

Thurston County CROP Walk

SECOND SUNDAY in MAY

REGISTRATION FROM 12:30 TO 1:15

- Every walker *must* register and will thereby be insured during the walk.

WALK BEGINS AT 1:30

SAFETY & HEALTH:

- This is a six-mile walk (about 2 to 2½ hours). Work up to it!
- Drink plenty of water before the walk
- Wear walking shoes and socks – good fitting, comfortable
- Prepare for the weather: Sunhats, sun-screen, water, rain gear
- If you get into trouble, watch for support vans bearing CROP logo
- Unaccompanied minors must register with a signed permission slip
- No roller skates, skate boards or bicycles will be allowed
- Please, no pets

WALK/RUN DONATIONS:

- Donation sheets available at local faith communities and at Interfaith Works
- Every walker needs a donation sheet to participate in the Walk
- Walkers are encouraged to collect pledges in advance, and turn in donations to CROP Walk at the registration booth
- Donations not turned in at registration booth should be returned to YOUR RECRUITER, who will take them to one of the following:
Interfaith Works Office (1401 Lake Park Dr. SW, Tumwater)
First United Methodist Church office (1224 Legion Way, Olympia)

DO NOT throw away unused walker envelopes! Return them to your recruiter. We need to account for all of them.

ROUTE: The 10K Route starts at the Temple of Justice on the Capitol Campus, then follows Capitol Lake (north on Columbia Street, west on 5th Avenue, along Deschutes Parkway, and under the I-5 overpass) to Tumwater Historical Park, where refreshments are available. The route continues along Capitol Way through Olympia's historical neighborhood and ends back at the Temple of Justice.

CROP WALK FACTS:

- 1.3 billion people still live in abject poverty, earning less than one dollar per day.
- 29% of children in the United States are hungry
- 25% of funds raised by Thurston County CROP WALK remain here to fund local hunger relief programs
- In 2008, Thurston County CROP WALK raised over \$59,000 – the best in the region and one of the top walks in the country!