

2011 NAMI McHenry County Walk for Mental Health Awareness
Frequently Asked Questions

<p>What time should I get to the park?</p>	<p>Please arrive at 9:30 a.m. to register, check in if preregistered, turn in donations and pledge sheets, and sign waivers. Children who are participating in the Walk will need a waiver signed by their parent/legal guardian.</p> <p>The Walk starts at 11:00 a.m. We start the course in two groups: first the 5 K group, then the one mile group.</p>
<p>How long will it take to finish the entire route?</p>	<p>Most people can walk the distance within an hour and a half.</p>
<p>Is the route handicapped accessible?</p>	<p>Some of the paths are paved and are wheelchair accessible. – is this true? Please be aware that there are some hills and grass paths.</p>
<p>What should I wear?</p>	<p>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.</p>
<p>What if it rains on Walk Day?</p>	<p>The Walk will take place rain or shine. If the weather necessitates we will alter (shorten) the course; is this true? however all participants will be credited for the entire distance.</p>
<p>Will there be anyone to help me along the route?</p>	<p>Absolutely. There will be a rest stop strategically placed along the route where participants are provided with water and assistance if needed. Is this true?</p>
<p>Can my child, infant or dog walk with me, even if they aren't raising money?</p>	<p>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. Children under 18 must have a waiver signed by their parent/legal guardian. All dogs must remain on a maximum 6' leash and be cleaned up after.</p>
<p>Can I roller blade / bike / scooter/ skateboard?</p>	<p>No. This is a walkathon; however runners are welcome.</p>
<p>Can someone who is unable to walk help?</p>	<p>Yes! There are many important volunteer jobs for which we need help. See below.</p>
<p>Contact for volunteering:</p>	<p>Cindy Ratchford NAMI McHenry County Phone: 815-344-8300 Fax: 815-344-8335 Email: cratchford@sbcglobal.net</p>