



# Walk for a Cure Rules

To participate in Walk for a Cure 2010 all walkers must abide by the following rules:

1. All participants are responsible to provide their own transportation home from the end of the walk in Wausau. This includes those who drop out at any distance along the event route.
2. All participants must have a signed liability waiver on file at the Registration table, and have an assigned number.
3. At the conclusion of the walk at the Masonic Center in Wausau, all participants must turn in their numbers, vests, and headlamps before leaving.
4. If a walker decides to drop out, they must return their number to one of the support vehicle drivers before departing. They must also have their transportation on site before leaving the route.
5. All participants must wear the safety equipment assigned to them.
6. All participants will walk in groups of two or more. There will be no walkers by themselves.
7. All participants will walk on the shoulder of the road heading towards traffic.
8. Walk in single file: This is especially important on the route as the road will have lots curves.
9. Know when to stop. Do not continue if you start feeling ill or exhausted.
10. Each support vehicle will have water. You are encouraged to bring some form of water supply with you. Bottles, canteens, squeeze bottles, etc,
11. Absolutely no alcohol or drug use will be tolerated.

While we want all participants to enjoy this event, unsafe behavior will not be tolerated.

12. For safety reasons, Cell phone use by participants, other than to call for a ride home, is forbidden.
13. In case of injury immediately contact one of the support vehicles for assistance. Each vehicle is equipped with a cell phone. We will also have certified Emergency Medical Responders on hand.
14. The organizers of Walk for a Cure reserve the right to disqualify any participant for cause.