



NAMI-NYC NAMIWalks Your Way NYC Day of Information

May 22, 2022

If you have questions, feel free to contact:

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Gates open at 10 AM for Check-in with DJ tunes, Art, Fitness and Wellness Sessions, and more!

11 AM for ASICS Blue Jean Mile Run and 3K Walk kick-off

Enjoy the 1st Annual Mental Health Street Fest until 2 PM!

NAMIWalks Your Walk NYC Mental Health Street Fest Schedule

Where: South Street Seaport, Manhattan

When: Sunday, May 22, 2022

Timing: 10:00am-2:00pm

10:00-11:00am – Check-in/Registration, Street Fest opens

10:45-11:15am –NAMIWalks NYC Warm up and Opening Ceremony

11:15-11:25am Blue Jean Mile, Walkers to follow

2:00pm Street Fest closes

Join us for a fantastic community day that raises funds needed to ensure that New Yorkers are able to access NAMI-NYC's life changing mental health support services for families. In addition to walking, we have plenty of ways to reconnect with the NAMI-NYC community:

- Artists who will be creating mural projects live during the event
- Selfie stations for you to take pictures with your team
- Fitness sessions including yoga, barre, and more!
- Fun family and kid-friendly activities including a pop up basketball set up, face painting, temporary tattoos, and balloon animals.
- The ASICS Blue Jean Mile run that will be a spectator event, as well as an option to participate in if you are keen on running a mile in hard pants. Limited spots are available.
- Topping off the day, we will have an ice cream truck to refuel and refresh everyone after the big day!



All Walkers are required to be registered. Walkers may register in advance online at www.namiwalksnyc.org or register in person on the day of the walk. You will need to show proof of registration at Check-in.

Registered Online? Print out your Walk page and circle your name - bring it with you to Check-in OR use your mobile phone to bring up your page and show it to us! **Don't have your link handy? Just go to www.namiwalksnyc.org and type in your name in the search box in the upper left hand corner to find your page.**

Not Registered Online, or bringing some friends? No worries! You can register at the event. **Everyone is welcome to come and walk on Sunday!**

Cash or checks donations to turn in? No problem, bring them with you to the walk and turn them in. Checks can be made out to NAMI-NYC, NAMI, or NAMIWalks.

Location: South Street Seaport Promenade - located at the intersection of South and Fulton Streets. **Use the address 89 South Street, NY, NY 10038 or click [here](#) for a map to the site.**

Transportation: Take the 2, 3, 4, 6, A, C, J, or Z to Fulton St., the E to World Trade Center, or PATH to World Trade Center.

Parking: There are pay-parking lots within a three block radius of the Seaport.

Yes! The walk is stroller and dog-friendly. Bring your kids, including the furry-four legged variety!

Walk Stars who have raised \$1,000 or more: Don't forget to stop at the Walk Star VIP Tent to pick up your gift bag!

Bring: A light jacket, sun screen, hat and umbrella (if it looks like rain) - we are walking rain or shine!