

Walk Wisconsin - Frequently Asked Questions

Can you run during *Walk Wisconsin*?

Since this is a walking event, we discourage running. Due to space constraints along the trail and the high number of participants, it is in the best interest of safety to walk only.

Do I really need to train?

YES! Regardless of your fitness level, it is a great way to make sure you are well-prepared for the event. Training should begin a minimum of six months prior the full marathon, four months for the half and three months for the quarter. Training plans are available on our website, www.walkwisconsin.com

Can I bring my dog?

Sorry, due to the number of participants and the restrictions of some of the trail segments used for the walk, pets are not allowed.

Can I push a stroller during *Walk Wisconsin*?*

Strollers are not allowed during the Full, Half or Quarter Marathon, due to safety concerns along the trail. In addition, transportation to half and quarter marathon starts are not able to accommodate strollers. However, families participating in *Kids Walk Wisconsin* may use strollers at their discretion.

Where does the money from *Walk Wisconsin* go?

The registration fee covers the cost of the sports sack, t-shirt, refreshments and food stops along the route, finish celebration, medallion and more.

Any proceeds from *Walk Wisconsin* go to the Wellness Fund at the Community Foundation of Central Wisconsin. The remaining funds are used to fuel new and on-going wellness orientated activities and events to promote healthy people and lifestyles such as Roosevelt Elementary Schools Pedometer program.

My friend is doing the Half Marathon and I am doing the Full Marathon, can we meet up and walk together?

Because of the staggered start, the easiest way to walk together is to meet near the half marathon starting point. Once the course is established, maps are available on the website, in addition to be included in the race information all walkers receive at Check-in.

Can I volunteer for *Walk Wisconsin*?

Of course! We are constantly looking for volunteers. Specific tasks and opportunities for volunteers to participate with *Walk Wisconsin* can be found online through www.volunteersrock.org, which is linked from our Volunteer Opportunities page on www.walkwisconsin.com.

Is *Walk Wisconsin* a race?

No. *Walk Wisconsin* is a non-competitive walking event. It is a celebration for participants who have trained to a degree that they could do it. It is more about healthy and active lifestyles for individuals, their families and the greater community.

Can I wear my rings and jewelry for *Walk Wisconsin*?

It is highly recommended that you remove any rings, due to swelling that can sometimes occur during long distance events. Removing your rings and other jewelry at the beginning of the race, or not wearing any at all, is much better than having it cut off by medical personnel during the event.

Can I start *Walk Wisconsin* earlier?

We strongly urge participants to start at the designated times. Transportation for half and quarter marathon participants is only available during the official start times. Rest stops and portable bathrooms, which are timed based on a walking pace of 2.75 to 4.25 miles per hour, will not be able to accommodate early/late walkers. In addition, safety precautions and security personnel at busy intersections may not be ready. Please also note that the finish line celebration is not equipped for early completion including medallian distribution and refreshments.

**Due to the larger number of participants that day, we ask that participants for the full, half and quarter marathon do not use strollers for the safety and comfort of all involved.*