



## Frequently Asked Questions

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## The Basics:

### Where and when is the Walk?

Saturday, May 20th at Sam Houston Park ([1000 Bagby St. Houston, TX 77002](https://www.samhoustonpark.org/))

- 07:30 AM – Walker Check-in and Community Fair
- 08:00 AM – Opening Ceremony
- 08:30 AM – Official Walk Start
- 12:00 PM – Walk Ends

Please note: Sam Houston Park is a LARGE park - please review the map for the location of this event.



### What if it rains?

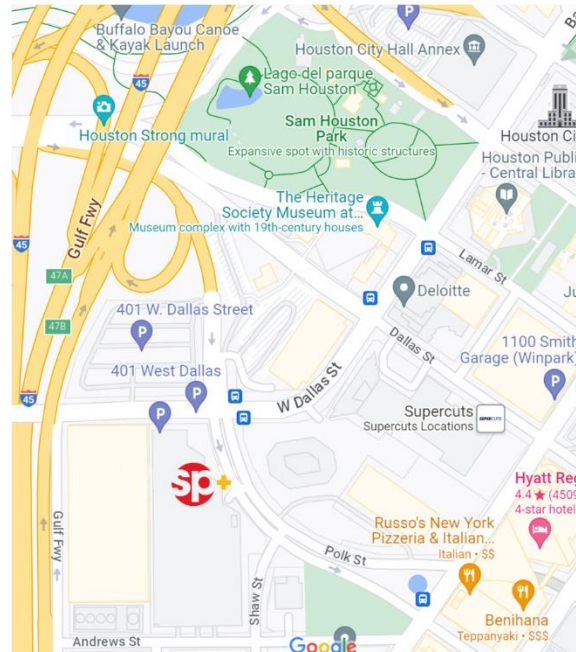
MENTAL HEALTH is important RAIN OR SHINE so you can count on NAMIWalks Greater Houston to be ON - we won't let a little rain stop us!

### Where do we park?

This year, parking for NAMIWalks Greater Houston is offered at a reduced rate through our friends at **SP+ parking!** Parking is **\$10 (credit card only)** and the SP+ garage is located at [300 Clay St., Houston, Texas 77002](https://www.spplus.com/).

Additional SP+ parking garages can be found near Sam Houston Park but are subject to normal weekend rates.

Below, you'll see a map showing the parking location in relation to Sam Houston Park.



(Click the map for walking directions from the garage to the park!)

### Are there bathrooms at the park?

Yes! There will be a row of portable toilets at the park, including ADA accessible toilets.

### What type of activities can I expect at the walk?

NAMIWalks Greater Houston will be full of fun activities! We'll have:

- **HOUSTON★ASTROS** 1<sup>st</sup> baseman, José Abreu & his [NAMWalks team: Happy Jack 79](#)
  - Join his NAMIWalk team [here](#) and receive a free autographed shirt!
- Photographs w/ **Orbit & the Astros Street Squad**
- MC & News Anchor, Jonathan Martin
- NAMI Authors Corner & book signings
- Art booth by TWC-VRS/Gmadixx Art & Design
- Community Resource booths
- **ÜBERRITO** FRESH MEX Food Truck (portion of all proceeds will be donated to NAMI-GH)
- FREE snacks and fruit
- FREE water by PepsiCo
- DJ music and more!

## **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 whole 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, it's **FREE!**).

We encourage you to register [ONLINE now](#).

Companies, organizations and families are encouraged to organize teams of walkers made up of employees, organization members, relatives and friends to take part in the Walk.

Registration forms will be available on Walk Day and our volunteers will help get you registered quickly so you can enjoy the event!

### **What if I need help registering for the walk on walkday?**

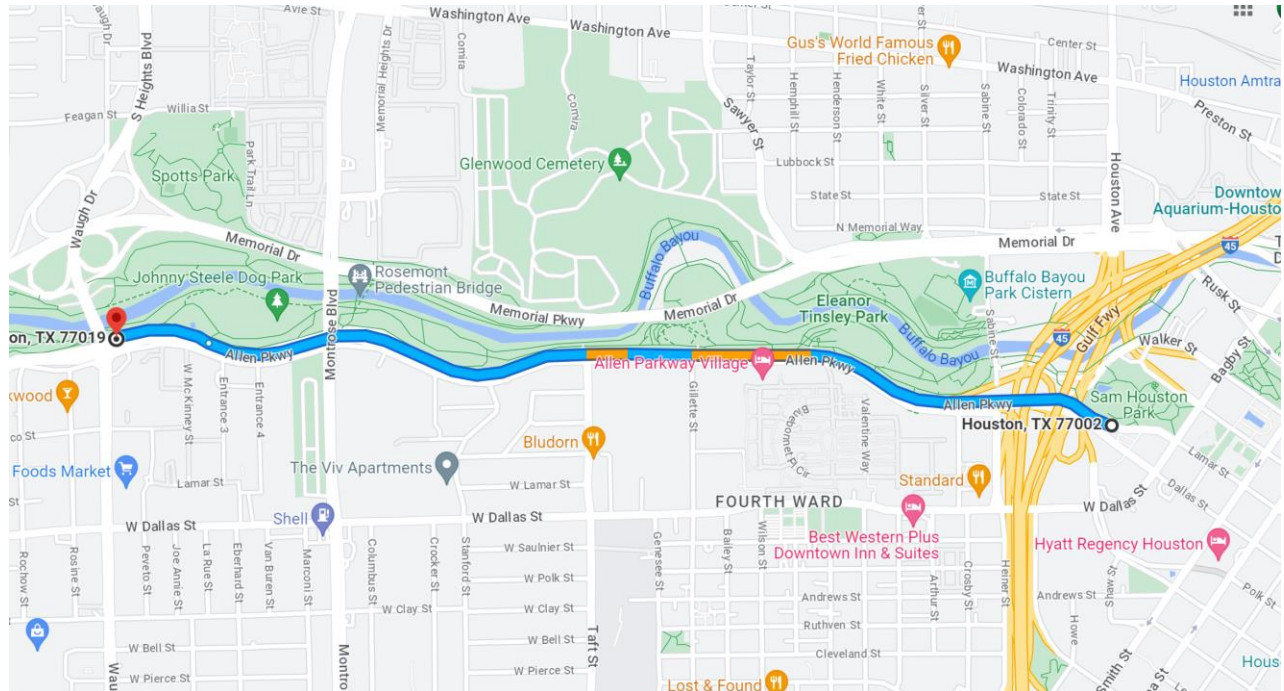
NAMIWalk volunteers will be on-site helping those in need of extra assistance to register for the event.

Do you have other questions about registration? Contact our walk team at **walk@namigreaterhouston.org** for answers!

# The Walk

## What is the Walk route and how far is it?

The NAMIWalks Greater Houston starting/finish line is at the eastern entrance to Sam Houston Park (near the fountain) on Lamar street. From here participants will walk towards and down Allen Pkwy, to around Waugh Dr. and back. The approximate total distance is 5 km or 3.1 miles.



## Can I run instead of walk?

We are historically 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! Our course is a relatively flat, paved road with only a few areas of elevation changes and/or hills. **The great news is - you can turn around as soon or as late as you'd like!** And if you are unable or uninterested in walking, please still join us! There are plenty of other festivities starting at 7:30 am that you can enjoy.

**Are strollers allowed?**

Yes! Strollers and wagons are allowed. We are family-friendly and hope to see lots of smiling youngsters on May 20th!

**Are dogs allowed?**

Yes! Leashed, well-behaved dogs are allowed. Please remember to bring the little baggies to clean up after your pet and dispose of the waste in a proper receptacle.

**\*\*Although we love dogs at NAMIWalks, please note that there will be approximately 2,500 people in attendance at the event. If your dog is not child-friendly, or is not able to handle moderate noise/crowds/other dogs, please consider whether bringing your pup to this event is the right choice.\*\*\***

**Should I bring food?**

That's up to you! We'll have some snack bars and water. The event is over by 12 pm so you can either plan on staying in the park and having a picnic - or visit one of the great local restaurants nearby for lunch with your friends/families/teams!

# **Donations**

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

YES! We accept checks mailed to 9401 Southwest Frwy, Ste. 1234, Houston, TX 77074 - please include the name of the **Walker** that the donation should be applied to.

All participants are encouraged to collect donations from family members, friends, co-workers and business associates in support of their participation in the Walk.

## **Can I donate at the Walk?**

**Yes - we encourage everyone to donate at the walk!**

NAMIWalks Greater Houston 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 Harris, Montgomery, and Fort Bend counties!

## **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/greaterhouston](http://www.namiwalks.org/greaterhouston) to make a donation right from your mobile device!

We accept the following forms of payment on Walk Day: Cash, Check, Debit/Credit/Paypal

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

## **What about company gift matching/volunteer grants?**

Search our [NAMI Greater Houston Double-the-Donation webpage](#) to find out if your company offers a matching gift grant program or contact your company's Human Resource Department and ask if your employer participates in a matching gift program.

If eligible, by simply completing a matching gift form (online or paper), you may be able to double, or even triple, the impact of your gift!

# Volunteering & Sponsorship

## **Can I volunteer for the Walk?**

Signing up to volunteer at the walk is easy! [Click here to access our volunteer sign up form.](#) Make sure to select **Special Events – NAMIWalks** as your interested volunteer opportunity and you will be on your way participating in our fun and exciting annual community event.

Being a NAMIWalks Greater Houston volunteer is a great way to volunteer with your family, friends, coworkers, or any other group all while growing rewarding friendships and helping your community to create Mental Health for All.

For more information on volunteering for NAMIWalks Greater Houston, please go to: <https://www.namigreaterhouston.org/volunteer-for-namiwalks/>

## **What if I or my company wants to sponsor the event?**

There are a wide range of corporate sponsorship opportunities available to local companies and businesses relating to the Walk. Anyone interested in information on how their company or organization can sponsor the Walk should contact Gussie Fuller at the local NAMI Greater Houston office at 713-970-4464 or email: [walk@namigreaterhouston.org](mailto:walk@namigreaterhouston.org).



## **T-Shirts**

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

- Yes! When you check-in at the registration booth, you will receive a voucher for your official 2023 NAMIWalks t-shirt that you can take to the T-shirt booth to redeem!
- 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. **All shirts are on a first-come, first-serve basis!**
- Walkers may also receive [additional incentives & prizes](#) based on the amounts that they raise up to \$5,000 or more!

### **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.

**We can't wait to see you all on May 20th for our annual  
NAMIWalks Greater Houston event!!!**