



Dear Walker,

Thank you for registering for NAMIWalks of Johnson County, KS to fight mental illness stigma at Sar-Ko-Par Trails Park in Lenexa! Your participation is the reason we are able to provide resources to our community and we are so appreciative of your support. We have a lot of fun things planned and look forward to seeing you there!

NAMIWALKS FAQ

THE BASICS

Where and when is the Walk?

Saturday, June 1st, 2024, at Sar-Ko-Par Trails Park (Grand Pavilion) West 87th Street Parkway, Lackman Rd, Lenexa, KS 66215 (Enter Park at 87th & Greenway Lane)

Schedule of Events

9:00am – Registration and check in (refreshments available)

Stop by and visit the Resource Tables in the Pavilion

Team Pictures

10:00am – Opening Remarks & Guest Speaker Bethany DePugh

10:30am – National Anthem

10:35am – Walk Starts!

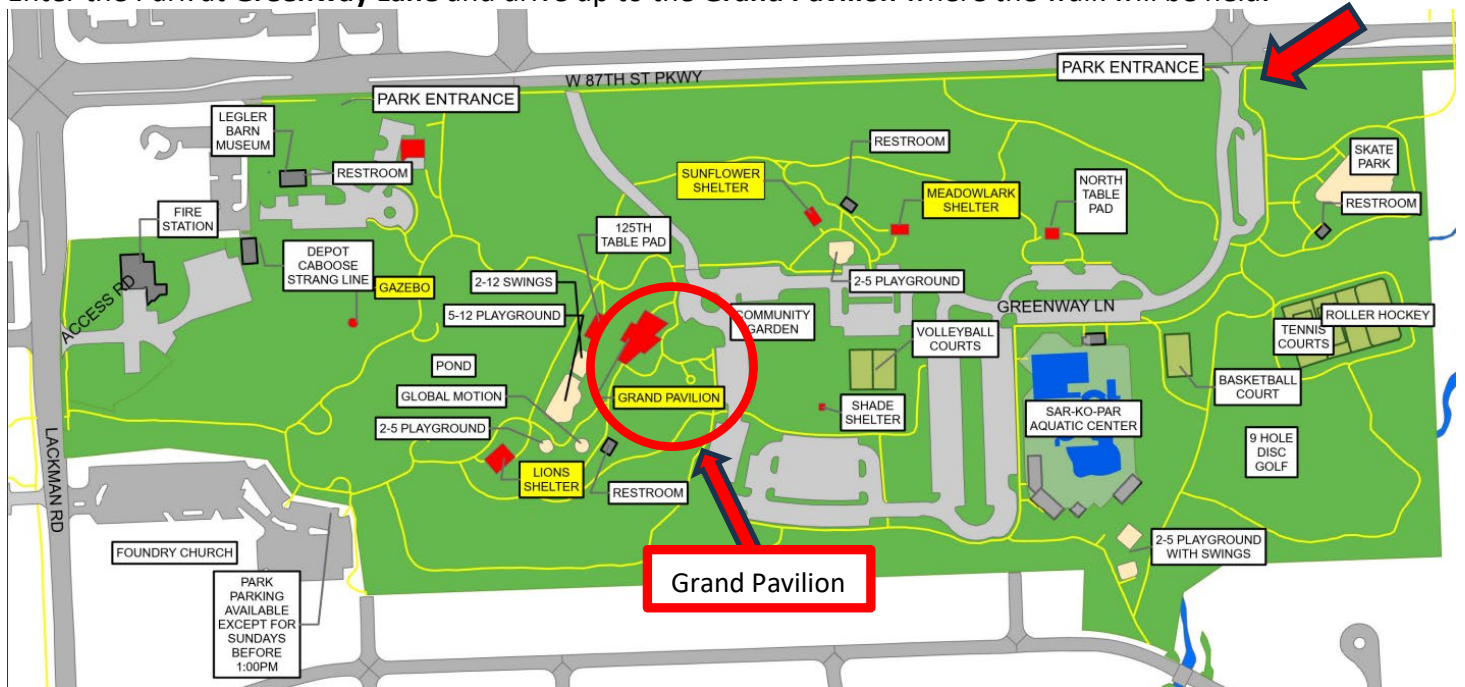
11:15am – Finish Line and refreshments

11:20am – Closing Remarks

What is the plan for inclement weather?

- MENTAL HEALTH is important RAIN OR SHINE, so the walk is ON no matter what!

Enter the Park at **Greenway Lane** and drive up to the **Grand Pavilion** where the walk will be held.



What are the parking accommodations?

- There is parking on site near the Pavilion shelter.
- There is wheelchair parking near the Pavilion. If you require wheelchair accommodations, please arrive EARLY to guarantee yourself an accessible parking spot!

Are there bathrooms in the park? -Yes! Restrooms are near the event site and throughout the park.

REGISTRATION

I registered online; do I need to check-in at the walk?

- Yes, please check-in at the registration table when you arrive.

Do I need to register?

- Yes! Registration just takes a few moments and is necessary before you can enjoy the event!
- To save time on walk day, take a moment now to REGISTER ONLINE, [Walk Site](#)

How Can I donate if I have not done so already?

Cash: (preferably in an envelope with the amount, your name, and the name of the person or team that the donation should be applied toward (if different than yourself)

Check: Made out to NAMI Johnson County or (If you want the donations to go to an individual or team OTHER THAN YOURSELF, include it in the subject line!)

Debit/Credit: [Walk Site](#)

THE WALK

Could I run the 5k if I wish?

-Yes, but we are historically a non-competitive walk, so most people will be walkers. If you really want to run though, we're not here to stop you - go for it! It's approximately a **1-mile loop and if walked around 3 times is the 5k advertised**. People are encouraged to walk the distance if they are able. It's not as much about walking as it is advocating and gathering together.

Route map:



FUN STUFF

What types of activities are available at the Walk?

- We'll have free healthy snacks and beverages, a family-friendly DJ, a photo area, outdoor games, activities, and give-a-ways!
- We have a prize drawing for walkers to win from various places.
- Puppy Palooza with KCK Animal Services – Come by and visit their adoptable dogs!
- Vendor resource tables for mental health resources -various local organizations.
- Ice Cream truck on site with treats available for purchase.

SHIRTS

I raised \$100 or more.... I'm getting a Shirt, right?

-Yes! Shirts are available in adult sizes Small -3XL.

-If you have \$100 raised ONLINE by April 30th, you'll be on our list to get a shirt. After checking in at the registration table, they will direct you to the table where your t-shirt can be picked up. If you raised \$100 after April 30th, we will get a t-shirt to you at a later date. Remember, donations are accepted for this year's walk up to 60 days after the walk, so plenty of time to get there!

WHAT TO BRING

Is this event pet friendly?

-Yes! Dogs (on leashes or harnessed) are welcome at the walk! Please note that there will be 350 or more people in attendance at the event, so if your dog is not people or dog-friendly, or is not able to handle moderate noise, you may want to consider if bringing your pup is the right choice for this event. Also, please clean up after your pet.

Should I bring food?

We will have light breakfast food - bagels, fruit, granola bars, juice, coffee. There will also be an ice-cream truck on site with treats available for purchase.

Do you have a checklist of items that you recommend I bring?

-Sunscreens and sunglasses!

-If you'd like, bring portable lawn chairs and rain gear if the weather forecast changes.

-Water bottle if you prefer this to bottled water provided.

Please reach out to me if you have any questions or need assistance.

We can't wait to see you on Saturday at NAMIWalks Johnson County!

See you soon!

Beth Gaddy

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