

SFNE - What we give to a Walk



SFNE is pleased to assist with the hosting of its regional Walks each year. As each Walk differs in terms of size, distance and format, SFNE will do its best to accommodate each event with specificity to its particular needs. Other variables (weather, terrain) can play into decisions and we will always work to 'go with the flow' whenever possible. **Most of all, remember that these are fun events!**

Generally speaking, SFNE can/will provide the following:

- Brochures that will be printed including information on all of the Walks. These will be provided well in advance of your Walk.
- 150 8-1/2" x 11" hard stock flyers sent one month before the event for posting in local establishments, telephone poles, etc.
- Mailing of brochures to your mailing list as well as any members on SFNE's mailing list that fall within zip codes for your area.
- Some media outreach and notices on its Web Page, Facebook and other relevant social media.
- Setting up of a registration table and handling the registration and t-shirt distribution. (Please advise if the registration area is indoors or outdoors). Arrival time is typically an hour before registration time.
- Counting and depositing money after the Walk. Final deposit and any data collected will be reported to Walk hosts. Any follow-up donations, matching gifts, etc. will be deposited properly with receipts, and thanks-to-all postcards will be sent to those who provided an address and include the final figure of money raised.
- One free t-shirt to each walker. A back stock of t-shirts will also be on hand for sale to non-walkers and to those who want more than the one we give to them.
- Two free raffle baskets contributed your raffle table. If necessary, instructions can be given on how to run a successful raffle.
- The Scleroderma banner and hand-out materials will be available at the Walk. In addition, there will be a bull horn to announce the start of the Walk and any other announcements.
- Staff will be available to talk with people, inform them about scleroderma, and promote the event.
- Staff will take pictures at the Walk for use in *The BEACON* and to capture the day.

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WHAT YOU CAN DO...

You might have other themes and event tables at your Walk – we encourage ideas that give the day more excitement and color! For example, some Walk promoters have a face-painting table set up for the children (and some adults). Others have clowns, a balloon table, tables for the larger teams, separate water and beverage tables, and even a massage table if you're lucky enough to find a masseuse who wishes to donate their services. The sky is the limit.

In addition to water and cold drinks, pizza, hot dogs, fruit, (orange wedges, apples, watermelons), chips, popcorn, coffee, donuts, muffins, candy, ice-cream (if proper refrigerator is available) are always nice if served before and after the Walk. Avoid cooking out/barbequing if at all possible.

Be certain to plan ahead for parking and shade. These two challenges, if resolved early, can really set up a recipe for success. Portable canopies are a great help.

Please provide information about any park permits and community rules that govern the Walk in your town. It is very different town to town, and state to state. If you can obtain these yourself, it will be to your benefit.

We encourage "teams" as they tend to promote success and loyalty!