

INSTRUCTIONS & TIPS FOR THE MARATHON

Drink plenty of water for at least 48 hours before.

Runners with thick soles are generally OK, or boots. Thick socks.

Take at least one change of socks and footwear - change when your feet start to get sore or tired.

While walking, carry no more than necessary – a “bum-bag” is recommended in preference to a backpack - half to one litre of water, a snack if you wish, a light waterproof jacket or poncho if any possibility of rain – an umbrella can be a good protection from either rain or hot sun.

Wear light and loose-fitting clothes - not jeans or tight tops.

Use sun-screen liberally – we are out for 12 hours, which is plenty of time to get badly burnt even if not sunny.

No matter what the weather brings, drink constantly - you can become de-hydrated without realising it until too late, and from then on you may suffer cramp, headache, etc, no matter how much you drink.

If you are not sure how you'll cope, do the first stage, and assess how you feel one stage at a time. The idea is the take part without going beyond your limits.

No matter how proud you are of your fitness, don't stay at the front all the time – drop back and give encouragement to those who are not so fast – they are just as important as you, and the day is a social occasion also. There are no prizes for first place, and anyhow we regroup and finish together at the end of the walk, so let's all help each other to enjoy the day and walk as far as we can.

If you are struggling, drop out for a stage – the support car drivers love company.

If I estimate that you are having to walk so slowly that you may jeopardise our finish in daylight, I will have to ask you to drop out at the next check point. Don't be offended – come back next year and have another go!

At rest stops later in the walk, lying flat with your feet up for a few minutes can make the legs feel better.

You might like to have a change of clothes waiting at the finish.

Even if not driving home, go easy on the beer/wine with dinner - you might be at least a little de-hydrated and alcohol makes it worse.

You should bring at least three to four litres of water with you. Carry what you need on each stage and leave the balance in a support car. The support vehicles will carry plenty of fresh water plus light cordial, and these will be re-filled along the way as necessary.

Expect to drink at least five litres during the walk.

THE WALK ROUTE IS ALL ON PUBLIC LAND. DO NOT ENTER PRIVATE PROPERTY OR CROSS A FENCE LINE.

BURY ALL WASTE MATTER INCLUDING TOILET PAPER AND TISSUES, OR CARRY IT OUT.

Don't push yourself too far past the comfort zone - there's always next year!

Enjoy the day!

Bill Casey
Walk Leader