

Tips and Helps for the 50/20

- * Please remember that you will get very tired and at some point you will probably want to quit. This is about staying power and determination. Being able to keep going when it gets tough and hard----- is what this is all about. Be tough and endure it well and remember that "YOU CAN DO HARD THINGS"

- * For the first 25 miles you will have about 22 (numbered) checkpoints that will provide water, encouragement, and medical advice. Stake sponsored checkpoints will patrol their assigned space by bicycle occasionally for your safety. You will return to all of those same 22 checkpoints on the same route back. You will need to carry your snacks, food, and a water bottle to keep filling

- * Care of your feet are so very important and reducing or eliminating friction on the skin of your feet is your goal. Some have success using a double pair of socks. Perhaps the best we have seen are those who wear a pair of their mother's small nylon socks that eliminate the friction taking place on the skin of the feet. Have some band aids in your possession and or some kind of athletic tape. Putting a band-aid, tape or mole skin on a soft spot before it becomes a big blister is a very smart thing to do. Do not wear a new pair of shoes. Smart ones may even carry with them another pair of socks or two and rotate them to help keep feet dry.

- * Carry a Cell Phone if you can or have one with your group if possible. You can call and tell your support people which check point you are coming to and they can assist with nourishment, energy, feet help, and even walk with you if or when it gets tough. A list of these checkpoints and addresses will be provided. Having family, friends and quorum members walk with you is so helpful. We encourage the buddy system for support and also safety. The last 15 miles can get pretty tough. Leaders are smart to call parents of boys when it get tough to help walk the last part and provide encouragement.

- * We will have Stakes start at assigned time. This will have YM walking with those they know more and will be more fun and better support to each other. Individual numbers will be assigned and individual starting times recorded. All who cannot make their Stake assigned time———come and start when you can.

- * Keep stretching your leg muscles as you go. We advise against sitting down and resting for an extended time because you will tighten up and it will be hard to stretch out again. The smart ones just keep plugging away. This is very important.

- * Keep your mind occupied with good thoughts. Sing your favorite church, primary or inspirational song. Sing out loud. Sing together. Encourage all you see to continue in positive ways.