

PARTICIPANT INFORMATION

The following basic guidelines will help you prepare for the seven day Walk to Stop Executions. Those joining for the final 2+ miles on Saturday October 10 will also find some of the guidelines applicable. If you have not yet registered for the walk please do so as soon as possible. Questions? [Contact Us](#).

THE WALK We will gather at 4 pm Saturday, October 3 in Portsmouth, Ohio for an orientation meeting, dinner, evening program and overnight. Participants will be driven to Lucasville Sunday morning Oct. 4. Experienced leaders from [Footprints for Peace](#) will guide walkers along State Route 23. We will walk roughly 13 miles a day with at least a ten minute break about every hour (every three miles) and an hour lunch. The walk ends on Saturday, October 10 with a 2+ mile walk and rally in Columbus. There will be a support vehicle with us for breaks, lunch, and emergencies. Vehicles will carry our luggage each day so participants need only carry items they want to have with them during the day. You can put items like a water bottle, sunscreen, raincoat, etc., in a day bag and leave it in the support vehicle or carry it with you as you wish.

SAFETY The safety of both walkers and people in cars is of utmost concern. We will have flaggers at the front and back of the walk whose job will be to keep everybody safe. Be prepared to follow the direction of these safety people. We ask that personal music devices that block the hearing of traffic and other noises not be used while we are walking.

ACCOMMODATIONS We will stay in places like churches and people's homes but beds will not be provided so participants should be prepared to sleep on the floor. You will need a sleeping bag, pillow, and a portable sleeping pad. If you do not already own a sleeping bag or pad and cannot obtain one contact us and we may be able to loan you one. Access to showers and the internet will vary and may be unavailable for some days.

MEALS We hope to have morning and evening meals with our host community each day. When that is not possible we will prepare a meal for ourselves. Lunch will be carried in the support vehicle and made available at mid day. We ask that you bring your own eating utensils (plate, bowl, cup, silverware) to cut down on waste. Please be prepared to help with cooking and cleaning responsibilities. Please let us know if you have special dietary needs vegetarian, vegan, diabetic or other. You may need to be prepared to supply your own food if you have extraordinary needs.

DAILY EXPECTATIONS A walk like this can be physically and emotionally exhausting. Many people will be outside of their comfort zones regarding physical activity, eating habits, and sleeping arrangements. The experience may also be exhilarating, thrilling, and inspiring. Bringing a positive attitude, willingness to be flexible, and an eagerness to chip in will enhance the experience for everyone. Each day will be filled with activities from sunrise to bedtime. The work of getting ourselves down the road is strenuous. In addition there will be programs some evenings. We will be respectful of the need for plenty of time for rest and recuperation in the evenings.

PREPARATION Training before the walk will make the experience more enjoyable. Develop a walking routine to build up your endurance several months before the walk. Try to walk 13 miles at least once before the walk so you know what that feels like. Good walking or running shoes or sandals are essential. Proper fit and good socks will help prevent sore feet and blisters. If you need to buy new shoes do so ahead of time so you have time to break them in. Make sure to get plenty of rest the week before the walk.

WHAT TO BRING Sleeping bag, sleeping pad, pillow, small flashlight, raincoat, sunhat, sunscreen, walking shoes (more under preparation below) and flip flops, toiletries, clothing appropriate for the weather, eating utensils, water bottle, camera, notebook, day pack, smiles and hugs.

LUGGAGE We request that all luggage and equipment be kept as light and compact as possible. Your gear will be loaded and unloaded in a van each day for transportation. Items tied onto the outside of luggage makes it hard to pack into the van. It is your responsibility to pack everything *inside* your luggage so it does not get lost or damaged.

CHILDREN We encourage people to come with their children as this will be a family friendly walk. Please be responsible for your children.

PETS No pets. Service dogs are welcome.

VEHICLES Parking will be available at the IBEW Hall in Portsmouth for the duration of the walk. Do not plan to bring your vehicle along on the Walk. Arrangements will be made to return people to their cars at the end of the walk. If you plan to join late or leave early, contact us so that arrangements can be made.

DONATIONS We are accepting Tax deductible donation so that all participants can walk for seven days without payment of any required fee for expenses such as food, support vehicles, materials, and permits.

Donations can be made online or by check made out to Scioto Peace and Justice FOR with "Walk" in the memo line and mailed to Scioto Peace and Justice-Fellowship of Reconciliation, PO box 104, Portsmouth, Ohio 45662-0104

DAILY SCHEDULE Coming soon

COMMUNITY Walkers of varied ages, backgrounds and cultures will join and live in community for the week, sharing chores. Walkers making collective decisions for the community will seek to reach consensus in discussions governed by principles of compassionate communication. All events will be non-violent, alcohol-free and drug-free. If circumstances do not allow consensus decisionmaking, Walk organizers will make critical decisions.

SIX PRINCIPLES OF NONVIOLENCE

Fundamental tenets of Dr. Martin Luther King Jr. from *Stride Toward Freedom*.

PRINCIPLE ONE: Nonviolence is a way of life for courageous people.

It is active nonviolent resistance to evil.

It is aggressive spiritually, mentally and emotionally.

PRINCIPLE TWO: Nonviolence seeks to win friendship and understanding.

The end result of nonviolence is redemption and reconciliation.

The purpose of nonviolence is the creation of the Beloved Community.

PRINCIPLE THREE: Nonviolence seeks to defeat injustice not people.

Nonviolence recognizes that evildoers are also victims and are not evil people.

The nonviolent resister seeks to defeat evil not people.

PRINCIPLE FOUR: Nonviolence holds that suffering can educate and transform.

Nonviolence accepts suffering without retaliation.

Unearned suffering is redemptive and has tremendous educational and transforming possibilities.

PRINCIPLE FIVE: Nonviolence chooses love instead of hate.

Nonviolence resists violence of the spirit as well as the body.

Nonviolent love is spontaneous, unmotivated, unselfish and creative.

PRINCIPLE SIX: Nonviolence believes that the universe is on the side of justice.

The nonviolent resister has deep faith that justice will eventually win.