Walk All Night to Fight Suicide

Guide to The Overnight

NEW YORK • JUNE 4

AMERICAN FOUNDATION FOR Suicide Prevention
What to Bring

Be selective in what you bring — you don’t want to get stuck carrying a heavy backpack through the night. Prepare for the weather — The Overnight is rain or shine.

**BRING TO CHECK-IN**

- **Your E-Ticket.** This document provides your current donation total and medical form status. You will receive your E-ticket via email on May 31.

- **Personal Fundraising Page.** Print your page with most current donation total if it differs from your E-Ticket.

- **Photo ID.** Student ID for full-time students; current military ID if enlisted.

- **Credit Card.** Use your credit card to take advantage of either the Delayed Donation or Self-Pledge option. We accept Visa, MasterCard, American Express and Discover.

- **Additional Donations.** If you bring additional donations, make sure you have a completed Donation Form to accompany EACH donation.

We cannot accept cash donations. If you have collected any cash donations, we suggest you write a personal check to cover these donations.

**BRING TO THE WALK**

- **Walking shoes.** Make sure to break them in beforehand.

- **Water bottle.** Cups are NOT provided along the route.

- **Overnight T-shirt.**

- **Pack.** Fanny pack or small backpack.

- **Weather appropriate clothing.** Lightweight rain gear and/or jacket to layer.

- **Flashlight** or headlamp with charged batteries.

- **Medication.** Small sizes of any treatments or medications you might need: ibuprofen, contact lens solution, prescriptions, etc.

- **Extra Socks.** Bring an extra pair of socks (non-cotton) to change halfway to avoid blisters.

- **Phone.**

- **Identification and health insurance card.**

- **Cash and credit card.**

- **Luminaria.**
Schedule

**June 4**

Noon – 1 p.m.  Crew Team Leader’s Meeting
Noon – 2 p.m.  Crew Check-In
2 p.m. – 3 p.m.  Mandatory All-Crew Meeting
2 p.m. – 6:30 p.m.  Walker Check-In. All Walkers must check in between these hours.
4 p.m. – 6 p.m.  AFSP Presentations and Q&A Sessions
6:50 p.m.  Walker Line-Up and Stretching
7 p.m.  Opening Ceremony
7:20 p.m.  Walk Begins

**June 5**

Midnight  Participant Center Opens
2:30 a.m.  Breakfast Available
4 a.m. – 4:30 a.m.  Route Closes
4:30 a.m. – 5 a.m.*  Closing Ceremony

* Please Note: The Closing Ceremony can begin anytime between 4 a.m. and 5 a.m., depending on when the last walker crosses the finish line.
Check-In

All participants must check in for The Overnight. Everyone is encouraged to come early to avoid the lines.

If you’ve already met your fundraising minimum (Walkers) and have turned in your completed medical form (both Walkers and Crew), the check-in process should take less than an hour. If you’re planning to bring additional donations in order to meet the fundraising minimum, or if you still need to complete your medical form, please allow for an additional hour.

CREW CHECK-IN

All Crew must check in between noon and 2 p.m. at the Crew Tent, and attend the All-Crew Meeting at 2 p.m. Crew members who have raised at least $500 can pick up your fundraising reward at check-in.

WALKER CHECK-IN

You will receive your E-Ticket on May 31. Any mailed donations received by May 9 will be included in this total, as will any online donations received by May 30.

You can also visit the Status Check Table for a handwritten E-Ticket if you lose yours or your fundraising total changes between May 31 and June 4.

<table>
<thead>
<tr>
<th>E-Ticket status</th>
<th>What it means</th>
<th>Go to</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMPLETE</td>
<td>✓ Fundraising minimum met</td>
<td>EXPRESS CHECK-IN</td>
</tr>
<tr>
<td></td>
<td>✓ Medical form submitted</td>
<td></td>
</tr>
<tr>
<td>INCOMPLETE</td>
<td>X Fundraising minimum met</td>
<td>REGULAR CHECK-IN</td>
</tr>
<tr>
<td></td>
<td>✓ Medical form submitted</td>
<td></td>
</tr>
<tr>
<td>MEDICAL</td>
<td>✓ Fundraising minimum met</td>
<td>MEDICAL</td>
</tr>
<tr>
<td></td>
<td>X Medical form submitted</td>
<td>(Once medical is complete, go to EXPRESS CHECK-IN)</td>
</tr>
<tr>
<td></td>
<td>Or medical form requires check-in with medical doctor</td>
<td></td>
</tr>
<tr>
<td>MEDICAL &amp; INCOMPLETE</td>
<td>X Fundraising minimum met</td>
<td>MEDICAL</td>
</tr>
<tr>
<td></td>
<td>X Medical form submitted</td>
<td>(Once medical is complete, go to REGULAR CHECK-IN)</td>
</tr>
<tr>
<td></td>
<td>Or medical form requires check-in with medical doctor</td>
<td></td>
</tr>
<tr>
<td>NO E-TICKET</td>
<td>X Forgot or lost E-ticket</td>
<td>STATUS CHECK TABLE</td>
</tr>
</tbody>
</table>
IF YOU DID NOT MEET YOUR MINIMUM FUNDRAISING GOAL

Any Walker who has not yet reached the $1,000 minimum ($700 for full-time students or military) by check-in on June 4 (including donations turned in at check-in) has two options. Both options require a credit card—Visa, MasterCard, American Express, Discover.

- **Self-Pledge.** Your card will be charged in full the week of July 4 if the balance has not been met.
- **Delayed Donation Contract.** Make a self-pledge plan of four payments, one payment a month from July 4 until October 4. During this time your fundraising page will remain active and you can continue to fundraise towards your minimum. If you reach your minimum, any remaining payments can be canceled by notifying us at 888-843-6837.

HONOR BEADS

Show others your connection to the cause. Stop by the honor beads tent to wear your colors.

<table>
<thead>
<tr>
<th>Color</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>Loss of a Child</td>
</tr>
<tr>
<td>Red</td>
<td>Loss of a Spouse or Partner</td>
</tr>
<tr>
<td>Gold</td>
<td>Loss of a Parent</td>
</tr>
<tr>
<td>Orange</td>
<td>Loss of a Sibling</td>
</tr>
<tr>
<td>Purple</td>
<td>Loss of a Relative or Friend</td>
</tr>
<tr>
<td>Silver</td>
<td>Loss of a First Responder/Military</td>
</tr>
<tr>
<td>Green</td>
<td>A Personal Struggle or Attempt</td>
</tr>
<tr>
<td>Blue</td>
<td>Supporting Suicide Prevention</td>
</tr>
<tr>
<td>Teal</td>
<td>A Friend or Family Member of Someone Who Struggles or Has Attempted</td>
</tr>
</tbody>
</table>
LUMINARIA
The Luminaria are an Overnight tradition.

• **Decorate your Luminaria.** Many people write names or post photos of loved ones, or list the names of their sponsors—personalize your luminaria however you like.

• **Leave your Decorated Luminaria at the Luminaria Tent.** Volunteers will place your luminaria with hundreds of others at the Closing Ceremony.

  If you lost your luminaria, pick up a replacement at the Opening Ceremony site. You may also walk with your luminaria bag, fill it with sand and add the candle at the Closing Ceremony site, and place it with the other bags after your walk.

• **Free Bag Check at the Information Tent.** Check your bag for free at the Information Tent. Bag check is for non-valuables only. (The Overnight cannot be responsible for lost or stolen checked items).

The Walk

OPENING AND CLOSING CEREMONIES
Location:
**Intrepid Sea, Air & Space Museum**
Pier 86, W 46th St. & 12th Ave.
New York, NY 10036

Encourage your family and friends to join you at the Opening and Closing Ceremonies and ask for their support to cheer you on along the route.

AFSP PRESENTATIONS ABOARD THE INTREPID
AFSP Chief Medical Officer, Christine Moutier, will show brief film clips on key topics related to suicide prevention and will have time for discussion/Q&A with participants. Topics will include:

• Why research is important
• How to approach and speak with someone you are concerned about
• Encouragement and information for people with lived experience and their family/friends
• And more!

To gain access to these sessions aboard the Intrepid, simply show your neon yellow check-in wristband.
20% OFF GENERAL ADMISSION AT INTREPID SEA, AIR & SPACE MUSEUM

Present your neon yellow AFSP wristband at the Intrepid Sea, Air & Space Museum box office and you will receive 20% off general admission. The offer is good for up to four (4) full priced adult, child or senior general admission tickets on Saturday, June 4, 2016 only. Not valid toward group packages, memberships, or Space Shuttle Pavilion. Participant must present their neon yellow AFSP wristband. May not be combined with any other offers. Valid only on Saturday, June 4, 2016. Code: AFSP-16

THE ROUTE

The route opens immediately following the Opening Ceremony at 7:20 p.m. and closes between 4 a.m. - 4:30 a.m.

Follow the orange arrow signs and your fellow Walkers.

Please note that we do not close roads for the route, and all streets remain open to vehicle traffic. Remember to follow the rules of the road while walking; to look before crossing streets; to cross streets in the crosswalks and with the lights; and to stay on sidewalks. Be accountable for your own safety and be mindful of the residences as we walk through the neighborhoods.

• **Rest Stops and Quick Stops.** Every two to three miles along the route. Every other stop is a rest stop, providing water, sports drink, snacks, portable toilets and basic medical services. Our quick stops provide water, sports drink, and portable toilets. All stops are a good opportunity to stretch and refill your water and sports drink bottles.

• **Midnight Snack.** At Midnight Snack, approximately halfway through the route, you’ll receive a light meal to help energize you for the remainder of your journey. This is a perfect place to stop, rest, re-connect with your fellow walkers, and share your stories. You might meet some new friends and you might even find yourself continuing the route with different walking companions.

• **Cheering Stations.** Several areas along the route will be designated as Cheering Stations — safe places for your family and friends to gather and cheer you on. Cheering Stations are posted HERE. Please encourage your family and friends to come out and cheer everyone on.

• **Sweep Vehicles.** If you become injured or are too exhausted to finish walking the route, sweep vehicles will travel the route to pick you up and take you to the next stop. If you are still unable to walk, you will be taken to the Closing Ceremony location via one of our SAG buses.

  **To signal a sweep vehicle to stop:** put your arm out with a “thumbs down” signal or cross both of your arms over your head.

• **Pacing.** Walk, don’t run. A walk pace of 3 miles per hour will enable you to complete the entire route unassisted.

• **Number on Your Wristband.** If you need to get in touch with the event staff — you’re lost, you need a sweep vehicle — call the number on your participant wristband. If there is an emergency, call 911 first and then call the number on your wristband.
PARTICIPANT CENTER
For Walkers who finish The Overnight early, the Participant Center will provide a hot breakfast (for registered participants) and a place to rest while you welcome your fellow Walkers. You’ll also pick up your victory t-shirt here.

WEATHER
Check the weather to guide your packing. Though it’s likely to be warm when you start out, be prepared for a cooler evening, and for rain or any other weather changes — the event goes on unless the conditions are deemed unsafe. It’s best to dress in layers, and carry a light rain jacket, poncho or waterproof windbreaker just in case.

MEDICAL INSURANCE
If you do not have health insurance you will be financially responsible for payment to any hospital, emergency response technicians, and emergency transport company that may provide services to you as a result of injury and/or illness during the event.

METAL DETECTORS
Anyone attending the Overnight Walk’s Opening or Closing Ceremonies will need to pass through metal detectors to gain access to Pier 86. Please pack accordingly and allow extra time for check-in arrival as there may be delays entering the ceremony site.
Getting to The Overnight

PUBLIC TRANSPORTATION
The Intrepid Sea, Air, and Space Museum is accessible by public transportation. Take the A, C, E, N, Q, R, S, 1, 2, 3, 7 train to 42nd Street, then walk or take the M42 West Bus to Hudson River (12th Avenue). Walk North to the Intrepid Museum at 46th Street.

Or take the 7 train to the 34th Street – Hudson Yards station. Exit near 11th Avenue, and then walk west to 12th Avenue and North to the Intrepid Museum at 46th Street.

Please check the train schedule if you’re planning on using the train to get home after Closing Ceremony.

TAXI
We tell local taxi companies that The Overnight will be taking place, but they are not obligated to dispatch cabs. We encourage you to call ahead.

PARKING
There are several 24-hour parking garages close to the Intrepid. The three listed here are from the Intrepid’s website and are the closest to the site. GMC Garage, 550 W45th Street (between 10th Avenue and 11th Avenue). 212-749-2548. Park Right, 670 W43rd Street, (between 11th Avenue and West Side Highway). Park-It outdoor lot, 622-630 W 51st Street, (between 11th Avenue and the West Side Highway).

Parking rates fluctuate regularly. Please make sure you ask about the rate before you park. If you elect to park at different lot or garage, please double check that it is open 24 hours.

PARTICIPANT DROP-OFF
Please use caution when dropping people off at the Intrepid. There is a right shoulder on the West Side Highway southbound to pull into for drop-offs, in front of the museum entrance. However, the West Side Highway is a very busy road. Please use caution exiting your vehicle and pulling back into traffic.
Event Policies & Safety

- No running.
- Stay on the official route.
- Follow the rules of the road and look carefully in both directions before crossing the street.
- Use caution when walking near vehicles.
- Stay on the sidewalks.
- Cross streets in crosswalks and with the lights.
- Avoid walking on residential lawns; keep a minimal noise level while walking through quiet neighborhoods.
- Be accountable for your own safety and be aware of vehicles and others around you.
- No alcohol or illegal drugs.
- No firearms.
- No headphones, radios, pets, rollerblades or other wheeled vehicles.
- Phones may only be used at stops.
- In the event of an emergency, call 911 first and then call the number on your wristband to report the incident.
- Please do not litter along the route. Use trash receptacles at each stop and the Ceremony site.
- Be respectful of each other, the Staff, Crew, Volunteers, and city officials while walking. Cooperate with law enforcement, event staff and Crew at all times.

Any participant in violation of any of the above is subject to expulsion from the event.

THANKS FOR BEING A PART OF THIS EXTRAORDINARY EVENT.