection to vegetarian, please call our office before the walk at 404.531.4111.

Toilet Facilities

Portable toilets will be set up at the B'REST Stops along the route.

Luggage

While we would encourage you to arrive Friday afternoon and stay at the hotel, we realize some will come early Saturday morning ready to walk. We will have a luggage room where your bags will be safely kept until you check-in to your hotel room after the walk.

Other Services

The B'REST Stops and the host hotel will have services for anything you might need on the event, including a lost and found, general information, medical professionals, and a general store.

Evening Entertainment

On Saturday evening, we will have a fun night of entertainment planned with music and dinner.

Event Policies

Please adhere to the following policies as they exist to ensure a positive experience for everyone.

Refunds

The registration fee is non-refundable and non-transferable. Donations are non-refundable.

Medical Matters

Before the event you will be required to fill out a confidential medical questionnaire and show proof of medical insurance.

Identification

All participants must wear their credentials on the outside of clothing for the duration of the event.

Saturday/Sunday Check-In

On Saturday/Sunday morning (prior to the Opening Ceremony) all walkers are required to pick up their credentials with **Route Departure** before beginning the walk. All walkers must check back in with **Route Return** at the end of the walk. On Sunday morning, all walkers must check-in must check-in with Route Departure before starting the walk and check back in with Route Return at the end of the walk to collect a victory shirt.

Route Departure and Route Return check-in ensures that all participants are accounted for and safe, and that a walker can be found in case of an emergency. If a walker needs to leave the route at any time, they must notify an official 2-Day Crew or Staff member, and check back in when they return. Additionally, if a walker does not participate on a given day, they must notify an official 2-Day Walk Crew or Staff member.

Route Hours

Opening Ceremony begins at 7:00 AM. Walkers begin walking on the route AFTER the Opening Ceremony.

As the first day comes to a close, vehicles will pick up any walkers who are still on the road so that no one is left out after dark. On Sunday, vehicles will make sure all walkers will be in for lunch and Closing Ceremony.

Vehicles

Only official 2-Day vehicles (with proper permits) will be allowed at B'REST Stops or other crew areas. You should also strongly discourage your friends & family from driving along the 2-Day route. Pulling over or honking at walkers creates a safety hazard.

Cheering Stations

There are Cheering Stations along the route for your family and friends to support you without creating a traffic jam or safety hazard. Please ask your cheering squad to use these and to follow the directions of the 2-Day crew members. Remember, we're getting hundreds of people safely through areas that will sometimes be crowded and confined. The locations of the cheering stations will be posted on the website prior to the event.

Please note that only walkers and crew are allowed at the B'REST Stops.

Guests

You can have visitors at the hotel, but not in the rooms. To be considerate of your roommates' privacy, only registered walkers and crew are permitted in the hotel rooms.

Children/Minors

Walkers must be at least 14 years old or older on the date the event commences. Minors 14 to 17 years of age must be accompanied by a parent or legal guardian. Crew and volunteers must be 18 years of age or older.

If You Have To Leave the Event

Participants who wish to leave the walk will be given information on transportation home - the costs of transportation are the responsibility of the participant. Arrangements can be made for those with a medical need.

We are Guests

We will be guests at the hotel and all along the route. We want our hosts, as well as our participants and volunteers, to have a positive and memorable experience. Please follow these rules:

- Don't litter at B'REST Stops or on the road. Trash containers will be provided for snack wrappers, water bottles, etc.
- RECYCLE! We will provide containers at the B'REST Stops to place your empty plastic containers. We want the 2-Day to be known as an environmentally friendly organization!
- Use the portable toilets provided rather than those in businesses along the route.
- Respect the B'REST Stops and local communities through which we will be passing.
- Please - no noise or radios after 9:30 p.m. in the hotel. We'll all want to get a good night's sleep.
- Please sleep in your designated hotel room so that you can be located if necessary. If you have to leave during the night for some reason, be sure that a staff or crew member knows you've left and if you are returning to walk in the morning.
- Be respectful of all staff, fellow participants, and volunteers.

Safety Policies

Our first priority on the Atlanta 2-Day Walk for Breast Cancer is your safety. Watch out for yourself and those around you. Please refer to the training section for information on safety. It's of utmost importance to everyone on the event - walkers, crew and staff alike.

You have a responsibility, not only for your own safety, but also for the safety of everyone on the 2-Day.

- Remember that walking in a group is different than walking by yourself. Your behavior affects others' lives, as well as your own.
- The road is not closed to traffic during the Atlanta 2-Day Walk for Breast Cancer or training walks. Please use caution when walking near motor vehicles.
- Please cooperate with the 2-Day Staff and Crew, and local law enforcement at all times on the Walk.

Earphones/Cell Phones/Radios

For safety reasons, 2-Day participants are never permitted to wear earphones or use radios or cellular phones while walking. You can carry a cell phone for emergencies or to contact family on breaks. If you must make a call, please step out of the way of traffic and other walkers.

Laws, Alcohol and Drugs

2-Day participants are expected to obey all laws. 2-Day participants are never to be under the influence or may be in possession of alcohol or drugs (except for medications prescribed for you by a doctor), while on the event.

Fundraising

The First Step is to Ask!

Just jump right in. Even if you're not a veteran fundraiser, your genuineness and the value of your cause will shine through. Ask for a reasonable amount – don't hesitate to encourage people to give generously, but let people know that whatever they can give is important and appreciated. If you're unsure where to start, ask the 2-Day staff or others involved with the walk.

There are a lot of ways to ask: sending letters or emails out to your friends, a group or community, asking acquaintances, co-workers, or groups you're involved with to help, speaking or distributing literature at public events, posting information in public places or on websites, holding fundraising parties, and many more creative methods that might work for you. Whatever you do, remember that the first step is to ask as many people as you can reach, and with as positive and as clear a message as possible. Your only limit is your imagination!

Track Your Fundraising Efforts On-Line

If you know how to use a mouse and keyboard, you'll find it easy to build your own webpage at www.2daywalk.org that tells your friends about your goals and how they can help. Customize it with "point and click" artwork and insert your own photos.

Your personal webpage automatically honors those who donate through your email campaign and tallies your total fundraising in real time. The fun really gets going when your friends compete to become leading donors, or as a team, trying to out-do other teams. Make sure that your walker number is on every donation form that you send or give out! This ensures that they are properly credited to your balance.

Know the Facts

People may have questions about the cause and may want to know about how these funds help or what efforts are currently being made in the various areas of need. Don't assume that potential donors know all about the problem or the programs under way - put clear, concise information in your letters and discussions. There are good resources on the website for statistics and facts, and the staff can fill you in on any details. Keep current on the main issues, and make yourself a pocket card or notebook with the main statistics and numbers. Being well informed assures people that they are giving their money to people who will use it responsibly. You can print off a list of the organizations that are being helped with the funds you are raising.

Remember to Thank your Donors

Treat your donors well. Let them know that their contributions are meaningful and appreciated, no matter what amount they give. Here are a few things you can do:

- Create a newsletter or journal to let them know about your fundraising progress
- Direct them to your personal home page
- Invite them to Closing Ceremonies

- Send them a thank you note with photos of the event
- Invite them to go to our website, www.2daywalk.org, to find out more about the event and cause
- Send each donor a pink ribbon or a 2-day pin

Sample Fundraising Letters

Please visit www.2daywalk.org for sample fundraising letters.

The Cause

About Breast Cancer

According to the American Cancer Society, over 211,240 women in the United States will be diagnosed with breast cancer, and over 40,000 will die. Most of them (80%) won't have any genetic predisposition to the disease. It will be detected with a mammogram, during a visit to the doctor's office, or in a self-exam at home, if it's detected at all. In Georgia, 6,080 women will be diagnosed and 1,130 will die.

Less than a third of American women follow the recommended guidelines for self-examination and regular mammography. Many of them don't have access to a doctor, or are too afraid of the results to find out.

But finding out is crucial - more than 96% of women who are diagnosed with breast cancer at an early stage survive for more than five years. The death rate from the disease is declining and more people are surviving. But in order to do so, they need access to medical care, screenings, education and treatment. And we ultimately need a cure.

Breast cancer does not discriminate. 1,500 men will be diagnosed with breast cancer, and 400 will die from the disease.

Some Important Statistics

- 1,000,000 women in America are living with undetected breast cancer
- In America, a new case of breast cancer will be diagnosed every three minutes. Every 13 minutes, the disease will claim another life
- One out of every eight women in America will develop breast cancer in her lifetime. That's up from one out of 14 in 1960
- Over 70% of breast cancer cases occur in women with no identifiable risk factors
- Breast cancer incidences increases with age, rising sharply after age 40. About 80% of invasive breast cancers occur in women over age 50. The average age at diagnosis is 64
- A screening mammogram is a simple, low-dose x-ray procedure that can reveal breast cancer at its earliest stage — up to two years before it's large enough to be felt. Yet in 1997, a survey showed that only 58% of women age 50 and older had received a mammogram within the last year.
- Of all the breast lumps biopsied in the United States, over 80% turn out to be benign. Nevertheless, all irregularities should be examined by a physician
- The five-year survival rate for patients treated for early-stage breast cancer is 96%. Over two million breast cancer survivors are alive in America today.

Why the 2-Day?

Our goal is to give back "at least" 70% of all money raised on the 2-Day. And the best news of all...

it stays in our Atlanta community supporting non-profit breast cancer organizations. You can view a list of the organizations that we have been able to help online at www.2daywalk.org.

The net proceeds of the money raised by the walkers, crew, and sponsors, will benefit the Atlanta area breast cancer community, with an emphasis on support, research, education and awareness programs.

Detection Facts

Every woman is at risk for breast cancer.

The risk of developing the disease increases as a woman ages, if she has a family history of breast cancer, has never had children or had her first child after age 30, and if she has had prior treatment with radiation therapy for Hodgkin's disease. **However, over 70% of cases occur in women who have no identifiable risk factors.**

Breast cancer may not be prevented, but it can be treated when detected at an early stage.

Regular screening is critical to identify a problem at an early stage, when it is most treatable. All three of the following steps should be practiced faithfully:

- Annual mammograms beginning at age 40 (or earlier, depending on family history)
- Annual clinical breast examinations by a medical professional trained in the proper examination technique
- Breast self-examinations once a month, several days after the menstrual period, or after menopause, on the same day every month.

A mammogram and a clinical breast exam can be scheduled without a doctor's referral.

All women are entitled, by federal law, to receive reports of the results of their mammography examinations.

If any irregularities in the screening process are reported to you by your doctor, or by the radiology facility where you had your mammogram, it is important to follow up immediately with the appropriate diagnostic tests and other suggestions your health care provider makes.

Mammograms should be obtained through facilities that are certified by the US. Food and Drug Administration (FDA). To verify a center's certification, or obtain a list of certified facilities, call the National Cancer Institute, at 800.4.CANCER.

2008 Calendar of Events

March

25 **Kickoff Week: Open House**
2-Day Office
180 Allen Road, Ste. 201 South
Atlanta, GA 30328
Please check www.2daywalk.org for more details.

27 **Kickoff Week: Breast Event Ever**
Park Tavern
500 10th Street NE
Atlanta, GA 30309
Please check www.2daywalk.org for more details.

29 **Kickoff: Orientation & Training Walk**
Maggiano's Little Italy—Buckhead
3368 Peachtree Road
Atlanta, GA 30326-1009
Please check www.2daywalk.org for more details.

April

19 8:00 am Orientation Session
9:00 am 3-6 Mile Training Walk
2-Day Office

26 9:00 am 3-6 Mile Training Walk
2-Day Office

May

17 8:00 am Orientation Session
9:00 am 3-6 Mile Training Walk
2-Day Office

31 9:00 am 3-6 Mile Training Walk
2-Day Office

Please note the training walks time change.

June

14 7:00 am Orientation Session
8:00 am 6-9 Mile Training Walk
2-Day Office

28 8:00 am 6-9 Mile Training Walk
2-Day Office

July

12 7:00 am Orientation Session
8:00 am 6-12 Mile Training Walk
2-Day Office

26 8:00 am 6-12 Mile Training Walk
2-Day Office

August

9 **Atlanta Breast Cancer EXPO & Health Fair**
presented by It's The Journey, Inc.
Marriott Atlanta Marquis

23 **2-Day Open House**
2-Day Office

September

6 7:00 am Orientation Session
8:00 am 6-12 Mile Training Walk
2-Day Office

19 Mandatory All-Crew Meeting

20-21 6th Annual Atlanta 2-Day Walk for Breast Cancer
Marriott Atlanta Marquis

October

1-31 Atlanta Breast Cancer Challenge



It's The Journey, Inc.
d.b.a. Atlanta 2-Day Walk for Breast Cancer
180 Allen Road, Suite 201 South
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www.2daywalk.org