

# Lace Up and Walk on for the Phantoms!

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AFGHANISTAN  
VMU-3 Phantoms

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The Phantom Walk to Afghanistan (WTA) is a special project promoted by Unit Personal & Family Readiness Program to encourage

- \*Family member/Friend and Marine moral
- \*Physical Fitness
- \*Positive Relationships

while showing support for our deployed Phantoms with every step. During this deployment, participating WTA participants will engage in a friendly competition to see who can log the most miles for our Marines and Sailors. This WTA program will start on May 1, 2010 and end on November 31, 2011.

What is the distance?

The distance from Twentynine Palms, California to Kandahar, Afghanistan is approximately 7,892 miles; per the distance calculator at [www.globefeed.com](http://www.globefeed.com).

What is involved?

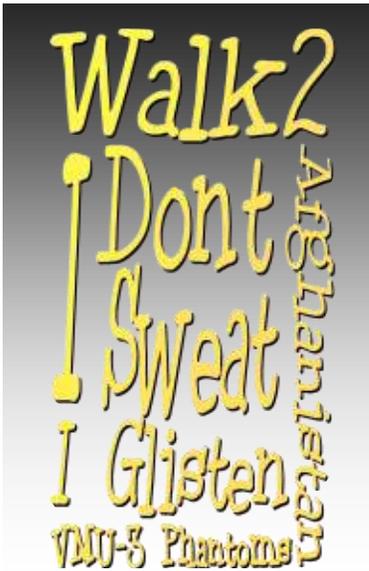
Participants in the WTA project will track their individual miles over the course of this deployment. Participants may contribute as much or as little mileage as they desire.

How does this Walk to Afghanistan support VMU-3?

For every mile we log, we will do it in honor of our deployed Phantoms and their commitment to duty and country.

How does the WTA benefit the participants?

Every participant can use the WTA to focus on overall wellness; including physical, emotional, social, intellectual, occupational and environmental. During this deployment, participants are challenged not only to Walk to Afghanistan, but to focus on becoming a better you. Challenge yourself. Find your strength. The WTA hopes to inspire, encourage and empower. Let's work together to achieve total success and let's Walk On!



What are the rules of the walk?

1. The following activities are authorized for this project: walking, running, hiking, treadmill, elliptical, biking and swimming. All of these activities will count. Miles for biking and swimming must be converted using the conversion chart below. Children age 11 and under can count miles in their stroller and wagon, or on a scooter and bicycle. Those in wheelchairs, and their assistants, may count their mileage separately.
2. Think safety first! Walk during daylight hours in well defined areas (sidewalks, tracks, gyms, etc). Wear reflective gear. Walk in groups of two or more. Use common sense safety rules.
3. Participants must follow the rules, using the honor system, and report the miles that they actually logged. After all, our Phantoms will be walking everywhere they go.
4. Each participant is responsible for tracking their own miles and reporting those miles to the Phantom Walk to Afghanistan Coordinator by the last day of each month.
5. Consult with your physician before engaging in this activity. You are solely responsible for your health condition. This is a voluntary activity. The squadron and coordinator will not be responsible for any injury or illness resulting from this friendly, voluntary activity.

How do I report my miles to the Phantom Walk to Afghanistan Coordinator ?

Please email the following information to the Phantom Walk to Afghanistan Coordinator, Alana Jaime at [alanajaime@gmail.com](mailto:alanajaime@gmail.com), by the last day of each month:

- Name
- E-mail
- Name of Marine you are supporting
- Your relationship to the Marine
- Date Range
- Miles

How do I convert my biking and swimming activities to miles?

The physical activity equivalents below should be used to convert biking and swimming activities to miles. Remember this is the honor system. Please log your conversion miles accurately! Consider getting a pedometer and log those miles as well!

Physical Activity and Level*	Time Spent to Equal One Mile
Bicycling: Leisurely	20 minutes
Bicycling: Light, 10-11mph	13 minutes
Bicycling: Moderate, 12-14mph	10 minutes
Swimming Laps: Light/Moderate	10 minutes
Swimming Laps: Vigorous	8 minutes

*\*These conversions were borrowed from the "Walk Across TN Program" sponsored by the University of TN Extension*

How do you contact the Phantom Walk to Afghanistan Coordinator ?

Participants can email the Walk to Afghanistan Coordinator, Alana Jaime at [alanajaime@gmail.com](mailto:alanajaime@gmail.com).