



**Saturday, May 11, 2024**  
**Panorama Park • 4540 Fenton Rd.**

## **2024: FAQ**

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

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

Participants can arrive starting at 9 a.m. The hour between 9 and 10 will be a great time to check out sponsor and vendor tables and Walk day activities. The opening ceremony will start at 10 a.m., and the actual walk will start around 10:30.

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

Check-in will be by last name at the registration/check-in tent with the NAMI sign on the north side of the park.

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

Thanks to our Parking Sponsor, Peak Vista Community Health Centers, we can offer parking in the Peak Vista lot just north of the park. Additional parking exists on Fenton Road and other nearby streets. (Start looking for NAMI signs at the corner of Jet Wing and Fenton.) There are ADA-accessible parking spots available on the east side of the park.

### **BESIDES WALKING, WHAT'S THERE TO DO?**

Among the attractions will be free massages from Massage Heights; face-painting and temporary tattoos from the HOSA students at Widefield High School; a photo booth; a service-dog meet-and-greet; kids' activities provided by Mile High Youth Corps; and a special activity in honor of Mother's Day and/or to honor a loved one. Kickoff activities include the National Anthem and a "presentation of colors" by Harrison High School's Panther Marching Band and AFJROTC, as well as a brief yoga session. DJ Spidah, of southeast Colorado Springs, will play music throughout the day.

**IS THERE A FIRST AID STATION?**

Yes, the Registration Tent will include a First Aid station for anyone who needs it for any reason.

**CAN I BRING SOMEONE 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. There is no charge to register, 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 and to enjoy all that Panorama Park has to offer.

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

Yes! Walk day donations in the form of cash, checks or credit cards will be accepted on site. Please go to the NAMI registration/check-in tent or look for the signs with QR codes.

**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. Shirts will be given out to those who have qualified on a first-come, first-served basis. If we happen to run out of your size, or have more folks qualify than anticipated, we will be HAPPY to mail a shirt to you after the event. 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 from NAMI National and instructions on how to claim your gift. Please note that donations are accepted for up to 30 days after the walk, meaning final notifications won't go out until mid-June. It is your responsibility to claim your gift once you have received the email.

**HOW LONG IS THE COURSE?**

The course will be a simple loop around the park, which is a little less than half a mile long. If you're looking for a workout, feel free to walk the loop two or more times if you'd like. Water stations will be at halfway point and the start/finish. Please bring your own refillable cup/water bottle or scope out the sponsor tents to see if there are any bottles being given away. We encourage you to finish at your pace: Enjoy the views, smell some flowers, talk ... just enjoy!

**WHAT ABOUT PHOTOS?**

We encourage you to take photos and post them on your social media outlets using the #NAMIWalksCOS and #Together4MH hashtags. We will also have a photo booth with downloadable photos!

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

There are bathrooms on site, and there will also be three porta potties, including one that is ADA accessible.

**WILL THERE BE FOOD AND DRINK?**

There will be bagels with cream cheese and a limited amount of coffee near the start/finish. We will also have food trucks joining us at 11 a.m., for after you're done walking. 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 [walkmanager@namicos.org](mailto:walkmanager@namicos.org).

*Thank you for participating in NAMIWalks Colorado Springs 2024! 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!*

*Facebook: @namicoloradosprings*

*Instagram: @namicosprings*

*Visit our website at [namicoloradosprings.org](http://namicoloradosprings.org) to stay connected with us throughout the year.*

*Thanks again for taking part in NAMIWalks Mental Health & Wellness Fest!*