



**American
Foundation
for Suicide
Prevention**



WALK INFORMATION

Date & Time: Saturday, September 21, 2019. **Check-in/registration will open at 9:00 a.m. and the walk will start at 11:00 a.m.** It is recommended to arrive early to check-in, register and enjoy the activities and program. *Event will take place rain or shine!*

Location: Montrose Harbor, Chicago
601 W. Montrose Ave., Chicago, IL 60613

PLEASE NOTE – THIS IS A NEW LOCATION FROM PREVIOUS YEARS!

Registration: There is NO FEE to register. Online registration closes at 12:00 p.m. on Friday, September 20. *You can register in person at the walk starting at 9:00 a.m. at the Registration Tent.*

Volunteers: If you are planning to walk but also want to volunteer prior to the walk, please email chicago@afsp.org.

Donations: Donations can be turned in at the Donation Tent. *Donations are 100% tax deductible. We will continue to accept donations through December 31, 2019.*

Directions to the site:

From the South and/or West:

Take Lake Shore Drive north, exit at Montrose, Wilson or Foster. Follow along to Simonds Drive.

From the Northwest:

Take I-90 east to Irving Park Ave. Go east to Lakeshore Drive. Go north on Lakeshore Drive and exit Montrose, Wilson or Foster. Follow along Simonds Drive.

From the North:

Take I-94 south to Peterson. Exit Peterson and go east to Lake Shore Drive. Go south on Lake Shore Drive (Hwy 41). Exit at Foster, Wilson or Montrose. Follow to Simonds Drive.

Public Transportation:

- #146 Bus route stops at Marine Drive and Montrose
- CTA Brown line stops at Montrose Ave
- Visit www.transitchicago.com

Parking:

Free street parking is available on Simonds Drive from Montrose Avenue north to Foster Avenue.

The Montrose Parking Lot will have free parking for up to 400 cars. We have rented the lot from 6am-3pm for the walk. Spots will be available based on a first come basis.

The Wilson Parking Lot is also nearby and is another option based on availability. The cost is \$2/hour.

Spot Hero: To reserve your parking spot for the Chicago Out of the Darkness Walk, visit the [Montrose Field SpotHero Parking Page](#) and book a spot with rates up to 50% off drive-up.



New to SpotHero? [Click here](#) to download the SpotHero app.

Site Map: The Walk Site is located just east of Lakeshore Drive at Montrose Avenue and Simonds Drive. Click [here](#) to view the site map.

Walk Route: Click [here](#) to see this year's route! It is 3 miles but you can turn around sooner if you the distance is too long.

Pets: Pets are NOT allowed at the walk (on-site or on the route).
Service dogs covered under the Americans with Disabilities Act are permitted at the walk.

Safety Note: Skateboards, scooters, wagons and bikes are prohibited for the safety of all walkers.

Medical: An advanced life support ambulance will be on-site and along the route.

Red & Blue Ribbon Tent: There will be two separate tents for the \$500+ fundraisers depending on their fundraising level (see below).

- ❖ \$500-\$999 - Red Ribbon Walker. Receive a red ribbon and complimentary gift bag.
- ❖ \$1,000+ - Blue Ribbon Walker. Receive a blue ribbon and complimentary gift bag.

Mental Health Services Tent: This tent will be located on-site for any walkers looking to speak with a mental health professional.

Beads of Courage: The beads will be available on-site and you can choose your color(s) to show your personal connection and identify with others who understand your experience. See next page. You can click the image and save it to use on social media and in emails. *Image is clickable.*



What's Your Color?

Losing someone to suicide or struggling with a mental illness can feel like no one understands what you are going through.

Each color shows our personal connection to the cause and helps us identify others who understand our experience.



afsp.org



Why I Walk Wall: Share your story, leave a message of hope or anything you want to share with walkers. This will be located as a tent wall at the Remembrance Tent.

Memorial Wall: If you are a survivor of suicide loss, we encourage you to bring a non-returnable photo of your loved one to the event to add to the Memorial Wall. This will be located as a tent wall at the Remembrance Tent.

Step & Repeat: Take photos with family and friends to remember your special day together. A photographer will be available but also have your phones ready!

AFSP Store: Looking for AFSP merchandise? The store will have a variety of items for sale so bring your cash, check or credit card!

Raffle: A variety of great prizes are available! Click [here](#) for a preview. Raffle tickets can be purchased on-site. Cash, check and credit card accepted.

Water: Water will be provided on-site.

Food Trucks: [Beavers Coffee and Donuts](#) and [Robinson's No. 1 Ribs](#) will be on-site again this year! Cash and credit cards will be accepted.

Social Media: Don't forget to tag us on social media when checking in or tagging photos. We will also have a SnapChat filter for the site and walk route. Be sure to use it on walk day!



AFSP Illinois Chapter @AFSPIL @AFSPChicago #OOTDCCW