

Information, Safety Tips, and Guidelines for Our 3rd Annual Walk for Recovery

Information: You are walking for the purpose of raising funds for The Alano Club of San Jose, a non profit organization serving the community for over 59 years. A safe environment that supports 12 step recovery providing resources and support for people to change their lives. The Alano Club of San Jose, dedicated to the solution, open 7 days a week, 365 days a year.

Registration: All registration forms and fees are due by May 12th to ensure you receive your gift for walking is ready for you upon check in the day of the walk May 14th. You will need to arrive at 8am on Saturday May 14th to check in at the check in table. We will begin walking after the opening ceremonies at 8:30 am. The 10k walk is expected to be about two to three hours

Event Highlights: Opening ceremonies will begin at 8:30 am. Closing ceremonies/awards will be approximately 12 noon.

Sponsors: You are able to ask sponsors to raise the entry fee for your participation in the walk. Be sure to have your official registration form when signing up sponsors. Sponsors can be family, friends, neighbors, co-workers and businesses. If sponsors want to remain anonymous they can but please list them on your sheet with a first name only. Make sure that your sponsor prepays their pledge with cash or check. If paying by check make payable to The Alano Club of San Jose and have them list your name in the memo portion of the check.

Walking Tips: If you have never walked before these are tips to follow. Walk at a comfortable pace, not too fast. Drink water only in small sips during the walk, do not gulp or chug water in large amounts. Wear walking tennis shoes be sure that they are comfortable. Breathe through your nose and not your mouth, even breaths. You should train before the walk so that you can practice regulating your pace and breathing. Always stretch before you start to walk. It is helpful to be familiar with the route before the event.

Walking Rules: The 10k route starts and end at The Alano Club of San Jose 1122 Fair Ave. We will go through downtown, roads will not be blocked off so it is very important you abide by all pedestrian and street laws. You are responsible for your own safety as stated in your waiver form.

Walk Coordinators: There will be designated persons volunteering as walk coordinators. They will stay on the route that we are walking to offer help. They will be identified with vests and you may ask them for assistance for a ride if you cannot complete the walk, or call 911 if needed. Again you are responsible for your own safety and communication.

Thank you for your support and cooperation for a successful event!!