



# Official TMI For Marchers

v2023

**First off, thank you for considering this walk!** Second, consider yourself lucky that this is only two pages. The previous version has been seven pages. But now we're doing a 10 mile route on a nice bike trail vs 28 miles on a busy highway.. so I have a lot less to say. I will try to put these in the order of most interest. Also, keep in mind this document will always be available where you found it on the website for a quick reference at anytime.

## **Schedule for Day Of the March - May 29th - Rain or Shine We Will Walk**

- 7am Hastings Rotary Pavilion (our start and finish point) at Levee Park  
Meet up, stretch up and grab some coffee and donut fuel provided  
Get your tshirt if you didn't already at the Pre-Registration Dinner
- 725am Quick introduction and the too late, you can't leave now speech
- 730am Step off on the loop heading east - We'll walk as a group at a 3mph pace
- 845am 1st CheckPoint 10 min stop around mile 3-4. Water & snacks available
- 10am 2nd CheckPoint 10 min stop around mile 7-8. Water & snacks available.
- 11am Finish back at the Pavilion. I'm telling them to start without us if need be, but they may wait. Either way once we return we'll sit with family or wherever we can find room to watch the Legion's community program. This is pretty well attended and with our crowd now, it's going to be busy. So let your family and friends know to get there early for a spot. Those with new Honor Markers will be invited to share their story towards the end of the program. It is not required to speak if that's the case, only encouraged. All of the names of the Honor Markers will be read as well.
- Noon-ish We're all invited over to the Hastings American Legion next door for a free hot dog grill out that will include a keg or two of beer. This isn't necessarily a big public invited part of the event. It's intended to be for those who attend the program and all involved in the March. So that's why you don't see it anywhere but here.
- Done! This is the part you will tell all your family and friends you're going to definitely do this again next year.

**Uniform for the Walk** - You don't have to wear the shirt, some don't. But most of us usually do wear it. Some Veterans wear old uniform bottoms and/or old ruck sacks, assault packs, etc.

**Shoes** - Don't wait until the day of the event to try new shoes. Wear comfortable running/walking/hiking shoes that are broken in.

**Packing List** - Can be super short, like almost nothing for 10 miles. There will be water, snacks, etc at each stop including the start if you show up early. You can fill your water container up or rely on carrying water bottles provided. **Some other items to consider are a hat, sunscreen, ibuprofen, foot powder, extra pair of socks, your favorite fuel snack** just in case you're not a fan of what's there. If you have any food allergies that's highly recommended. If the weather forecast ends up..not good. Be prepared with additional items like ponchos, extra socks etc. Again we will walk rain or shine.

**No refunds.** If you can't make it consider your fee a donation. Sorry we just don't want to deal with them on top of everything else.

**The Vets only Veterans Dinner -**

**May 28 6pm at the 2nd St. Depot in downtown Hastings**

It's totally optional but I hope to see many of you there. We'll have a private large room with a tasty buffet dinner. The purpose of this is to get the tshirts out early, and much more importantly give us Vets another opportunity to just hang out and catch up without having to exercise to do it. Even with 28 miles I found myself afterwards thinking "Crap, I never talked to so and so.." So I'm trying to buy us more time here. That being the case I would suggest coming solo or with other marchers. A significant other is fine too. But family time can be the next day at the March and Finish party at the Legion. Don't stress it. If you do have to show up with a mini entourage I will only give you one dirty look to get it out of my system and we'll be cool. Remember, Vets are free.

If you don't want to do the dinner it's nice to get your tshirt in advance. You can just pop in anytime 6pm on up. I think it will be a late night for some of us so don't worry about coming too late.

**Still have questions?** Check out the FAQ on our eBrite registration. The Register Now link sends you there.

**Please read through everything before sending any questions.** My inbox gets crazy and I'm trying to temper it at least a little. So please refrain from emailing me unless you are sending a picture for an Honor Marker or a logo for a Sponsor.

**Thanks and see you either on the 28th or 29th!**

Tom