



How to Train to Walk 60 Miles!

Think about how far a mile is. Now think about 60 miles!

On Topsail Island where Team B Cups trains, if they started at one end and walked all the way to the other end and back, they'd still have a few miles to go. If you're walking the length of a football field, you'd have to line up 14 and a half of them for each mile and multiply that times 60—that's 880 football fields! That's a lot of walking, one step at a time.

"You can't just wake up one day and say hey, I think I'll walk 60 miles today," says Freddie, a member of Team B Cups. "As much as I walk on a regular basis, you need to train for walking 60 miles in three days straight."

Team B Cups members Freddie King, Suzanne Alexander, Pam Burke, and Lynn Blue are spending the next four months getting ready for the Susan G. Komen 3-Day Walk for the Cure to be held in October in Washington, D.C. Last year Pam and Lynn participated in the walk in Atlanta and they know what it takes to prepare for such a big undertaking, both physically and mentally.

"Glide is the answer to everything."

"Once you make up your mind that you're going to do it, you have to walk," says Lynn, a breast cancer survivor. "And walk, and walk, and walk."



We here at Woozie® believe in Team B Cups and their efforts to fight breast cancer and raise awareness and money for cancer research. Part of the proceeds from the sale of each Breast Cancer Awareness Woozie® product goes to support Team B Cups and their walk.



"Blisters are inevitable . . ."

"By the time we went to Atlanta last year we could walk this island in our sleep," agreed Pam.

"It's a huge commitment of time to train to walk 60 miles," adds Lynn. "Our goal is to be able to walk a mile every 15 minutes."

Okay, let's do the math. You've got three days to walk 60 miles, so let's say an average of 20 miles a day. Multiply 20 by 15 and you get 300 minutes which is five hours of walking . . . on your feet . . . with your legs rubbing up against each other back and forth, over and over again.

Well, you get the point. There are all kinds of issues that have to be addressed when walking these long distances.

"Glide is the answer to everything," says Pam with a smile.

"It's the walker's best friend," agrees Lynn. "And don't forget about Monkey Butt—a powder for chaffing."

"Oh, goodness, I've got a lot to learn," says Suzanne who will be participating in her first Susan G. Komen walk in October.

Right now, with the heat index so high, training often has to take place in the early mornings and later in the day when things cool off a bit. But even then, it's hot and precautions need to be taken.

"It's important to stay hydrated whether you're walking two miles or 20," says Freddie.

"One trick I learned last year that worked well was to freeze a sport's drink overnight in an insulated bottle and fill the rest up with water the next morning to keep it cold longer in this heat," says Pam.

They all agreed that basic gear for every walk included a high SPF sunscreen, sunglasses, a hat, and good walking clothes and shoes.

"Blisters are inevitable when you're walking so much," says Lynn, "but you have to find the shoes that work for you

and take good care of your feet."

"And don't forget the Lip lock SPF. That's a must for me," says Freddie.

"You have to figure out a way to carry everything, too," says Pam, "particularly at the actual event. When you're out walking, that's not the time to be talking on a cell phone. You need to be aware of your surroundings and the traffic around you. Safety is important."

"But maybe the biggest thing you need when training is support," says Freddie.

"Because this is not something you decide to do one day and don't think about again for six months."

"I agree. The love and support from my family and friends and especially those cheering us along the way was amazing," says Lynn. "It reinforced the knowledge that I was not alone in my battle against this cancer."

NEXT: Why Susan G. Komen's 3-Day