



Volunteer Manual
3 day, 50 mile
Closer to The Cure!

Friday, June 4 — Sunday
May 6, 2010

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One Step Closer to The Cure



Heartland Border Walk 2010

Welcome to the Heartland Border Walk for Multiple Sclerosis 2010!!!

Are you ready to make a difference in your life or the life of someone affected by Multiple Sclerosis?

As you prepare for the weekend of June 4, 5 and 6th, remember that we all have one common goal: we want the safest, smoothest, best supported and most enjoyable fundraiser in the history of 50 mile walks! We can accomplish this by working together, being flexible, being positive and paying very close attention to the information in the orientation manual. The following pages will tell you how to be a self-sufficient volunteer.

The Border Walk will physically and mentally challenge everyone involved. It will be an uplifting, memorable weekend for the walkers and volunteers alike. You will laugh, cry and make friends to last a lifetime. Most of all over the three days, you will make a difference in someone's life that is affected by Multiple Sclerosis.

As a thank you for volunteering, you will receive a Heartland Border Walk 2010 volunteer t-shirt. This will identify you as a source of help and information to the walkers.

The **100% volunteer** organization has put together an extraordinary weekend for everyone!

Thank you,

Sherry Wollschlager

Volunteer Coordinator

thank you!

frequently asked questions

Check-in Schedule		FRIDAY
location	who	time
	Morning Check-in Crew	5:15 am
	Bicycle Crew	6:00 am
	Signage Crew	6:00 am
	Truck Drivers	6:00 am
	SAG's	6:30 am
	Motorcycles	6:30 am
	Overnight set-up	12:00 pm
	Dinner Service	5:00 pm
	Rest Stops	Per Assignment

Saturday		
location	who	time
	Morning Check-in Crew	5:15 am
	Bicycle Crew	6:00 am
	Signage Crew	6:00 am
	Truck Drivers	6:00 am
	SAG's	6:30 am
	Motorcycles	6:30 am
	Overnight set-up	12:00 pm
	Dinner Service	5:00 pm
	Rest Stops	Per Assignment

Sunday		
location	who	time
	Morning Check-in Crew	5:15 am
	Bicycle Crew	6:00 am
	Signage Crew	6:00 am
	Truck Drivers	6:00 am
	SAG's	6:30 am
	Motorcycles	6:30 am
	Pre-Finish Chick-in	9:00 am
	Final Ceremony Set-up	10:00 am
	Rest Stops	Per Assignment

- What Should I Bring to the Walk?**

 - Sunglasses and sunscreen
 - Lip Balm
 - Folding Chairs
 - Hand sanitizer
 - Insect repellent
 - Comfortable shoes
 - Water bottle
 - Umbrella for shade
 - Favorite snack for yourself

Can volunteers stay at the overnight location also?

Yes, you are welcome to camp overnight with the walkers. Make sure to bring a sleeping bag or small inflatable bed. Showers are available on site as well. Arrangements have also been made at the Best Western, Olathe. Contact them directly at 913-440-9762 to make your reservations for \$80/night.

Where do I park?

You may park near your rest stop, safety point or position along the route. There is plenty of parking.

Can we stay for closing ceremonies?

Yes, in fact we welcome all volunteers from the weekend to the finish line on Sunday, June 6th at 11:30 am. Walkers are scheduled to arrive around 12:00 pm.

weekend event schedule

Day 1: Friday, May 28, 2010
To Be Determined

Day 2: Saturday, May 29, 2010
To Be Determined

Day 3: Sunday, May 30, 2010
To Be Determined



volunteer information

Volunteer Positions:

Miscellaneous

There are several other tasks that add to the efficiency and fun of the Heartland Border Walk. They include duties such as decorating with chalk, signs and directing traffic.

Safety Patrol

Volunteers will direct walkers down the correct path, make sure walkers make it across busy intersections. They **DO NOT STOP TRAFFIC**. Only police officers are allowed to direct and stop traffic. The Safety Patrol is only present to make sure walkers get from start to finish without getting hurt or lost.

There may be long periods of time between walkers, please stay at your location until someone tells you the last walker has gone by.

Support and Gear

SAG—Support vehicles will be constantly patrolling the route and be available to transport walkers ahead to the next rest stop or finish line. Please display the official vehicle sign in your front and rear windows.

Overnight and Finish Line Volunteers

Each night and at the finish line we will decorate with a different theme.

Clean Up

Please stay and help us clean up the finish line site. Rest Stop volunteers are asked to clean up their stations before leaving.

Helpful Information:

Start/Finish and Overnight location:

To Be Determined

Meals

All volunteers are welcome to all meals being served throughout the weekend. Please see the schedule on page 5.

Flexibility

We ask the volunteers to be flexible as plans are subject to change! Remember to wear your volunteer t-shirt during the event times. Please complete the volunteer waiver before you begin your assignment.

Severe Weather

If the weather becomes severe and you feel threatened, or the sirens are activated in your area, take cover.

Helpful Tips

You may want to bring these items to your rest stop/safety point site:

- Sunscreen, umbrella, rain gear, bug repellent and blanket
- Chair
- Entertainment: book, music, cards
- Drink: Every volunteer should bring water!
- Snacks: your own favorite if you do not like the ones provided.

route information

Rest Stops are located every 2 to 3.5 miles apart. They will be stocked with water, sports drinks, fruit and snacks to keep walkers going. Rest Stop volunteers are to make sure items are accessible and keep walkers motivated. Restrooms will be available at all stops. A copy of the route will be available for you at the event.

Rest Stop Gear

All supplies will be delivered to your rest stop location for you. Please contact your HAM operator located at every rest stop should you need anything. Here is what should be delivered to you:

- A shade tent (you will need to put this up)
- A table
- Water & tub to cool it in. Ice will also be delivered shortly after your scheduled arrival time. Each rest stop will have a mix of bottled water and sports drink
- Fruit and dry snacks. There will be aluminum trays to serve from and a cutting board and knife to prep food with. Please prep food as you go. We have approx. 30 walkers, so we want to avoid too much waste. Always use sterile gloves when handling food.
 - Oranges and apples need to be cut in quarters
 - Boxes of individually wrapped items need to be opened
 - Peanut Butter and Jelly Sandwiches need to be cut in half
- A trash box will need to be opened and lined with a trash bag that you will find in your supply box.
- A Rest Stop banner will be provided, please hang from your tent with zip ties or tape.
- A Medical Kit will have Ben Gay, sports lubricant, blister prevention/healing pads and other basic first aid items.
- A supply box with paper towels, spare toilet paper, handi-wipes and other various supplies.

Each rest stop will have a HAM radio operator near by to assist. Medical staff will be roaming the route and will not be more than a call away!

One Step Closer to The Cure



medical & safety information

■ Risk Management:

- The key to a successful event is using precaution and safety at all times. As a volunteer with the Heartland Border Walk for MS, we ask you follow the following guidelines:
- 1. Volunteer Waivers must be signed by all volunteers and will be kept on file throughout the weekend.
- 2. Utilize and obey safety patrols and law enforcement in all traffic intersections.
- 3. Safety Patrols must keep an eye out for individual who may not be following the rules of the road or safety procedures.
- 4. Police authorities are the only people to direct traffic.
- 5. Individuals using large oversized trucks are required to have another individual assist with guiding/backing into the tight positions to avoid collision or damage of property.
- 6. Use of alcohol is prohibited.
- 7. In the event that the participant or volunteer needs to be accompanied to the hospital, a member of the Heartland Border Walk Steering Committee will be sent.
- 8. Documentation is key to any accident or injury. All rest stop tubs are stocked with Incident/Injury Reports. Whenever a situation occurs (from skinned knee to a heart attack), complete a report. Please document all injuries—no matter how minor they appear to be. If the participant refuses medical attention, **they must sign a release form.**

□ If you see another person hurt:

- 1. Notify an event official, HAM operator, or if you have a cell phone call 911 depending on the severity of the injury.
- 2. DO NOT move the injured party!

□ Medical Support:

- • Please allow the medical professionals and the event staff to assist the injured party.
- • If you are a witness to the incident, then you will be required to assist in completing an incident report.
- • Medical volunteers are to report to assigned rest stops.
- • Medical volunteers will assist any participant, with minor injuries, fatigue, dehydration or the occasional blister.

□ Take the following situations seriously!

- If you or a walker has one or more of the following symptoms, report it to the medical team immediately.
 - • Fatigue
 - • Cuts/bruises
 - • Dehydration Signs:
 - Dark, yellow urine or no urine
 - Dry, sticky mouth
 - Dry eyes or sunken eyes
 - Fatigue, Dizziness or confusion
 - Heartburn or stomachache
 - Recurring or chronic pain
 - Lower back pain
 - Headache
 - Mental irritation or depression
 - Water retention
 - Lack of skin elasticity

about multiple sclerosis

MS usually strikes adults between the ages of 20 and 50, however, the disease not only affects those who are diagnosed but it impacts parents, spouses, children, other family members, and caring friends.

MS is an autoimmune disease that affects the central nervous system (CNS). The CNS consists of the brain, spinal cord, and the optic nerves. Surrounding and protecting the nerve fibers of the CNS is a fatty tissue called myelin, which helps nerve fibers conduct electrical impulses.

In MS, myelin is lost in multiple areas, leaving scar tissue called sclerosis. These damaged areas are also known as plaques or lesions. Sometimes the nerve fiber itself is damaged or broken.

Myelin not only protects nerve fibers, but makes their job possible. When myelin or the nerve fiber is destroyed or damaged, the ability of the nerves to conduct electrical impulses to and from the brain is disrupted, and this produces the various symptoms of MS. These include fatigue, difficulty walking - even paralysis, vision difficulties, dizziness and vertigo, spasticity, pain, numbness and tingling, bowel and bladder problems, cognitive difficulties, depression, and sexual dysfunction.

For more information about MS please visit the MidAmerica Neuroscience Institute website at www.neurokc.com.

Mission Statement

Our goal is to eliminate the devastating affects of Multiple Sclerosis. The money raised through this event will go for research, assistance and awareness for those living with Multiple Sclerosis. Multiple Sclerosis alone affects over 5500 people on record in the Greater Kansas City area.

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