

What should I wear?

Comfortable walking shoes are a must. Do NOT wear new shoes. Break them in prior to the event. Also wear layered clothing that you can remove or add layers as you walk to be comfortable.

What if it rains on Walk day?

We certainly hope it will not rain for this event. If it does, the walk will take place rain or shine. If the weather necessitates we will alter the course (shorten) however all participants will be credited for the entire distance.

Will there be anyone to help me along the route?

Absolutely. There will be a rest stop strategically placed along the route where participants are provided with water and assistance if needed.

How long will it take to finish the entire route?

Most people can walk the distance within an hour and a half.

Can my child, infant or dog walk with me, even if they aren't raising money?

Yes, but you need to tell the volunteer who registers you at the site that they are just walking with you, not collecting money. Everyone who walks must sign a waiver form. All dogs must remain on a maximum 6' leash and be cleaned up after.

Can I roller blade / bike / scooter / skateboard?

No. This is a walkathon, however, runners are welcome.

Can someone who is unable to walk help?

Yes! There are many important volunteer jobs for which we need help. Please email: namimc@msn.com or call us at (815) 444-9991.

Walkathon FAQs

What is NAMI? Why does NAMI exist?

One in every four families has a loved one who suffers from a mental illness. Schizophrenia, bipolar disorder and depression take a toll on families both emotionally and financially. Twenty years ago The National Alliance for the Mentally Ill (NAMI) was organized to provide support, education and advocacy for all persons whose lives have been touched by mental illness. NAMI offers an array of services including self-help groups, family education, community education and advocacy on a local, state and national level. An all-volunteer staff provides these services free. In addition, the NAMI McHenry County chapter took on the task of starting two group homes to help those who were once homeless or living in public shelters to have a place to call home. The Ami and Phoenix group homes provide structure, stability and support to those in need. Independent living skills, medication management and in-house counseling are just a few of the services available to the members of our group homes.

How do I get in touch with NAMI?

NAMI McHenry Chapter, Attn: Merna Drewno, PO BOX 1391, Crystal Lake, IL 60039-1391. Phone (815) 444-9991 or Website: <http://namimchenry.org>

Where can I get a pledge form?

Go to DOWNLOADS page, click on Walkathon Flyer and PRINT.

What should my goal be for pledges?

Regardless of how much you actually raise, we sincerely appreciate your willingness to help! Check out the rest of the DOWNLOAD pages for helpful ideas to help you maximize your efforts.

What time does the Walkathon start?

Registration begins at 10:00 am.at the Jaycee Pavilion at Veteran Acres Park in Crystal Lake. The walk officially starts at 11:00 am. All walkers must have started walking by 12:00 p.m.

Where is Veteran Acres Park?

Veteran Acres Park is located near the intersection of Route 176 and WalkUp Rd in Crystal Lake. The address is 431 N Walkup, Crystal Lake, IL 60012.

Map and driving directions: <http://illinoisgis.ito.state.il.us/routemap/index.asp> or try [Mapquest](#).