



NAMIWALKS WA 2023: FAQ

- Date:** Saturday, June 3, 2023
Time: 8am - noon
Location: Marina Park, 25 Lakeshore Plaza Drive
Kirkland, Washington 98033
Distance: 2.5K or 5K
- Timeline:** 8:00am Registration opens / T-shirt Pick Up Starts / Resource Fair Begins
8:40am Opening Ceremony with Seahawks Dancers & Blue Thunder Drumline
9:00am Step Off Begins!
9-9:30am Walkers Begin the Route in Waves
9:30-11:30am Music, Activities, Resource Fair Continues

NAMIWalks will take place rain or shine!

Q: Where does the walk take place?

A: The walk begins at the Marina Park in Kirkland, WA. The nearest intersection is Market Street and Lakeshore Plaza Drive in Kirkland, WA. King County Metro offers bus service to a nearby bus stop. Go to <http://triplanner.kingcounty.gov/>.

Q: Is there a fee to register for the walk?

A: There is no cost to register, but donations are welcomed.

Q: May I push my child in a stroller along the walk route?

A: Absolutely!

Q: Can I bring my dog?

A: Registered participants may bring well-behaved leashed dogs at their own risk.

Q: Is the walk wheelchair accessible?

A: Yes.

Q: What if I can't physically do the walk?

A: No problem! Please join us for music, activities, and camaraderie. There is also the option to walk a shorter route: 2.5K instead of 5K.

Q: Will there be food at the walk?

A: There are lots of coffee shops, cafes and restaurants in Downtown Kirkland within a few blocks of Marina Park.

There will be complimentary bottled water from our water sponsor, Point S Tire and Auto in Tacoma and some snacks sponsored by the Kiwanis Club of Monroe WA.

Q: Is smoking cigarettes allowed at the walk?

A: No. For the health of our volunteers and walkers, and per the terms of our permit for the event, smoking is not allowed in the immediate staging area of the walk.

Q: Is there parking available at the walk site?

A: Yes, there are several paid public parking lots within walking distance of Marina Park. A limited number of off-street parking spots are also available. (Note that these are metered spots and drivers will be ticketed if they do not have a valid parking sticker in their vehicle. We encourage carpooling and taking public transportation. More information about parking in downtown Kirkland is available at:

http://www.kirklandwa.gov/depart/Public_Works/Transportation_and_Traffic/Parking.htm

Q: Where do team captains meet with their teams?

A: Because of the large number of people attending the walk, we recommend that team captains arrange a meeting place ahead of time. By the main stage is a frequent team gathering area. Many teams make signs with their team logo and name that help their teammates find them in the crowd.

Q: Can people who want to walk register at the walk site?

A: Yes! To keep lines at the registration/check-in area short, we strongly encourage participants to register online prior to arriving at the walk site.

Q: Do they have to register for a specific team?

A: No. Participants can register as team captains, team members, or individuals. Anyone is welcome to join the team "Mental Health for All- Washington!"

Q: Do people who are already registered need to check-in at the walk site?

A: All participants are asked to check in at the registration tables. Team Captains may check in all of their participants at 1 time.

Q: How do I get my Walk T-Shirt?

A: You will receive a T-shirt if you have raised \$100 or more on your personal fundraising page. If you have earned a T-shirt, come to the Pavilion to check-in and pick up your NAMIWalks T-shirt. Please note: only individual registered participants raising \$100 or more receive a T-shirt- this is NOT calculated using team fundraising totals.

Q: Do you still need volunteers?

A: Yes! We need lots of volunteers to make the walk happen! Children over 16 years old (12 if accompanied by an adult) are also welcome to volunteer. For more info and to sign up go to: www.namiwa.org/namiwalks-volunteering

Q: Do people who want to volunteer the day of the walk have to register or join a team?

A: No, but if you are already planning to walk, we do have volunteer jobs that you can do before/after the walk to assist with set up and clean up.

Q: Are donations accepted the day of the walk?

A: Yes! We will have tablets to accept credit card donations on site! We encourage cash donations to be converted into checks or money orders. Or some participants will deposit cash donations and then make an online donation in the same amount via credit card.

Q: Can I make a donation at the walk?

A: Of course! Come to the registration table to donate at any time.

Q: How long will donations be accepted?

A: Participants can fundraise and earn recognition gifts until 30 days after the event. Find more information about gifts at namiwalks.org/recognition.

ROUTE MAP:

