



Everything You Need to Know About NAMIWalks 2018

Minnesota is proud to host the largest event raising awareness about mental illnesses in our state. Through your public display of support, we are changing how Minnesotans view mental illnesses. Make your voice heard and your presence felt! Please join us as we improve our communities, one step at a time.

DATE: Saturday, September 22
LOCATION: Minnehaha Park, Minneapolis
CHECK-IN BEGINS: 11 AM
WALK START TIME: 1 PM
REGISTER: www.namiwalks.org/minnesota

There is no registration fee. This is an inclusive community event. Healthy snacks and water will be provided free of charge. Public transit is encouraged on the day of the event and is free for attendees (see below.)

#namimn and **#namiwalksmn**
Facebook and Twitter: @NAMIMinnesota
Facebook Walk page: [@namiwalksmnnesota](https://www.facebook.com/namiwalksmn)
Facebook Event: [namiwalks.mn/facebookevent](https://www.facebook.com/namiwalks.mn/facebookevent)

General Information

WEATHER

NAMIWalks is **RAIN OR SHINE!** We're keeping an eye on the forecast, and it looks good so far! Just in case, bring a jacket or poncho and be ready to walk for awareness in the rain!



At last count we have over 3,100 Walkers registered to join us on Saturday! Altogether we have raised over \$343,000, blasting past 70% of our \$465,000 goal! All of the conversations you have had with your friends, family and co-workers are making this Walk our most successful fundraiser yet! And we're not finished – donations can be accepted until mid-November.

The Walk makes up 25% of NAMI Minnesota's annual budget and a majority of the donations are under \$100 each! Every donation is important. <https://namiwalks.mn/donate>

All people attending our event, including children, need to register. Have friends who haven't registered yet? Need to get a family member on your team? **Our goal is to have 4,000 Walkers registered by Friday**, so send them here: <https://namiwalks.mn/register>

That way they won't need to register or check-in at all on Walk Day. Avoid the lines!



Every registered Walker receives a blue NAMIWalks 2018 wristband commemorating this year's Walk. You can pick those up at the T-shirt table.

The first 2,000 to cross the Finish Line will receive a checkered wristband. You don't need to walk the whole route. Whatever counts for you as finished counts for us too!

For more information, email Amy at events@namimn.org or call at (651) 645-2948 x112.

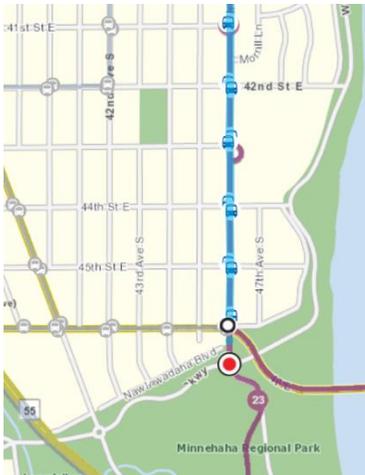
Walk Day Timeline

- 11:00 am NAMIWalks is set up & ready for you! Come hang out in the park and explore our sponsors' tables and all the activities. Be sure to stop by the Tree of Hope to add your leaf, stop by the Art Space to paint a sign or take a photo, or visit a food truck. **If you have already registered online, you DO NOT need to check in anywhere. Only Team Captains and brand-new Walkers need to visit the Check-In Building.** If you are a Team Captain dropping off cash or check donations, check in anytime between now and the start of the Walk.
- 11:45 am Our program begins with the band Cross Current, "a soulful blend of timeless classics and fresh hits delivered in the laid-back feel of the islands." Our emcee Bryan Piatt from KARE 11 will kick things off.
- 12:30 pm NAMIWalks Program begins: Join us at the pavilion and be inspired by speakers sharing why they walk.
- 1:00 pm The Walk begins at 1pm on the dot! Pass under the archway and show your excitement to be part of our community of mental health advocates. Do what the Minnesota RollerGirls tell you, and gather under the archway! This is one of our best photo opportunities to show the world how many Minnesotans care about mental health, so come together and show your support!
- 2:00 pm Cross Current begins their second set. Dance, meet new people, and enjoy the supportive community around you. Our executive director Sue Abderholden always says that Minnesotans won't dance in the daylight. Prove her wrong, won't you? As walkers return, fresh kettle corn awaits!
- 3:00 pm Walk clean-up. You and your team are welcome to stay at Minnehaha Park and keep celebrating your time together. Don't mind the staff and volunteers beginning to take down signs and pack up.

Location

PUBLIC TRANSIT

Parking in Minnehaha Park on Walk day is extremely limited. Here are some alternate options:



Take MetroTransit to NAMIWalks for free between 9am and 5pm – get your pass here: <https://namiwalks.mn/transitpass>

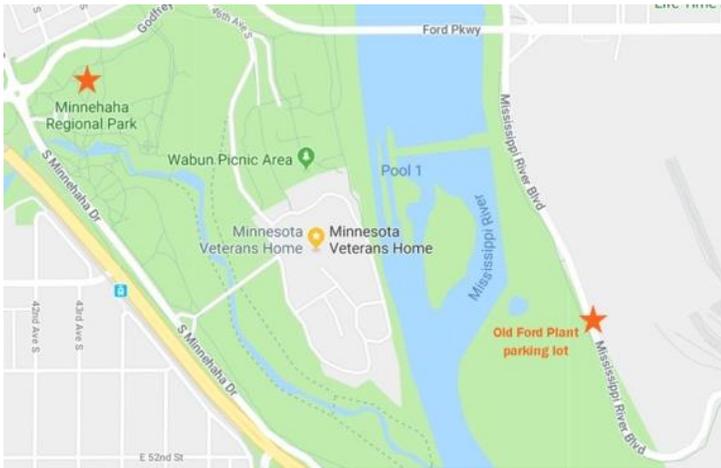
Use transit for your whole journey or just the last mile. Park a mile or so away on 46th Ave South and hop on the bus for the last mile.

Or park somewhere free like Fort Snelling and let MetroTransit do most of the driving for you. Route schedules and Park & Ride info available here.

<https://www.metrotransit.org/imap/map.aspx>

Also, the 50th Street Station on the METRO Blue Line is right next to Minnehaha Park and half a mile from the Walk.





FREE PARK & RIDE

We have convenient free parking and shuttle service. Parking will be available at the Old Ford Plant parking lot. The entrance is on South Mississippi Boulevard, approximately ½ a mile south of Ford Parkway. The entrance is on the west side, look for NAMI signs.

Courtesy shuttles will drop you off at the turnaround in Minnehaha Park. If you are picnicking, you can drop off your belongings at the turnaround first, then have one person set up your picnic area while another shuttles with your vehicle. Shuttle service is available from 10:30am to 3:30pm. **And yes! Your leased dog can take the shuttle too!**

BIKE PARKING

There are plenty of bike racks in Minnehaha Park in front of Sea Salt Eatery - you'll have the best seat in the house! There is also a Nice Ride bike share station just a block north of the park near the Dairy Queen.

MINNEHAHA PARK STREET PARKING

On-street is sometimes available in the surrounding neighborhood (please heed all local parking regulations.) Please do not count on finding a space at one of the park public lots. We're expecting over 4,000 people!

ACCESSIBLE PARKING

Limited on-site parking is reserved people with accessibility needs, first-come first-served, in the Godfrey parking lot along Godfrey Parkway on the north edge of the park.

FOR PASSENGER OR PICNIC SUPPLIES DROP-OFF ONLY

Drive to the turnabout at 4801 S Minnehaha Park Dr, Minneapolis, MN 55417 (just south of the Godfrey Parkway/Minnehaha Drive roundabout).

Check-in

ONLY Team Captains need to check-in. The exception is Walkers **without** a team who need to turn in **cash or check** donations. All other Walkers DO NOT need to check in.

However, we would like to strongly encourage you to “check in” to our [Walk event on Facebook](#) and let everyone know what you stand (and Walk) for!

If you have not registered for the Walk, please do so now.

<https://namiwalks.mn/register>

TEAM CAPTAINS

On Friday night, please check your team members' totals, and circle any who have raised over \$100 on your Captain envelope. Don't have a Captain envelope? Download the form here to print at home: <https://namiwalks.mn/kit>

On Saturday morning, please bring all cash or check donations to the Check-in building. If you just have online donations, just bring yourself! Your Walkers do NOT need to come with you. We will log your donations and give you the appropriate amount of T-shirt tickets. Then you can either pick up the T-shirts yourself, or give a ticket to each team member so they can choose their own size.

For more information, email Amy at events@namimn.org or call at (651) 645-2948 x112.

General Tips and FAQs

WHAT TO BRING

The most important thing is to be comfortable. Wear comfortable shoes and weather-appropriate clothes. Be sure to bring a water bottle, your team T-shirt and sunscreen. If you are planning on having lunch in the park, feel free to bring a picnic! You may also use cash and credit/debit cards at all the food trucks and at Sea Salt Eatery.

HYDRATION

Please bring a water bottle. Water is available for refills in the Park. Water for our four-legged friends is also available in the Dog Space in the Park and at each of the three rest stations along the route. The rest stations will also have bottled water for human walkers, if needed.

FIRST AID AND EMERGENCIES

There is no first aid station at this event. Band-aids will be available at the rest stations along the route. If there is a life-threatening emergency, please call 911.

CASH DONATIONS

If you, a friend, or a complete stranger would like to make a cash donation, please go (or direct them) to the Check-In Building (see map.)

I registered before the Walk. Do I need to check-in somewhere?

Nope! Team Captains are the only pre-registered walkers that need to check-in at NAMIWalks. Find your team and start enjoying yourself as soon as you get to the park! Kindly give any donations you might have to your team captain.

Where do I pick up my tshirt?

Congratulations! If you raised a \$100 or more as an individual (not as part of a team) then you will receive our thank-you gift, a NAMIWalks commemorative T-shirt. Your team captain will receive a t-shirt ticket for you after checking in. Bring that ticket to the t-shirt pick-up table inside the check-in building to pick out a shirt in your size. Don't worry if you put the wrong size when you registered, you can pick whatever you like.

Can I bring my children?

Of course! NAMIWalks is a family-friendly event. Make sure you also register your children to Walk - even babies!

Can I bring my dog?

Yes! Bring everyone! Dogs will also have their own zone with bandanas and other fun treats. If you decide to bring your dog, kindly remember to pick up after them and keep them leashed at all times.

Where can I picnic?

If you are on a small team or are an individual walker, you can eat, dance, and be merry in our "Open Picnic" space near the stage. Some larger teams have reserved picnic spaces can locate their spaces on the map as well, either under the team name or "Reserved Picnic."

Can I still make a donation after the Walk?

Yes, you can! We will continue to take donations for 60 days after the Walk. Keep checking-in with your friends who don't get a chance to donate before September 22nd. Post-Walk Day donations can be made on your team page online or sent to the NAMI Minnesota office (address below).

Thank you very much for supporting NAMIWalks Minnesota, and have great Walk!