

Hello walker,

We are looking forward to seeing you this Sunday at the Boston Marathon® Jimmy Fund Walk presented by Hyundai.

The Jimmy Fund Walk staff has been closely monitoring the weather forecast for Sunday and as you have likely noticed, we are expecting warm temperatures.

With that in mind, we wanted to share a few important updates:

1. **Your current route selection can be changed at any time—including Walk day!** Any route you walk on Sunday has a huge impact on Dana-Farber Cancer Institute. We want you to be safe and comfortable. You can change your route simply by arriving at the start location for the distance you feel most comfortable walking on Sunday morning. Please find information on each route by clicking the links below:
 - [Marathon from Hopkinton](#)
 - [Half Marathon from Wellesley](#)
 - [10K from Newton](#)
 - [5K from Dana-Farber Cancer Institute](#)
2. Please remember to take it slow, drink water (**please bring a water bottle you can refill throughout the day!**), and wear sunscreen and a hat!
3. Bring some spending money and/or credit cards and don't be afraid to stop in a convenience store along the way for a cool drink.
4. Look for "Medical Sweep" buses along the course and feel free to flag one down if you would like a little break and want to be driven up to the next Refueling Station.
5. The Jimmy Fund Walk partners with our Medical Director, Chris Troyanos, ATC. He has shared some additional important information that we urge you to read below.

Thank you for your continued support of the Jimmy Fund Walk. I look forward to seeing you on the course this Sunday.

Zack Blackburn
Director, Boston Marathon Jimmy Fund Walk

Important information for 2019 Boston Marathon Jimmy Fund Walk from Chris Troyanos, ATC, Medical Director, Boston Marathon Jimmy Fund Walk:

Please note that this email is being sent as of Thursday afternoon. Temperatures can fluctuate greatly over a few days so please consult the latest weather forecast as we approach Jimmy Fund Walk day.

Currently, Sunday's weather forecasts are calling for warm temperatures with high humidity levels. These higher than average temperatures during the day, higher humidity and higher dew points can all impact your walk.

The Dana-Farber Cancer Institute and our Medical Team would like to ensure that you have a safe and enjoyable experience on Sunday. So, we ask that you take a few minutes to review these important reminders.

While walking in the heat...

Listen to Your Body: Your body will tell you when you can push yourself, and when it's time to slow down your pace, or even stop for longer periods of rest. If you develop a headache or become dizzy or weak, stop exercising and head for a cool place. Severely elevated body temperatures for a prolonged period can lead to a loss of consciousness, vomiting, or heat stroke. If you feel faint, drink plenty of cool fluids and rest, and if needed, seek medical attention at one of the Refueling Stations or by calling 911.

Check Your Heart Rate: Cardio exercise combined with high temperatures can put some serious stress on your body; heating body temperatures can elevate your heart rate. This is especially true in high humidity, since sweat takes longer to evaporate from your skin so it's harder for heat to dissipate. Wearing a heart rate monitor can help you determine how hard to push yourself and when to hold back.

Who is at risk: Participants that are older, younger, those dealing with a cold, or current illness are more susceptible to the heat. If this is the case, it may be advisable to try walking a shorter route on Sunday. You are welcome to start from any of the four starting locations – you do not need to start from the route you are currently registered for.

If you are feeling ill, seek medical attention immediately!

Stay hydrated, but also do not over drink. It's best to drink to your thirst levels and not overload on water before, during or after your

walk.

While you are walking: Seek out the shade as often as you can. Direct sun can make the temperature feel up to 15 degrees hotter! If you are starting to feel some of the symptoms described, slow down or stop. Remember we have 12 refueling stations with first aid and water along the route. Rest and a slower pace may help. If you are continuing to feel the impact of the heat, our strong suggestion would be to take one of our medical sweep buses back to Boston.

Protect Your Skin: Not only do sunburns damage your skin, they also affect your body's ability to cool itself and increase your risk of dehydration. Since sweat can evaporate more easily from bare arms and legs, apply a sunscreen with an SPF 30 minutes before leaving the house. It may be a good idea to bring extra sunscreen with you during the Walk. Make sure to put it underneath your clothes, too. Cover your head with a breathable hat (not a visor--it will only protect your face, not your head) with a wider brim to shade some of your neck.

Hydration: Freeze a half-full water bottle and fill it before you head for your walk. Take sips regularly while you're walking (six to eight ounces of water every 15 minutes should be enough). As an extra precaution against dehydration, weigh yourself before your walk and again afterward. If you've dropped a pound or two, it will indicate you are dehydrated and you have lost fluid that is important to your body's cooling system. A good rule of thumb after you finish your walk is to remember that one pint of fluid is equivalent to one pound. It is important to stay hydrated, but we do not want you to over drink either.

Arriving at Copley Square: After a prolonged period of walking/exercise, one of the worst things you can do is immediately stop and lay down. Stay on your feet, walk around slowly, cool off, get something to eat, and stay hydrated. After 15-20 minutes of allowing your body to adjust, you should be ready to rest someplace in the finish line area.

Should you feel the need for medical attention at the Copley Square Finish Line, please head to the medical tent located near the back of the finisher's chute, or alert any volunteer or Jimmy Fund Walk staff member.

Signs that you are having some form of heat illness:

Feeling weak and/or confused

Dizziness

Nausea

Headache

Fast heartbeat

Remember, if needed.....go slow and do not overdue it. Our goal is to have all our walkers enjoy the day and feel good crossing the finish line!



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