



Telephone: 292 6995

www.bermudaendtoend.bm • email: ete@logic.bm

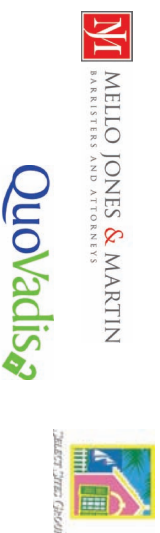
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Get Ready

YOUTH INVASION

11-Week Training Programme



Get Fit

ETE Charity Recipients 2007
Bermuda Autism Support and Education Society
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Get Ready, Get Fit!

11 WEEK TRAINING PROGRAMME

Great news! You have decided to be a part of the Bermuda End-to-End event. It's a good way to get fit, be with school friends for a day of fun, and through your pledge raising, help Bermuda's charities. And by starting your training now, you'll cross the Finish Line in Dockyard with a smile still on your face and a huge feeling of pride in your achievement. It's really easy to do. Just choose which distance you plan to walk on the guide inside and then follow the 11 week training programme. But before you hit the road and start training, first consider these training tips:

- Your shoes are the most important equipment you will need. Have your parents check your walking gear and if you need new shoes, get them now.
- Good socks will keep your feet happy and blister free. CoolMax or other poly blended fabrics are best. Avoid all cotton socks as they tend to bunch up and cause blisters.
- Children and teens don't sweat as much as adults do so cooling off is more of a problem. As the weather is getting warmer, you may find yourself feeling really hot and tired after exercising. Drink lots of water and if you continue to feel unwell, cut back on your training for a few days.
- Most problems with training come from doing too much, too fast and too soon. Keep up with your training. A last minute push to get ready can cause injuries and sore legs and feet.

While you're out walking, do you want to improve our environment, support families in trouble, assist those in Bermuda with special needs? Get a Bermuda End-to-End FUN Raising entry form from www.bermudaendtoend.bm after March 15 and start fund raising. The FUN Raising brochure, containing a pledge sheet, an event map, an entry form and a parental waiver, will be available after March 15 at locations across the island, including M3Wireless and all Bank of Bermuda branches.

REMEMINDER Children must have a parent sign the waiver on their behalf when they register.

May 5, 2007

END-TO-END DO'S:

Start slowly and pick up speed along the way. This is a day to have fun and enjoy the company of friends and schoolmates, not compete.

Stop at every water stop and fill up with snacks and water. Keep a plastic bottle with you and refill along the way just in case.

Let someone know if you are injured or are in pain.

Find your own comfort level. Try to walk with a friend who walks at the same pace. Don't try to keep up if you feel that you are getting breathless and too tired.

Take your trash with you and leave it at the next water stop. If you can't manage this, drop it along the trail where the cleaning crews can see it later on; don't throw it in the bushes.

Follow the directions of the road marshals. Walk in two's and on corners, walking in single file may be wise.

Don't forget that you are amazing! Walking the Bermuda End-to-End is a huge accomplishment and you should be very proud of yourself.

All Youth Invasion pledges will be matched by Bank of Bermuda Foundation up to a collective total of \$10,000 and the school demonstrating the most spirit will be presented with a \$1,000 prize by the Bank of Bermuda Foundation, Premier Sponsor of the Bermuda End-to-End.

The top two youth Gold Club members (individual youths who raise over \$1,000) are eligible to win the coolest mobile phone from M3 Wireless.





Get Ready Get Fit

YOUTH INVASION 11 Week Training Programme

Decide on your Bermuda End-to-End distance goal for 2007 and then follow the training programme listed below. Good luck and keep walking!

Walk End-to-End 40km/24.1miles (8am start King's Square, St. George's)
Walk Middle-to-End 24km/14.7miles (10am start Albuoy's Point, Hamilton)

There is no entry fee for Youth Invasion participants, but a minimum of \$40 in pledges must be raised to participate.

February/March/April



	TRAINING FOR THE 14.7 MILE EVENT	TRAINING FOR THE 24.1 MILE EVENT	
Week 1 February 18 - 24	3 x 45 minute walks 1 x 1¼ hour walk	3 x 45 minute walks 1 x 1½ hour walks	<i>Helpful Hint:</i> Find a training buddy: You'll find that the walks will seem much easier and a lot more fun. Plus, your chance of succeeding will be even greater if you share your commitment to training with someone.
Week 2 February 25 - March 3	2 x 45 minute walks 1 x 60 minute walk 1 x 1½ hour walk	2 x 45 minute walks 1 x 60 minute walk 1 x 2 hour walk	<i>Helpful Hint:</i> Drink lots of water before, during and after each walk and avoid drinking sodas, sugary drinks and juice while exercising.
Week 3 March 4 - 10	3 x 60 minute walks 1 x 2 hour walk	3 x 60 minute walk 1 x 2½ hour walk	<i>Helpful Hint:</i> Feeling a bit sore? It sometimes happens when you've just started exercising. Tell your P. E. teacher or parent if the feeling persists or you feel pain.
Week 4 March 11 - 17	3 x 60 minutes walks 1 x 1½ hour walk	3 x 60 minute walks 1 x 1½ hour walk	<i>Helpful Hint:</i> Did you know that 1 mile is about 2400 steps? Adding those extra miles will add lots more wear and tear to your feet. Try using Vaseline to reduce friction and to keep your feet sliding, not rubbing.
Week 5 February 18 - 24	3 x 60 minute walks 1 x 2½ hour walk	3 x 60 minute walks 1 x 3 hour walk	<i>Helpful Hint:</i> You're half way through the training programme! You'll probably be needing a bit more sleep now to help you recover from your amazing efforts.
TOTAL MINUTES WALKED IN 5 WEEKS:	CHECK THE TOTAL TRAINING TIME THAT YOU HAVE ALREADY COMPLETED - AWESOME!		
	MTE TOTAL - 1350 MINUTES!	ETE TOTAL - 1515 MINUTES!	
Week 6 March 25 - 31	3 x 60 minute walks 1 x 2¾ hour walk	3 x 60 minute walks 1 x 3½ hour walk	<i>Helpful Hint:</i> Breakfast is the most important meal of the day! Ask your Mom for whole grain cereals and for a change, try whole grain toast with an egg or cheese.
Week 7 April 1 - 7 - Easter Break	3 x 60 minute walks 1 x 3 hour walk	3 x 60 minute walks 1 x 4 hour walk	<i>Helpful Hint:</i> Getting bored with your training? Try a new route, add spurts of running or add a new activity to your weekly schedule.
Week 8 April 8 - 14	3 x 60 minute walks 1 x 3½ hour walk	3 x 60 minutes walk 1 x 4½ hour walk	<i>Helpful Hint:</i> Wear a hat and sunscreen, drink lots of water, and if necessary, slow down a bit if the weather gets really warm or humid and your usual walk becomes hard work.
Week 9 April 15 - 21	3 x 60 minute walks 1 x 2½ hour walk	3 x 60 minute walk 1 x 3 hour walk	<i>Helpful Hint:</i> Stretching your calf muscles after each training session will help you avoid injuries and discomfort. Lean against a wall with one foot forward, knee bent, and the other with a straight leg that is being stretched.
Week 10 April 22 - 28	3 x 45 minute walks 1 x 2 hour walk	3 x 60 minute walks 1 x 2 hour walk	<i>Helpful Hint:</i> Your hard work and effort have paid off! You're fit and almost ready to go. This week you can begin to ease back a bit on the time you spend training.
Week 11 April 29 - May 5	1 x 60 minute walk 2 x 30 minute walk	1 60 minute walk 2 x 30 minute walks	<i>Helpful Hint:</i> Get ready for the walk on Saturday by drinking water frequently throughout the days of this week. During the walk, stop at every water stop and drink 1-2 cups of water.
TOTAL MINUTES WALKED IN 11 WEEKS:	MTE TOTAL - 3150 MINUTES!	ETE TOTAL - 3575 MINUTES!	
SATURDAY MAY 5, 2007 - YOU'VE DONE THE MILES, NOW YOU CAN WALK WITH A SMILE.			

YOU'RE NOW FIT AND READY!

Today is Bermuda End-to-End! Enjoy. Have a great End-to-End experience!

REGISTRATION INFORMATION*

School team registration

There is no entry fee for Youth Invasion participants, but a minimum of \$40 in pledges must be raised to participate. Youth Invasion participants must be registered with their school End-to-End coordinator in order to be eligible. For information, go to www.bermudaendtoend.bm or call 292-6992. If your school has never entered the Bermuda End-to-End and wish to do so, your school coordinator should call Caroline Black of the Bank of Bermuda Foundation at 299-6102.

Please note

Your Bermuda End-to-End goodie bag, event number and T-shirt will be distributed by your school End-to-End coordinator.



HAVE LOTS OF FUN ON THE WALK TODAY. CONGRATULATIONS ON COMPLETING THE TRAINING! GOOD JOB!!!