

Walk Wisconsin

Ten things to Remember before starting your Walk Wisconsin experience

Welcome to the Walk Wisconsin Marathon events! We know that thousands of miles have been walked in preparation for this day and we hope you have a fun celebration. Before the walk, there are a number of things we would like you to consider to make sure that everyone has a safe experience.

1. Take off your rings. On long walks, fingers swell. We lovingly call them sausage fingers. In the past, we have had to cut rings off so let's avoid that by simply not wearing them.
2. Most of the walk is on our safe trail system, but there are sections where we have to use streets. On those sections, remember to stay left (facing traffic) and try to walk in pairs so we don't disrupt regular vehicular traffic.
3. The trails will be open to all today, not just to Walk Wisconsin participants. Please be courteous to other users.
4. Remember, Walk Wisconsin is a challenge, but it is not a race. Obey any traffic signals along the way.
5. You don't have to carry much with you. We have food, beverages and nature stops for you every 3-4 miles.
6. Carry your water bottle with you. To save waste, you can refill your bottles at any stop. Also, we recommend that you take a small amount of nutrition at each stop. Not too much, but a little fuel along the way will serve you well.
7. Each stop will also have minor medical supplies. There will also be medical staff on the trails. Tell staff at any stop if you need medical assistance, or call the headquarters number listed on your map. For life threatening emergencies, call 911 and provide the closest mile marker.
8. Don't be a hero! Don't continue if you think you might be injured. You can always complete your goal at another time. Tell staff at any stop or call headquarters if you need to be picked up.
9. For ½ and ¼ marathoners, buses will shuttle you to your starting places and all will walk back to Pfiffner Park where we can all celebrate together. Shuttles for the ½ marathon participants will run between 11 and 11:30am and shuttles for the ¼ marathoners will run from 12:30 – 1pm.
10. In case of weather emergencies, especially lightning in the area, please proceed to one of the locations identified on your map, or to the nearest safe location you see. Staff at the stops will be kept up to date on weather issues.

Finally, please note our many wonderful sponsors who, together, help keep the cost of Walk Wisconsin low so all may participate. Please consider Walk Wisconsin sponsors when you need services they provide. AND thank you for your commitment to shaping a healthier Wisconsin. Let's celebrate our fitness by walking our beautiful state every chance we get.