



## 2022: FAQ

*Got questions?? We've got answers!*

**Saturday, October 8, 2022  
Monument Valley Park Triangle,  
170 W. Cache la Poudre St., Colorado Springs, Co 80903**

### **WHEN IS CHECK-IN?**

Please arrive no earlier than 1 hour before walk start to get checked in and receive your walk swag bag and T-shirts (for those that qualify). This is a great time to check out the walk day activities. The opening ceremony will start at 10 a.m.

### **WHERE IS CHECK-IN?**

Check-in will be by last name at the registration/check-in tent with the blue NAMI sign on the south side of MVP Triangle.

### **WHAT'S THE PARKING SITUATION?**

Follow the signs and our parking guides. There will be blue NAMI signs at Cascade Avenue on Cache La Poudre and Dale streets. We may use parking spots in the Fine Arts Center parking lot and at the Monument Valley Park Mesa Road parking lot, near the playground and pickleball courts (just across the Cache La Poudre bridge). You of course are welcome to find street parking as well; just watch the signage, as restrictions have recently been placed around some spots around the FAC and Colorado College.

### **WHAT'S THE SCHEDULE?**

- 9:00 a.m.: Registration/check-in/T-shirt pickup opens
- 9:00-10:00 a.m.: Event Day activities (see below)
- 10 a.m.: Opening Ceremony
- 10:30 a.m.: Walk start
- 11:30 a.m.: Closing Ceremony

### **WHAT ACTIVITIES START AT 9 A.M.?**

Here are some of the things that will be happening from 9 through 11:30 a.m.:

- **NAMI Activity Area (White Tent)** – temporary tattoos, WHY I WALK signs
- **NAMI Information Table** – By registration/check-in tent
- **Water Stations/Refreshments** – Bagels/coffee at start/finish, chocolate milk
- **Sponsor and Partner Activities**—get info and pick up swag (selfie photo station at Cedar Springs tent)

### **WHAT ARE THE SAFETY PROTOCOLS?**

Face masks are not required. Hand sanitizer will be available on site. Also, the Registration Tent will include a First Aid station for anyone who needs it for any reason.

### **CAN I BRING A FRIEND WHO HASN'T SIGNED UP YET?**

Yes! But please note that everyone will need to check in or register at the registration/check-in tent on the Cache la Poudre Street side of the Triangle. There is no charge to register for the walk, but all participants must sign a waiver to be on the course.

### **CAN SOMEONE COME TO THE PARK AND NOT WALK?**

Yes! People are welcome to spend time visiting event-day activities during the walk.

### **WILL DONATIONS BE ACCEPTED ON WALK DAY?**

Yes! Walk day donations in the form of cash, checks or credit card will be accepted on site. Please go to the NAMI registration/check in tent.

### **WHO GETS A T-SHIRT?**

If you have raised \$100 and above, you will be eligible to pick up a T-shirt at the registration/check-in tent. They will be given out on a first-come, first-served basis to those who have qualified. If we happen to run out of your size, or have more folks qualify than anticipated, we will be HAPPY to mail one to you afterward. We know that we may need to order additional T-shirts, so please understand that we will do our very best to get those to you as soon as possible. You've earned this badge of honor and we are excited to see many NAMIWalks shirts around town throughout the year!

### **WHAT ABOUT OTHER REWARDS THAT I QUALIFY FOR?**

If you have earned higher levels of recognition, you will receive a notification to redeem your gift and instructions on how to do that the second week of November. Please note that donations are accepted for up to 30 days after the walk, meaning final notifications won't go out until the end of that time period. It will be your responsibility to redeem for your gift once you have received the email.

### **HOW LONG IS THE COURSE?**

The course will be set up with clearly marked 1 and 2-mile options along the Monument Valley Park trail. (Though we've talked about this being a 5K, it's actually a shorter course and is a loop, so you can turn around at any point along the way) Water stations will be at half way point and the start/finish. Please bring your own refillable cup/water bottle or pick one up at one of our sponsors tents. We encourage you to finish at your pace: Enjoy the views, smell some flowers, talk ... just enjoy!

### **WHAT ABOUT PHOTOS?**

We encourage to take photos and post them on your social media outlets using the #namicos and #Together4MH hashtags.

### **SO, ABOUT THE ... FACILITIES?**

There will be 2 porta potties on site, including one that is ADA accessible.

**WILL THERE BE FOOD AND DRINK?**

There will be bagels/cream cheese and a limited amount of coffee/chocolate milk at the start/finish water station. Feel free to bring other snacks and drinks to enjoy on your own. Please note that this is a family-friendly, no-alcohol event.

**CAN I BRING MY DOG?**

Well-behaved dogs on a leash are allowed on the course and in the main event area.

**I HAVE ANOTHER QUESTION ...**

For any questions or concerns that aren't answered in this FAQ you can call our office at 719-473-8477 or email to [admin@namicos.org](mailto:admin@namicos.org)

*Thank you for participating in NAMIWalks Colorado Springs 2022! Without you, this event would not be the success that it is. The funds raised through this event will fund NAMI Colorado Springs' mental health support, education, advocacy and public awareness efforts. Just think of the difference your support is making here in our local community!*

*We invite you to follow us on social media at #NAMICOS and visit our website at ([www.namicos.org](http://www.namicos.org)) to stay connected with throughout the year. Thanks again for taking part in NAMIWalks!*