The Basics:

Where and when is the Walk?

- Saturday, October 8th, 2022 at NOVA Southeastern University, Ft. Lauderdale, FL see map HERE
    - 8-8:45 AM - Check-in and Community Fair
    - 8:45 AM - Program begins
    - 9:30 AM - Walk starts
    - 12:00 PM - Walk Ends

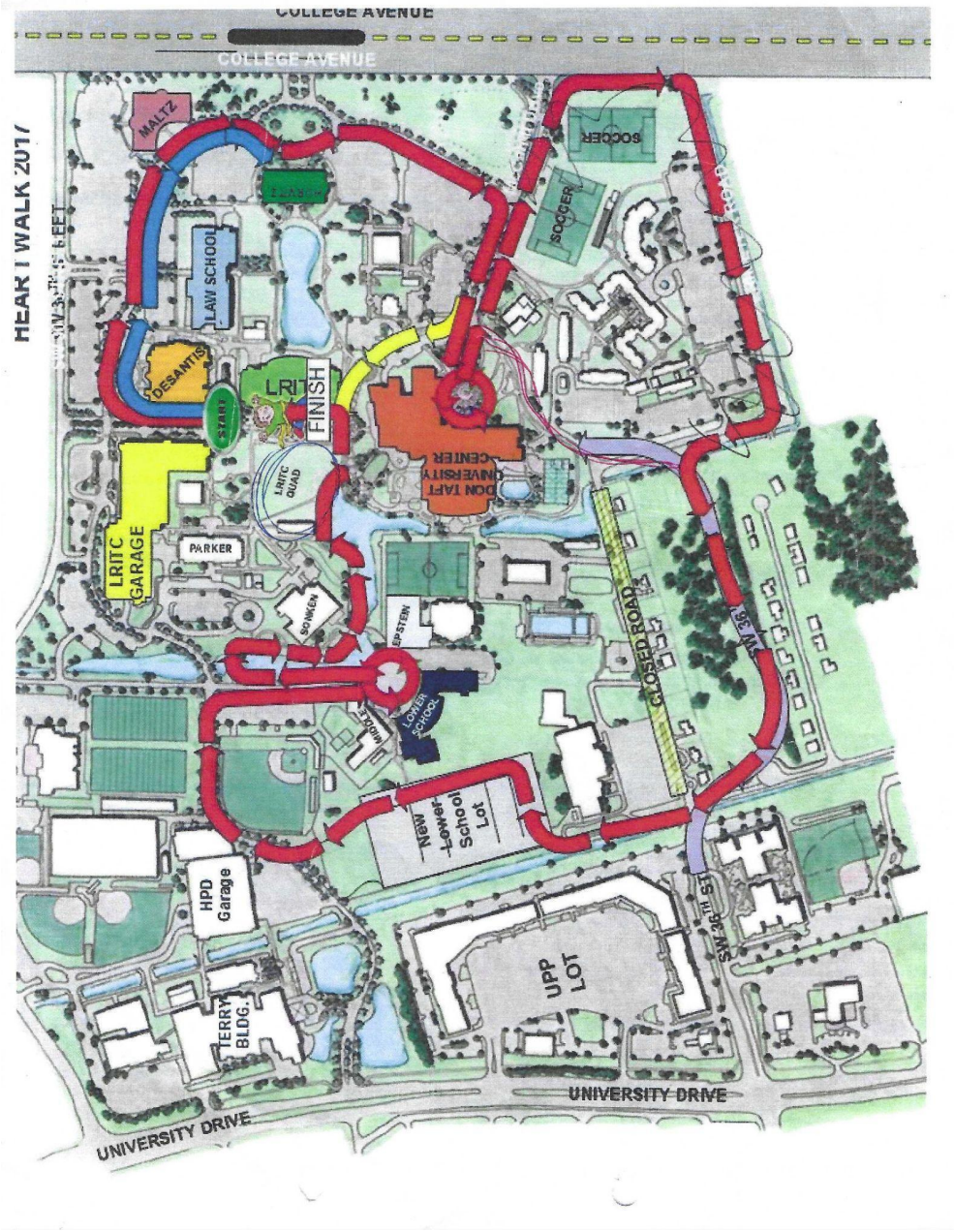
What if it rains?

MENTAL HEALTH is important RAIN OR SHINE so you can count on the Walk ON - we won't let a little rain stop us!

Where do we park?

- LRIT C Garage

Below, you'll see a map showing the parking location in relation to the Walk start and other activities!



Are there bathrooms at the park?

Yes! There are bathrooms inside the University Library located right next to the walk field.

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Registration

I registered online, do I need to check-in at the walk?

Yes! All participants must check-in on Walk Day.

I'm a Team Captain, can I check in my entire team?

No, each participant needs to check themselves in and pick up their wristband themselves.

Do I need to register to walk?

- Yes! Everyone walking must register (but don't worry, its free!). Registration at the Walk is from 8:00 AM to 8:45 AM
- We encourage you to register ONLINE now.
- If you are not registered by 2 pm on Friday, October 7th, you will need to do same-day registration at the Walk.
- To make things faster, you can print our same-day registration form HERE and bring it already completed to the Same-Day Registration table starting at 8 am on October 8th.
- Registration forms will be available on Walk Day and our volunteers will help get you registered quickly so you can enjoy the event!

Do you have other questions about registration? Contact loren.namibroward@gmail.com for more answers

The Walk

Can I run instead of walk?

We are a non-competitive 5k walk, so the majority of people will be walkers. If you really want to run though- go for it! If you are running, please run off to the side and be considerate of our walkers!

I'm not sure that I/someone I am walking with can finish a 5k, but I/we still want to walk. What can I do?

We've got you covered! If you are unable to complete the full 5k, there is a cut through short cut halfway through the walk.

Are strollers allowed?

Yes! Strollers and wagons are allowed. We are family-friendly and hope to see lots of families on October 8th!

Fun Stuff

What types of activities are available at the Walk?

We'll have: community resource booths, free snacks, bottled water, music with DJ Kevin Stew, Kids fun zone, balloon twister, face painter, and other activities from our sponsors!

Should I bring food?

That's up to you! We'll have snack bars, fruit and water.

Donations

Can I donate offline or send in my check/cash donations prior to the Walk?

YES! We accept checks mailed to 4141 NW 5th Street; Suite 203, Plantation, FL 33317- please include the name of the Walker that the donation should be applied to.

Can I donate at the Walk?

Yes - we encourage everyone to donate at the walk!

The Walk for Mental Health Awareness is designed to be a fun and inspiring day for all, but reaching our fundraising goal is equally important, as it allows us to continue and/or expand important NAMI programs throughout Broward County!

How can I donate on Walk Day?

You will be asked at check-in if you'd like to make a donation.

You can also log into www.namiwalks.org/browardcounty to make a donation right from your mobile device!

We accept the following forms of payment on Walk Day: Cash, Check,

Please make checks payable to: NAMIWalks Broward County (If you want the donations to go to an individual or team OTHER THAN YOURSELF, please include it in the subject line!)

T-Shirts

I raised $100 or More....I'm getting a Shirt, Right?

- Yes! When you check-in you will receive your t-shirt!

- Although we do our best to have a large variety of sizes available (from Youth Small through Adult 3XL) it is impossible to predict what the needs will be on Walk Day.

I have 3 people who donated $100 each to me (or my team) - do they get shirts?

No. Shirts are only for individual fundraisers who raise at least $100.

Our team has 5 people and we raised a combined $500, do we get 5 shirts?

No. Shirts are for individual fundraisers who raise at least $100.