

MARC, Inc. 2010
Second Annual



People Helping People
With Developmental Disabilities

Helpful Things To Bring To MARC WalkFest

- SUNSCREEN!
- Tent/Canopy
- Snacks - stay healthy!
- Jacket/Sweatshirt/Rain Gear - be ready for anything
- Lawn Chairs
- Decorations
- Extra cash
- Nerfballs, Frisbees
- Towels
- Coolers
- Bug Spray
- Playing Cards
- Items For On-site fundraisers
- Wear comfortable, lightweight clothing... LAYER!
- Wear sturdy but comfortable shoes designed for walking.
- Please -- no thong type shoes or sandals.
- If you have a medical condition that needs a physician's attention, please notify your team captain and check with your physician before the event.