



## Surviving the March-A-Thon



Use this information to prepare and protect yourself during the March-A-Thon and other related events. Preparing and taking care of yourself before and during these events is important and makes it easier for the staff to care for you.

1. **WATER** – Drink water every day, your body needs at least 8 glasses of water daily. Not all fluids are created equal. Monster, Rockstar, Amp, Red Bull, Coke, Dr Pepper, or other sodas/energy drinks do not substitute for water; due to caffeine and sugar in these products they will dehydrate you. Proper hydration prevents muscle cramps, upset stomachs, headaches or other life-threatening conditions. **Start drinking extra water at least three days before the March-A-Thon** to be sure you are not starting the event under-hydrated. Gatorade or Powerade help to replenish electrolytes the body loses during exercise or sweating. You are encouraged to carry a water bottle with you during the event. Water will be available at each stop during the March-A-Thon.
2. **FOOD** – While water is the most important thing, proper nutrition is next. You will use an enormous amount of energy during the march. PLEASE eat a well balanced meal before you start marching. Hy-Vee will be providing muffins and juice on March-A-Thon morning. Most people have trouble when they have not eaten or eat very little (like a pop tart) prior to marching. Your body won't work properly without good food. We will provide a snack during the 1<sup>st</sup> stop. You will be refueling with lunch during the 2<sup>nd</sup> stop. Your sack lunch should consist of: a sandwich (bread AND peanut butter/jelly or meat/cheese), fresh fruit or raw vegetables, and healthy crackers/chips...NOTHING THAT IS SUGARY.
3. **SHOES** – Break out your most comfy pair of tennis shoes! Do not buy new shoes to wear unless you are able to break them in beforehand. Do not wear “cute” shoes, flip flops, heels or other types of shoes. You may wear tennis shoes or marching shoes that have been previously worn, make sure the shoes have enough room for your toes and are not too tight. Polyester-cotton blend socks are recommended. You may still get blisters; let someone know when you start getting one. Helpful Hint: put Vaseline on your feet to reduce blisters before putting on your socks.
4. **STRETCHING** – You should stretch out before and after any type of exercise. Without stretching your muscles may ache after the march. Muscles need to warm up before you march and cool down after you march.

5. **REST** – You should get lots of rest prior to marching. Getting at least 8 hours of sleep each night will help your body tolerate activity. During sleep your body is repairing and rejuvenating itself.
6. **SUNSCREEN** – You should wear at least 30 SPF, a hat and/or sunglasses to protect your skin from the sun. Even on cloudy days you can burn, so put it on and reapply at each stop!!!
7. **FIRST AID FACILITIES** – During the march, nurses and doctors will be available to assist. There will be volunteers with air conditioned vehicles, first aid/emergency supplies, water, Gatorade, etc. If you need something at each stop like Band-Aids, Tylenol, etc, you need to ASK! If we don't have it, we will try to get it. Also, at each stop you should drink plenty of water.
8. **PRE-EXISTING MEDICAL CONDITIONS** – Please be sure to bring any prescription medication and/or supplies you might need during the march. This includes asthma inhalers, prescription medications, knee or ankle braces, etc. These items can be carried by the student or by the emergency vehicle. Asthma inhalers should remain with the student. All medicine should be marked clearly with student's name, name and dosage of medication, and time it should be taken. If you are diabetic, please notify volunteers before the march, and make sure you eat properly and take your medications. You may need additional carbs since exercise increases how fast your body uses it.
9. **UNIFORM** – All band and color guard students will be wearing their “informal” uniforms---green band polos and khaki shorts. The proper shoes to wear are discussed under #3. You will also need your instruments/flags for the March-A-Thon. We will be performing as well as marching!

**HOW TO KNOW IF YOU ARE GETTING TOO HOT?** Tell an adult if you feel light-headed, have muscle cramps in the legs or abdomen, are excessively thirsty, sick to your stomach, have a pounding headache, feel like you are watching a dream, or feel like you are going to pass out. ALL of these things are not good, you need to cool off and drink more water!!!

**REMEMBER:** *Marching is a physical activity, treat yourself like an athlete. To perform well, you must take care of your body with proper nutrition, hydration and rest. If there is anything you would like the nurse and staff to know before the march please call Billie Parker, RN at 884-2898 or email [bjprn@cox.net](mailto:bjprn@cox.net).*