



FREQUENTLY ASKED QUESTIONS (FAQ's) 11th Annual Hike for Life - May 21, 2017



What is the registration process? How do I sign up?

To register for any of the hikes, please visit www.nybc.org/hikeforlife. The entry fee is the same for all hike distances: \$35 per adult and \$10 per student/child. Online registration closes on April 30th at 11:59pm. The entry fee is \$50 per adult & \$15 per student/child on the day of the hike. (All proceeds raised will help fund NYBC's lifesaving mission through scientific research, medical education, and community outreach.)

If you prefer paper pledges and checks/cash, please print out the file from this link: www.nybc.org/hikeforlife. This will serve as the registration form for the hike, so please bring it with you to the hike starting line. Since this event was established to raise funds for the NY Blood Center, we encourage all hikers to ask their family, friends, colleagues, neighbors, and email/Facebook contacts to sponsor their hike. You can post your personalized form for all of your online contacts to see! If you are not using the online registration at all, please email nbarnofsky@nybc.org with your name, email, cell #, t-shirt size, and mileage amount (3, 5, 11, or 28).

Do I have to sign up in advance (is there a sign-up deadline?), or can I register the day of the hike right before it starts?

Online registration closes on April 30th at 11:59pm. You can register for \$50 per adult/\$15 per student/child on the day of the event. All pledge forms and donations can be turned in to the NY Blood Center representatives at the start of the hike. If you need assistance, please ask any of the volunteer helpers or the HFL Volunteer Coordinator at the starting locations.

What are the hike options? Do I have to hike the entire 28 mile trail?

There are four hike options available: 3, 5, 11, and 28 miles. The 28 mile trail starts at 7:00am from Heckscher State Park- Field 6. The 11 mile hike starts at approximately 12:30pm from Lakeland County Park in Islandia (dependent on arrival time of the 28 milers, as this group joins them). The 5 mile hike begins at 2:30pm from Heckscher State Park Field #6, and the 3 mile hike begins at 2:45pm, also from Field #6. All hikes end at Heckscher State Park- Field 6.

Will I hike with a group or just by myself? Is there a hike leader?

There will be leaders for each of the hikes, and the intention is to hike together as a group. That said, often on the long distance mileage, the group may break up into smaller groups by pace. We don't suggest hiking by yourself, as you will miss out on the fun social element of the event and you could get lost. Sometimes there are a few re-routed sections of trail (including through brush) which the leaders know.

Are there other ways to get involved other than hiking?

YES! We can absolutely use the help of volunteers at the picnic celebration (setting up, helping hikers, etc.). If you are interested in volunteering, please email volunteers@nybc.org. You can also make a financial contribution, have your company donate, or sponsor a hiker.

For contributions, please visit: www.nybc.org/hikeforlife. You can also write a check to "New York Blood Center" with "HFL17" (Hike for Life 2017) in the memo and mail it to **New York Blood Center, Attention: Development, P.O. Box 419354, Boston, MA 02241-9354**

Can I donate blood at the Hike for Life?

The NY Blood Center certainly needs and wants your blood! Since it is not feasible to have a mobile blood drive at Heckscher State Park on a Sunday, we request that you head to the nearest donor center or blood drive. For more information, please visit www.nybloodcenter.org (see "Locate a Blood Drive" in upper right). Please bring a friend, as well!

Can I bring my family/friends?

We certainly welcome all friends. Each hiker receives a t-shirt as well as a delicious picnic meal after the hikes. Everyone is also welcome to cheer on the hikers at any of the rest stops or at Heckscher State Park later on. All donations benefit the NY Blood Center directly.

Is there a limit on the number of people that can participate? (Is the event full?)

You can bring as many people as you'd like to hike. There is no limit on hikers at any of the hikes.

Can we bring the pledge form and contributions on the day of the hike and have it collected?

If you have not yet registered online or have collected pledges in the form of checks or cash, please bring all pledge forms, contributions, and registration fees to the sign-in for your hike. You can register at the event.

Will the event be held rain or shine?

Yes. The event will be held despite rain, shine, a summer heat wave, a snowstorm, or whatever else Mother Nature has in store.

What if the weather is very hot and I don't know if I can do the 28 miles?

If the weather is hot or inclement, you may change (shorten) which hike you choose to do, but we hope you will still come out and participate. Please do what is comfortable for your body, even if it means doing the 3 miler later in the day. All hikers benefit the event, regardless of the distance they cover.

What if I start the 28 but when I get to X miles, I don't think I can finish the full distance?

Not a problem. The best bail-out point is at the rest stop at Lakeland County Park, since we'll have cars/volunteers there to transport you to Heckscher State Park, where you can still enjoy the end celebration. If you have family members or friends who want to pick you up, that is fine. However, **please alert** the hike leaders or NYBC Staff if you will not be continuing. If other situations arise, we can send someone out to transport you back by car.

What if I get injured/blisters/fatigued and cannot complete the hike?

We strongly urge you to have an 'on-call' person (someone who can pick you up if you need to bail out) for the day, if possible. We hope that, even if you don't finish your intended hike, you will join us for the picnic celebration afterward at Heckscher State Park. Your health and well-being are more important than the actual mileage you complete.

How long will the hikes take?

Figure the 28 mile hike should take 9 - 12 hours, depending on the hiker's pace. The 11 mile hike should take approximately 3.5 to 6 hours, 5 mile hike approximately 2 hours and the 3 mile hike approximately 1.5 – 2 hours.

Where do I go? What time should I arrive?

All hikes start at Heckscher State Park at Field 6. **Please arrive 15-30 minutes prior to the hike start time** so you'll be able to register and stretch. Look for 'Hike for Life' signs at each starting location.

What should I bring on the hike?

Most importantly, a fully charged cell phone! This way you can let someone know if you need to bail out, and we can contact you if you get lost.

Please bring only what you would need for an 11 mile hike, in terms of hydration and snacks, even if you are doing the full 28. We have rest stops at mile 11 and 17 with supplies of cold water bottles, sports drinks, snacks, sunscreen, bug spray, foot powder, and restrooms! You may wish to bring a sandwich or other snacks that keep you fueled, and of course water to start you out. You may also wish to bring extra socks to change into and flip-flops or open sandals for after the hike. Your feet will really, really want fresh air!!

Are there flushing restrooms on the trail?

There are restrooms at Heckscher State Park Field 6 and the rest stops (and start of the 11 mile hike) at Lakeland County Park. Additional restrooms are located along the trail in Connetquot State Park. Please just let the hike leader or sweep know that you need to stop so we don't leave you behind accidentally!

What do I need to do between now and Sunday, May 21st?

First, stay fit and stretched. Walk a bit every day, if possible. Second, please pre-register and collect donations (online or on pledge form) as soon as possible, if you have not already done so. Third, get psyched up for the event and pass the word on to your friends! Please post the event on your Facebook page and other social media sites and put fliers up at work or around town! A flier can be found at the link www.nybc.org/hikeforlife . (If possible, grab some more pledges/donations, too!!)

What should I wear on my feet?

Think comfortable. Very comfortable. It is personal preference whether to wear boots, trail shoes, or sneakers. Generally, the footwear should be already broken in. Wearing brand new shoes often creates blisters. Extra socks are also helpful on the long distance hikes so that you can change them when damp. The long distance hikers might also like to have a pair of flip-flops to change into at the end, as your feet will really, really want fresh air!!

What should I wear on the rest of me?

You will be given a NY Blood Center t-shirt at registration which we ask you to wear over or instead of your shirt. It looks really cool when everyone has on the same shirts! Suddenly a few hikers become a big group with a message and a purpose.

Are we allowed to bike the trail?

These are hiking trails and a hiking event. No bikes please.

Can we bring dogs/pets?

Humans only, please.

Are there bears in the woods?

No. Just poison ivy, ticks, occasional snakes, and protective geese and swans near ponds.

Can I bring an iPod?

That is absolutely fine. Although it is nice to socialize with the other hikers, some like to zone out with their music, and that is fine. Whatever makes your hiking comfortable for you.

Please remember that the only silly question is the one you do not ask ☺. If you have any other questions or need clarification, please contact me via email or call/text.

Thanks for your support!!

<p>For Hike & Trail Info: Shari, HFL Coordinator Hikegreenbelt32@yahoo.com 516-721-0223</p>	<p>For Registration/Fundraising Info: Natalie, Sr. Manager nbarnofsky@nybc.org 516-478-5006</p>	<p>For Volunteering Info: Sharan or Robin volunteers@nybc.org 516-478-5164</p>
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