

2010 NAMI McHenry County Walk for Mental Health Awareness

Frequently Asked Questions

What time should I get to the park?	<p>Please arrive at 9:00 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 10:00 a.m. We start the course as a group.</p>		
How long will it take to finish the entire route?	<p>Most people can walk the distance within an hour and a half.</p>		
Is the route handicapped accessible?	<p>Some of the paths are paved and are wheelchair accessible. Please be aware that there are some hills and grass paths.</p>		
What should I wear?	<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>		
What if it rains on Walk Day?	<p>The Walk will take place rain or shine. If the weather necessitates we will alter (shorten) the course; however all participants will be credited for the entire distance.</p>		
Will there be anyone to help me along the route?	<p>Absolutely. There will be a rest stop strategically placed along the route where participants are provided with water and assistance if needed.</p>		
Can my child, infant or dog walk with me, even if they aren't raising money?	<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>		
Can I roller blade / bike / scooter / skateboard?	<p>No. This is a walkathon; however runners are welcome.</p>		
Can someone who is unable to walk help?	<p>Yes! There are many important volunteer jobs for which we need help. See below.</p>		
Contacts for volunteering:	<table><tr><td><p>Kathy Zander Volunteer Coordinator Phone: 815-477-2414 E-mail: ktzander@gmail.com</p></td><td><p>Cindy Ratchford NAMI McHenry County Phone: 815-344-8300 Fax: 815-344-8335 E-mail: cratchford@sbcglobal.net</p></td></tr></table>	<p>Kathy Zander Volunteer Coordinator Phone: 815-477-2414 E-mail: ktzander@gmail.com</p>	<p>Cindy Ratchford NAMI McHenry County Phone: 815-344-8300 Fax: 815-344-8335 E-mail: cratchford@sbcglobal.net</p>
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