

FAQs

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 please inform 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 e-mail Cindy Ratchford at cratchford@sbcglobal.net or call us at (815) 344-8335.

NAMI McHenry County Walk
5320 Elm Street
McHenry, IL 60050
Phone: 815-344-8300
Fax: 815-344-8335