



2 DAYS, 39.3 MILES
LET'S DO THIS

AVON

**39 THE WALK TO END
BREAST CANCER**

BENEFITING THE AVON FOUNDATION FOR WOMEN. A 501(C)(3) PUBLIC CHARITY.

**EVENT
101**

NEW

YORK

2015

**EARN
YOUR
WEEKEND**

CRUSH YOUR FUNDRAISING

- **Hit \$1,800 and Skip the Line!**
 - Early Check-In: Opened August 24th and ends September 21st
 - \$1,800 in your fundraising account, completed your Medical Form, & select your tenting preference to be eligible
 - Decline tenting if you want to stay in a hotel
 - Shuttle pass available to purchase in Participant Center
- **Need Help?**
 - We're here. Call your **Walker Coach** – 617 722 4140.

LET'S GET PACKING

- **On the Route:**
 - Fanny Pack with your AVON 39 Essentials
 - ID, Wallet, Insurance Card
 - Water Bottle, Sunscreen, Extra Socks
- **In Your Gear Bag (30 lbs or less!):**
 - Sleeping Bag
 - Toiletries (toothbrush, toothpaste, etc)
 - Clothes for Day 2
 - Flashlight/Headlamp
 - Warm Layers for crisp October nights



- **QUICK TIPS:**
 - Bring something to identify your tent
They all look the same at 9 PM!
 - Pack for all types of weather
We walk, Rain or Shine!

CHECK-IN FRIDAY OCTOBER 16TH, 2015

NEW YORK HILTON MIDTOWN

1335 Avenue of the Americas (6th & 54th)
New York, NY 10019
3:00 – 8:00 PM

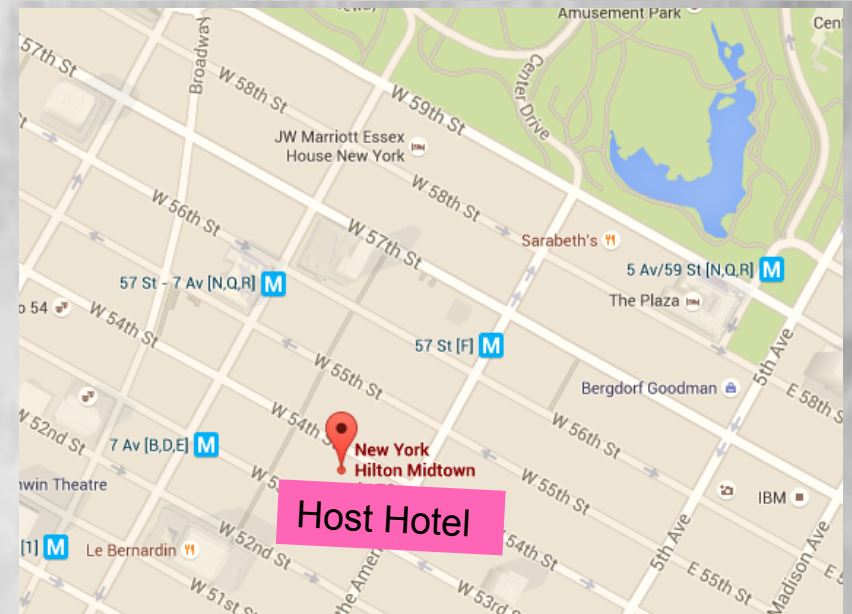
What to Bring With You:

- Print out of current donation total to date
- Photo ID
- Any extra donations with accompanying COUPONS
- A credit card, if you plan to sign the Fundraising Commitment Pledge
- Medical Form, if not submitted electronically
 - If your medical form indicates an "Incomplete," you'll need to first stop by the Medical Table.



STAYING IN THE CITY

AVON 39 Host Hotel: New York Hilton Midtown



Room Block

AVON 39 participant rates:

- Friday night rates are \$379 + tax per night for a single or double room, \$399 + tax for a triple room, or \$419 + tax for a quadruple room.

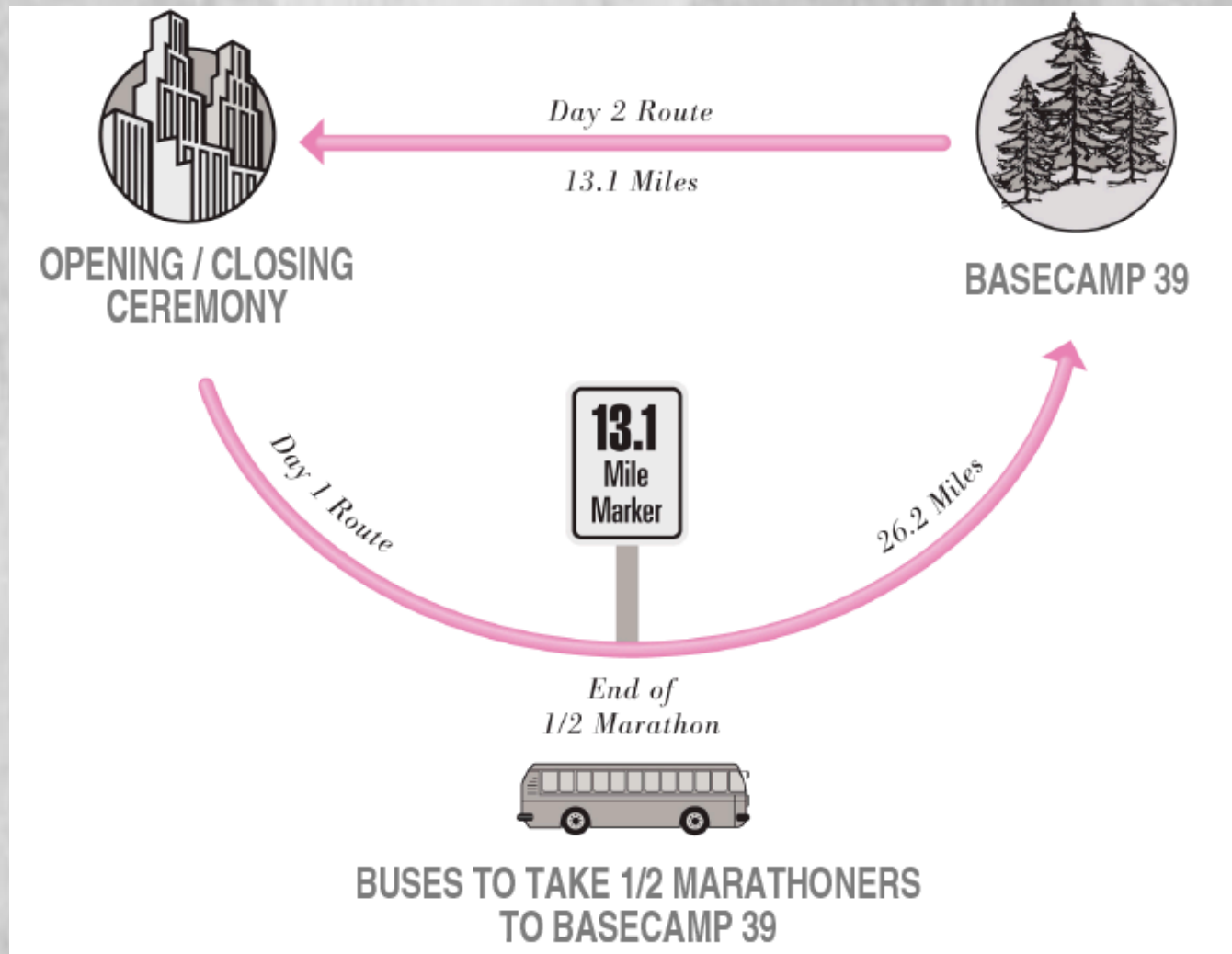
SHUTTLE SERVICES

for participants only

- **Saturday morning:** Shuttles to Opening Ceremony from Hotel begin at 4:00am and run until 5:30am.
- **Saturday evening:** For those participants who choose to leave the event for the night, Shuttles will leave Basecamp 39 to return to the Hilton beginning at 4:00pm with the last departure leaving at 8:00pm.
- **Sunday morning:** Shuttles back to Basecamp 39 from the Hilton run from 5:30-6:30am.
- **Sunday afternoon:** Shuttles will begin at 12 noon and continue after Closing Ceremonies back to the Hilton, to Penn Station, to Grand Central, and to Port Authority Bus Terminal.

Shuttles on Saturday evening and Sunday morning require the one time purchase of a \$20 shuttle pass, available at Early Check-In, Check-In Friday, and Basecamp 39.

EVENT OVERVIEW



AVON 39 WEEKEND

OPENING CEREMONIES



39ers should plan to arrive at Pier 84 between 5:00 – 6:00 AM.

The Opening Ceremony begins promptly at 6:15 AM and we begin our 39 at 6:45 AM.



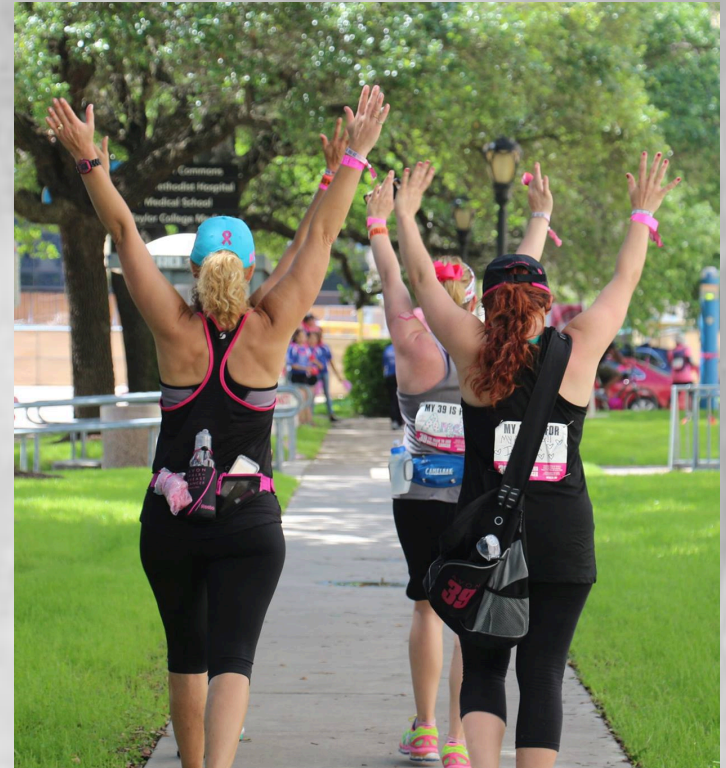
Drop off your gear at your assigned gear truck indicated on your participant wristband and luggage tag.

Grab a breakfast snack, fill up your water, and get ready to walk!

AVON 39 WEEKEND

REST STOPS AND WATER STOPS

- **Rest Stops:** Refill your water bottle, grab a snack, use the bathroom, or receive medical attention, plus enjoy their amazing decorations!
- **Water Stops:** Located in-between Rest Stops stop to refill your water bottle, use the restroom, and keep on moving.
- **Pace:** keep track of your pace and try to walk at least 3.2 MPH.



Avon 39 WEEKEND LUNCH

Lunch will be provided on both days of the Walk Weekend. At the lunch stop, participants are provided with water, Gatorade, a bagged lunch, basic medical services and portable toilets.



AVON 39 WEEKEND SWEEP



- Sweep Vehicles will transport Walkers behind pace to the next Rest Stop or Water Stop. If you need a break or a helping hand, our Sweep Crew are here to help!
- Rest Stops and Water Stops have closing times so if you fall behind pace, our Sweep team can sweep you ahead.

AVON 39 WEEKEND

BASECAMP 39

Basecamp 39, located at Randall's Island. Here you'll find your gear and the following services waiting for you.

- A warm meal for both breakfast and dinner with vegetarian options!
- You'll have an assigned tent and a tent mate; where you can get some well deserved rest and sleep
- Plenty of portable toilets, hot showers and sinks with running water and mirrors
- Medical services available (Athletic trainers and Sports Medicine Professionals)
- SHOP 39 store for great AVON 39 gear (net proceeds go directly back to the Avon Foundation)
- Relaxation Zone with foot massagers, temporary tattoo parlor, AVON 39 Lounge with games and magazines and charging stations for your cellphones, and a Dinner Program!
- Time to visit with others and make new friends



AVON 39 WEEKEND

DAY 2



- Get Up, Get Fed, Get Going by 7:45 AM
- Walk up to 13.1 miles to Closing Ceremonies
- Water Stops and Rest Stops along the Route and Lunch will be provided at Closing Ceremonies.
- Sweep Vehicles also out to get to your final destination.

AVON 39 WEEKEND

CLOSING CEREMONIES

2:30 PM at Pier 84.

Celebrate your hard work, dedication, and success and see the funds you raised put to work right away!

Friends and family are invited to join us and celebrate your accomplishments



FOR YOUR SUPPORT TEAM

- Cheering Stations are located in your AVON 39 Event Guide. Pass along so Family and friends can safely cheer you on throughout the weekend.
- Visitors are always welcome to attend the **Opening and Closing Ceremonies** at Pier 84.
- **Basecamp 39** closes to visitors at 7:30 pm - Dinner is only provided for our participants, encourage family and friends to pack a picnic.



FINAL THOUGHTS

- **Bring a water bottle.** Water and Gatorade are provided but water bottles and cups are not
- Remember to hydrate (water and Gatorade)
- Please don't injure our gear team -**30lb bag ONLY**, including your sleeping bag
- Reminder to review packing list
- **Be aware of your surroundings** while walking. Step to the side to take photos or use your cell phone
- Please follow Staff instructions, they are given for your safety!
- Call your Walker Coach if you have any questions - 617 722 4140.