



SOUTHERN CALIFORNIA WEEKEND GUIDE



3 DAYS. 50 MILES.
CONNECT TO END MS.

WELCOME

Congratulations and thank you for accepting the challenge!

We are excited to be with passionate people like you for this extraordinary weekend to end MS. We're here to help you every step of the way. Enclosed you'll find the **Challenge Walk MS**[®] event weekend details to ensure you have the information you need for an amazing experience.

Before you join us for **Challenge Walk MS**, make sure to **download the free Challenge Walk MS** app to track your fundraising and your miles throughout the weekend!

Search "**Challenge Walk MS**" on Google Play or Apple App Store.



GET CONNECTED

Share photos and stories about your experience throughout the weekend across your social media. For all your posts, use **#challengewalkMS**.



@challengewalkms



@mssociety



@mssociety

Challenge Walk MS®

2023 THEME: Back to the 80's!

Orange and purple attire is also a great option for each day.

Friday – For Friday night's dinner and party, please come ready wearing your best 80's attire!

Saturday – We want to see you *Rockin' your MS orange*.

Sunday – We'll all get together after a long weekend and wear our matching final mile T-shirts as we cross the finish line. Final mile shirts will be distributed at the Pre-Finish location, so wear whatever you'd like for the first portion of the day.



Route Support

We will be there every step of the way – well, almost every step of the way. There are rest stops every 1.5-3 miles. We have volunteers driving along the route called SAG (Support and Gear) who can give rides to rest stops, lunch, the finish line or back to the overnight location. You can also call our Net Control team to ask for a SAG driver and give them your location along the route. If you need assistance, flag down one of the SAG vehicles or call/text **Net Control at (415) 683-0826**.

Safety First

We want everyone to have a safe and memorable weekend. We ask all walkers to follow these safety guidelines:

- Obey all traffic laws, law enforcement officers and route guidelines.
- Do not wear earphones, use a radio or talk on cell phone while on the route.
- Walkers must wear a bib and badge while on the route – this helps our SAG vehicles find you.
- No running, this is a walking event.
- Walkers may not remain on the route after the last sweep of the day.
- Walkers must use sidewalks when available.
- Walkers may not walk while under the influence of drugs or alcohol.
- Always pay attention to railway warning devices.
- We reserve the right to remove you from the route and/or event at any time should you violate any of our safety guidelines.
- Hydration: It is essential to drink fluids before, during and after your walk.

Pre-Finish and Closing Ceremony

On Sunday, all Challenge Walkers will gather at a Pre-Finish Party at Spreckels Park in Coronado for a chance to celebrate their achievements before crossing the finish line at Tidelands Park in front of family and friends. The Pre-Finish Party is only for Challenge Walkers, Crew, Super Crew, and event sponsors.

Challenge Walkers will receive their event shirt at the Pre-Finish Party to wear for the final mile. Family and friends are invited to cheer you on at the Closing Ceremonies at Tidelands Park (2000 Mullinex Dr, Coronado, CA 92118). Challenge Walkers are expected to cross the Finish Line at 12 p.m.

Thank You to Our Local Sponsor



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Serving the Temecula Valley

THURSDAY, NOV. 2

4 p.m. Hotel check-in opens for those staying in host hotel

San Diego Marriott Del Mar

11966 El Camino Real, San Diego, CA 92130

Please note: The National MS Society only covers accommodations for Friday and Saturday night for Challenge Walkers and Super Crew.

Participants will be responsible for any additional hotel accommodations. Crew members and volunteers are responsible for covering their own hotel accommodation. Reservations will be made by the Society. Rates at \$199++.

4–7 p.m. Walker, Crew, and Super Crew Packet Pick Up

- Packet Pick Up will be taking place in the hall outside the Grand Ballroom.
- Grab your Challenge Walk MS credentials for event weekend.

4–7 p.m. Welcome Party

- Join us at the Arterra Terrace poolside at the San Diego Marriott Del Mar for light appetizers. A cash bar also available. Take this time to meet with good friends and get to know new ones!



FRIDAY, NOV. 3 — DAY 1

Mileage: 19 miles, Bus available to Start Line at **Army and Navy Academy** in Carlsbad, Finish Line at **San Diego Marriott Del Mar** host hotel

6:45 – 7 a.m.	Bus departs from host Hotel <ul style="list-style-type: none">• Shuttle bus leaves from the San Diego Marriott Del Mar to Army and Navy Academy.• Meet outside the hotel lobby for shuttle bus.
7:15 – 7:45 a.m.	Last minute walker check-in at Start-line. Army and Navy Academy (2605 Carlsbad Blvd, Carlsbad, CA 92008) <ul style="list-style-type: none">• Light breakfast and coffee available
7:50 a.m.	Opening Ceremony — Family and friends invited to attend.
8:15 a.m.	Challenge Walk MS begins!
8:15 a.m. – 5 p.m.	Route open — Rest Stops every 1.5-3 miles.
10:30 a.m. – 2 p.m.	Lunch Stop Open <ul style="list-style-type: none">• Mile 9.8 at Swamis Seaside Park in Encinitas (1341 1st St Encinitas, CA 92024)
1 – 5 p.m.	Yoga and Nurses' station open — San Diego Marriott Del Mar
6 – 8 p.m.	Dinner served <ul style="list-style-type: none">• Grand Ballroom at San Diego Marriott Del Mar• Rolling dinner, come anytime.• Guests are welcome, but must purchase tickets: \$40/adult, \$20/child, tickets can be purchased at check in or during dinner.
7 – 7:45 p.m.	Evening celebration Recognition of awards, speakers, and Day 1 slideshow
8 – 8:15 p.m.	Crew and Super Crew Meeting
8 – 10 p.m.	Dessert Social — Arterra Terrace poolside, San Diego Marriott Del Mar
8:30 – 10 p.m.	Nurses' station open — San Diego Marriott Del Mar

SATURDAY, NOV. 4 — DAY 2

Mileage: 20 miles, start at San Diego Marriott Del Mar, end at Bonita Cove in San Diego, shuttle back to San Diego Marriott Del Mar hotel provided

5:30 – 9 a.m. **Nurses' station open** —San Diego Marriott Del Mar

6:15 – 8:15 a.m. **Breakfast served** — Grand Ballroom of the San Diego Marriott Del Mar

- Rolling breakfast, come any time until 8:15 a.m.

7:30 a.m. **Warm-up and stretching** — Day 2 start Line, outside Hotel

7:30 a.m. – 5 p.m. Route open

- **This is a rolling start.**
All walkers must be on the route by 8:30 a.m.
 - Rest stops every 1.5–3 miles.
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10 a.m. – 2 p.m. **Lunch Stop Open** — Mile 10.8 at Kellogg Park at La Jolla Shores (8277 Camino Del Oro, La Jolla, CA 92037)

1 – 5 p.m. **Yoga and Nurses' station open** —San Diego Marriott Del Mar

6 – 8 p.m. **Dinner served**

- Rolling dinner, come any time until 8:00 p.m.
 - Grand Ballroom at San Diego Marriott Del Mar
 - Guests are welcome, but must purchase tickets: \$40/adult, \$20/child, tickets can be purchased at check in or during dinner
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7 – 8 p.m. **Evening Celebration**

- Keynote speakers and candlelight ceremony
 - Grand Ballroom at San Diego Marriott Del Mar
 - Day 2 slideshow, hear from participant speakers, an update from the National MS Society, and the candlelight ceremony
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8 – 8:15 p.m. **Crew and Super Crew Meeting**

8:30 – 10 p.m. **Nurses' station open** —San Diego Marriott Del Mar

Reminder: Daylight Saving Time ends on Sunday, November 5 at 2 a.m.

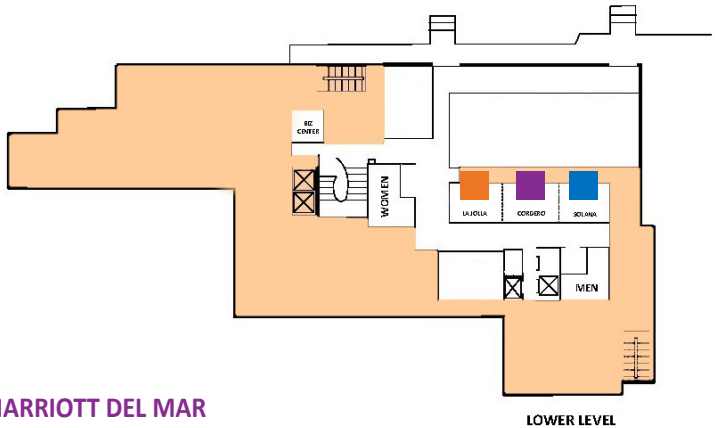
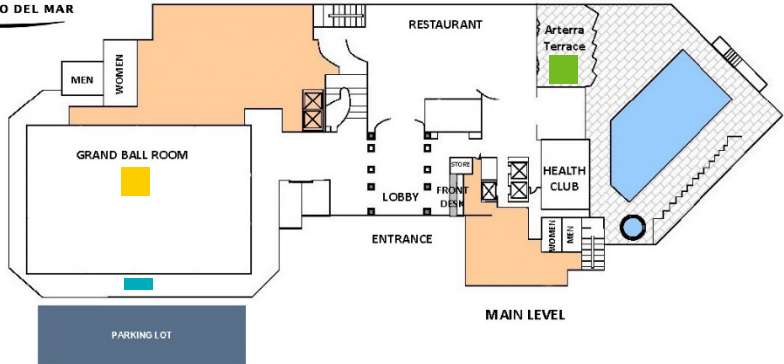
Clocks will be pushed backward one hour – meaning an extra hour of sleep!

SUNDAY, NOV. 5 — DAY 3

Mileage: 7 miles from Tidelands Park in Coronado back to Tidelands Park (2000 Mullinex Dr, Coronado, CA 92118)

5:30 – 9 a.m.	Nurses' station open — San Diego Marriott Del Mar
6 – 8 a.m.	Breakfast served — Grand Ballroom of the San Diego Marriott Del Mar
7:45 – 8:15 a.m.	Shuttle transportation to Tidelands Park in Coronado — Meet outside the hotel lobby for shuttle buses
8:30 – 9 a.m.	Start line open — Rolling start at Tidelands Park in Coronado Take your time and enjoy the beautiful views!
10 – 11:30 a.m.	Pre-Finish celebration — Spreckels Park (601 Orange Ave, Coronado, CA 92118) <ul style="list-style-type: none">• Shade tents and open seating provided• Pre-Finish Celebration for Walkers, Crew, and Super Crew only
11:30 a.m.	Pre-Finish Ceremony <ul style="list-style-type: none">• All walkers must be at Spreckels Park by 11:30 a.m.• Announce Most Inspirational Walker and Spirit Award Winner• Most Inspirational Walker leads Final Mile
11:45 a.m.	All walkers leave together for 1 mile walk to finish line
12 p.m.	Finish Line Ceremony at Tidelands Park (2000 Mullinex Dr, Coronado, CA 92118) <ul style="list-style-type: none">• Lunch served• Family and friends invited to eat lunch at no extra cost
12:45 p.m. (approximate)	Shuttle from Tidelands Park to the hotel <ul style="list-style-type: none">• NOTE: Must purchase shuttle ticket; \$25/person• Shuttles depart every 15 minutes, starting at 12:45 p.m.• Shuttle tickets can be purchased at check in





Hotel Map

SAN DIEGO MARRIOTT DEL MAR

- **Nurses' Station** (La Jolla Room – Lower Level)
- **Yoga and Stretching** (Cordero Room – Lower Level)
- **Massage** (Solara Room – Lower Level)
- **Breakfast** on Saturday and Sunday
 Dinner on Friday and Saturday (Grand Ball Room)
- **Welcome Reception** (Arterra Terrace)
- **Packet Pickup** (Pre-function Foyer outside the Grand Ball Room)



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