



**Saturday, May 11, 2024**  
**Centennial Center Park**  
**13050 E. Peakview Avenue**  
**Centennial, CO 80111**

## **FAQ FOR PARTICIPANTS**

**Have questions?? We have answers!**

### **WHERE DO I GO?**

Put the address for Centennial Center Park (above) in your GPS and when you arrive there will be a parking attendant to direct you to a large parking lot located right by the park entrance. Accessible parking is also available. Once you park, head to the registration tent at the northeast entrance to the main park ... we'll be waiting for you!

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

- 8 a.m. On-site registration/T-shirt pickup opens ...you'll see the registration tents at the park entrance!!
  - **IF you registered online, you DO NOT need to check in! If you raised \$100+ and qualify for an event T-shirt then head to the t-shirt check-in booth near onsite registration. No need to check in at registration.**
  - **If you have not registered yet, first stop is the registration booth.**
- 8:30 a.m. Event Day activities (see below)
- 9 a.m. Opening Ceremony
- 9:30 a.m. Walk start
- 10:30 a.m. Most walkers will be finished

### **WHAT ACTIVITIES START AT 8:30 A.M.?**

Here are some of the things that will be happening from 8:30 am through 11 a.m.

- **NAMI Information and Activity Tent –all things NAMI will be here and activities like making STAMP OUT THE STIGMA signs ...check it out at some point during your time on site.**
- **Selfie Photo Station–** Take your free photos with your team and individually in front of the NAMI banners by the Stage – please consider using these hashtags when sharing on social media - #NAMIWalksCO, #Together4MH

- **Water Stations/Refreshments** – Einstein Bagels/Starbucks coffee, water donated by Pepsi CO and Royal Crest milk provided at the Royal Crest tent can be found at booths near the Start/Finish
- **Kid Station**—fun activities for kids like hula hoop, corn hole, coloring
- Check our sponsor tables and all the mental health resources at various vendors/NAMI affiliates throughout the park and at the NAMI COLORADO tent by the stage.

## HOW LONG IS THE COURSE?

The course will be set up with clearly marked NAMI signage on the one-mile family friendly, stroller accessible course on sidewalks with just a couple of road crossings ...YES, we WILL have crossing guards! You are welcome to do a full loop or even go around twice if you're feeling ambitious! We encourage you to finish at your pace: enjoy the views, smell some flowers, talk, smile, celebrate, remember, KNOW that you are not alone... just enjoy! As a reminder, if you have a stroller, younger kids walking or your dog, please plan to walk at the back of the pack to help with congestion.

## WHAT ARE THE SAFETY PROTOCOLS?

**Face masks are not required. You are encouraged to be at your level of comfort. A medic will be on site for any emergencies.**

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

Yes! Please have them register at the registration/check-in tent before participating. There is no charge for the walk, but all participants must sign a waiver to be on the course.

## CAN SOMEONE COME TO THE EVENT AND NOT WALK?

Yes! People are welcome to spend time visiting event-day activities during the walk and supporting the effort. Music will be played throughout the morning and many of our supporters are there to answer questions and help you get plugged in to NAMI efforts throughout the state.

## 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 information tent by the stage**. We will track these and if walk day registrants qualify for a shirt (\$100 donation required), we will collect your information and get in touch with you after the walk on how/where to pick up your shirt.

## WHO GETS A T-SHIRT?

Any registered individual who has raised \$100 or more will be eligible to pick up a T-shirt at the NAMI information tent by the stage **after checking in at the registration tent**. They will be distributed on a first-come, first-served basis to those who have qualified in advance of walk day. If we happen to run out of your size, or have more folks qualify than anticipated, we will be HAPPY to order one for you afterward. You've earned this badge of honor and we are excited to see many NAMIWALKS shirts around town throughout the year!

Just a note: T-shirts are an INDIVIDUAL PREMIUM. Sponsors are not considered in the same category as individual registrants, so NAMIWalks T-shirts are only distributed to individuals who reach the \$100 and above qualification. This is set by our national team's direction.

## WHAT ABOUT OTHER REWARDS THAT I QUALIFY FOR?

Participants can continue to fundraise for 30 days after the event and qualify for your choice of some great NAMIWalks swag. [Check out all of the options here](#). Please note that if you qualify for a gift by raising \$250 or more, you'll receive a certificate via email toward the end of June. Keep an eye out for it, choose your gift, and it will be shipped directly to you.

## WATER STATIONS?

Water, donated by Pepsi Co, will be at the start/finish along with coffee, bagels and Royal Crest milk. Feel free to bring your own water bottle for water on the route. Please help us keep the park clean by recycling your water bottles and throwing away any trash.

## SO, ABOUT THE ... FACILITIES?

There will be 2 porta potties on site, including one that is ADA accessible. The park also has facilities that will be open and available.

## WILL THERE BE FOOD AND DRINK?

There will be bagels/cream cheese, milk, and a limited amount of coffee at the start/ finish water station and at the Royal Crest tent. Feel free to bring other snacks and drinks to enjoy on your own. Please note that this is a family-friendly, no-alcohol event. There will not be vendors or food trucks selling anything but sponsors often have some goodies at their tables/ tents...check them out!

## CAN I BRING MY DOG?

Well-behaved dogs on a leash are allowed on the course and in the main event area. We are happy to have our furry friends join and will have a pet center with some water bowls and treats available too!

## WILL THE EVENT BE VIRTUAL?

Although we won't be providing a live link, we encourage people to **WALK YOUR WAY** and please send any photos or videos to [rhaleen13@gmail.com](mailto:rhaleen13@gmail.com) or add to our social media sites. **OPENING CEREMONIES will be broadcast FB live. 9 NEWS will have a reporter on site too!** By participating in this walk, please know you may be photographed/or videoed for promotional purposes.

## WHAT IS OUR MONEY USED FOR?

100% of the money raised stays here in our state and helps NAMI Colorado and our affiliates provide our signature mental health education, support, and advocacy programs at no cost to Coloradans affected by mental health conditions.

## I HAVE ANOTHER QUESTION ...

There will be an army of amazing volunteers in bright green NAMI SHIRTS on walk day, so feel free to reach out if you need assistance on walk day...we are here to help!

For any questions or concerns that aren't answered in this FAQ you can email our Walk Director, Riley Haleen at [rhaleen13@gmail.com](mailto:rhaleen13@gmail.com) or contact via cell at 920-421-0041.

**Thank you for participating in NAMIWalks Colorado 2024!** Without you, this event would not be the success that it is. The funds raised through this event will fund NAMI Colorado's mental health support, education, advocacy and public awareness efforts. Just think of the difference your support is making here in our local community!