NAMIWalks Southeast Minnesota 2023 • Frequently Asked Questions

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THE BASICS  (Return to Table of Contents)

When and where is NAMIWalks Southeast Minnesota?
NAMIWalks Southeast Minnesota is Saturday, September 23 from 9:00am-12:00pm at Silver Lake Park – West Shelter in Rochester, MN.

How long is the route?
The walk goes around Silver Lake, which is approximately 1.8 miles.

What if it rains?
Mental health matters, in all kinds of weather. A little rain won’t stop us! However, we will move most of the festivities (band, vendor booths, program) indoors if there is inclement weather.

Where do I park?
We will provide a site map with parking information here by September 1, 2023.

REGISTRATION  (Return to Table of Contents)

Do I have to register to participate in the Walk?
Yes, everyone must register to participate, but it’s free, quick and easy! Here’s how to register:

- We encourage you to register in advance online. That way, you can help advance our mission by sharing your personal Walk fundraising page and asking people to donate. (Don’t worry; we’ll share all kinds of resources to make this less scary!) Click here to register, or stop in the NAMI SE MN office during our regular hours and we can help!
- You can register on-site on Walk Day in the Registration Tent.
- You can print out the same-day registration form here and bring it to the Registration Tent on Walk Day.

I’m busy that day. Can I participate virtually?
Yes! You can participate from anywhere! Simply select “Virtual Participant” when you register to raise money and awareness for NAMI’s mission no matter where you are on Walk Day.

Do I have to walk to be part of the Walk?
Absolutely not! Come to join the program and activities. We have many people with health conditions that do not allow for walking and we want everyone to be part of our event.
If I registered online, do I need to check in on Walk Day?

Yes, all participants and volunteers must register on Walk Day and fill out a liability release form. Teams may fill out one form with all team members listed. If you have a team and want to complete this in advance, please print this form, get team members’ signatures and bring it with you to the Walk. If you raise more than $100, you will also get the ticket to claim your t-shirt when you check in.

THE WALK

Can I run instead of walk?

NAMIWalks is a non-competitive (and non-timed) event, so the majority of people will be walkers. If you want to run, please be considerate of other event participants.

Are strollers allowed?

Of course! Strollers and wagons are allowed. We love seeing families at NAMIWalks!

Are pets allowed?

Absolutely, as long as they are on a leash and attended by their owners at all times. We will have a dog station with treats, water and other goodies.

What are Tribute Signs?

Tribute Signs show public support for a loved one at the Walk. With a donation of $100+, your sign dedicated “In Honor Of...” or “In Memory Of...” will find a home right in the middle of the action. Order yours here.

DONATIONS & FUNDRAISING

Do I have to fundraise to participate?

NAMIWalks is a fundraising event, but behind the fundraising is the fun! You do not have to fundraise to enjoy the smiles, celebrations and meaningful moments at NAMIWalks. However, it’s quite a feeling to know that your efforts helped get our community closer to “Mental Health for All”, so we encourage you to consider fundraising.

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

Definitely! We accept cash or checks mailed to or dropped off at NAMI Southeast Minnesota, 2746 Superior Dr NW, Suite 110, Rochester, MN 55901. Please include the name of the Walker and the team so we correctly record the donation. Make checks payable to NAMI Southeast Minnesota.
Can I donate at the Walk?

Of course! You can deposit all donations – check, cash or card – at the Donations Table at the Event.

**T-SHIRTS & OTHER SWAG** (Return to Table of Contents)

I raised $100 or more...will I get a t-shirt?

Yes, with a couple caveats:

- To be guaranteed a t-shirt in your size, you need to be a registered participant and have $100+ reflected on your online fundraising page (cash, check and/or credit card donations) by July 28, 2023.
- If you surpass $100 after July 28, 2023, t-shirts will be subject to availability and awarded on a first-come, first-served basis.

You will get a ticket at the Registration Table on Walk Day to get your shirt.

How can I earn other swag?

This year, you have the opportunity to earn much more than a t-shirt! Check out all the gear. Here’s how it works:

You will receive a certificate based on the totals on your Walk fundraising page 30 days after the Walk to redeem for the item(s) of your choice. The certificates expire 30 days after they’re sent, so act fast!

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

No, shirts are only available for registered participants who raise at least $100.

My team has 5 people and we raised a combined $500. Do we get 5 shirts?

It depends. Shirts are only awarded to registered participants who raise at least $100. Therefore, if each registered team member raised $100, you will get 5 shirts. However, if two registered team members raised $175 each and the other three raised $50 each, only the two who raised $100+ would get a shirt.

To make sure everyone has a chance to earn a shirt, please ask all your teammates to register as a “Team Member” online (click here) so they can be rewarded for their fundraising.

**EVENT DETAILS: TBA (Come back after 9/1/23 for all the details!)**

What types of activities can I expect at the Walk?

What is the schedule of events?

Is food available?