

NAMIWalks Northwest

Sunday, May 19, 2019

Rain or Shine

5 K

12 pm registration/Walk begins at 1 pm

Vera Katz Eastbank Esplanade (near SE Water and SE Main)

FREQUENTLY ASKED QUESTIONS

Q: Where does the walk take place?

A: The walk begins at the Vera Katz Statue on the Eastbank Esplanade. The nearest intersection is SE Water Avenue at SE Main Street. You can register and sign in, listen to music and visit a number of resource tables for information on many things. Tri-Met offers bus service to a nearby bus stop. Go to www.Trimet.org to plan your trip.

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

A: No, it is a free event.

Q: What is the walk route?

A: Walkers start near the Vera Katz statues at the Eastbank Esplanade Festival area, continue North to cross the Steel Bridge, continue South along the Waterfront to the Hawthorne Bridge, and cross the bridge to return to the start/finish line.

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

A: Absolutely!

Q: Is the walk wheelchair accessible?

A: Yes – there are ramps available instead of stairs to get up to each bridge on the route.

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

A: No problem! Please join us for music, refreshments, and camaraderie.

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. If you wish to smoke, you can walk a block or two away.

Q: Is there parking available at the walk site?

A: A limited number of off-street parking spots are available. These are paid 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.

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. Many teams make signs with their team logo and name that help their team mates find them in the crowd. **Because of the large number of teams, we cannot give tables to individual team captains.**

Q: Does NAMI add donors' names to mailing lists?

A: No – we do not keep donors' addresses or e-mails, or add them to mailing lists or use their information for any other purpose.

Q: How do people already registered sign in on NAMI walk day?

A: Team captains are able to sign in their whole team on walk day. Have your team captain come to the registration tables to sign in all your walkers.

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

A: No.

Q: How does someone sign up to volunteer?

A: If you're interested in volunteering, please contact Taylor Madden at NAMI Multnomah at outreach@namimultnomah.org or (503) 501-2362.

Q: Can people who want to walk register on the day of the walk?

A: Yes.

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

A: No.

Q: Are cash and check donations accepted the day of the walk?

A: Yes. We encourage cash donations to be converted into checks or money orders. To save time you can send in checks before and up to 60 days after the walk to: NAMI Oregon, Attn: NAMIWalks Northwest, 4701 SE 24th Ave., Suite E, Portland, OR 97202. Please note that you are donating to NAMI Multnomah on the memo line and make checks out to NAMIWalks Northwest.

Q: What happens to unspecified funds donated?

A: They will be credited to the county the person lives in if we are unable to track down the team or donor.

Q: How long can donations be taken?

A: Donations will be accepted for the walk for up to 60 days after the event.

Q: What if someone donates after that?

A: The donation will go into next year's walk account by team/county

Q: Will snacks be provided at the walk?

A: Yes, and there will be bottled water as well.

Q: Are there other options for shirts?

A: You can make your own team t-shirts as well – this is great for pictures and there is a team t-shirt contest each year with prizes!

Q: Can I bring my dog to the walk?

A: Yes, we love your pets, provided that you clean up after them and make sure they are on a leash and under control at all times.

Q: What do I do if someone wants a tax receipt for a donation?

A: Anyone who donates online automatically gets an e-mail with a tax receipt. NAMI Oregon also sends thank-you/tax letters to all donors who send in checks. If you would like an additional tax receipt for a donor who has given you a check or cash, please contact the NAMI Oregon office at namioregon@namior.org or (503) 230-8009.

Q: Will I need to check in at the registration table on the day of the walk?

A: You will need to check in only if:

- You have not already registered online in advance;
- You have donations to turn in.

Q: How will you or your team members be able to get a NAMI shirt for the year?

A: Walkers that raise a minimum of \$100 may get a t-shirt at the walk t-shirt table. Walk day volunteers will also receive a walk t-shirt.

Q: Where does the walk take place?

A: The walk begins at the Vera Katz Statue on the Eastbank Esplanade. The nearest intersection is SE Water at SE Main Street. Tri-Met offers bus service to a nearby stop. Go to www.trimet.org to plan your trip.

Q: I am a team captain, why do I need to create two pages?

A: Team captains need to create two pages, one for the team to sign up on, and a personal page for your own fundraising.

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

A: No problem! Please join us for music, refreshments, and camaraderie.