

Frequently Asked Questions: NAMIWalks NJ 2022

When is the event?

Saturday, October 8th, 2022. Registration Opens at 9:30 am and the Walk begins at 10:30 am.

Where is NAMIWalks NJ?

NAMIWalks NJ 2022 is at two locations:

1. Duke Island Park, 191 Old York Rd, Bridgewater Township, NJ 08807
2. Albert Giampietro Memorial Park, 3231 E. Landis Avenue, Vineland, NJ 08360.

Follow the signs that say “NAMIWalks NJ”.

Where should I park?

Duke Island Park (Bridgewater Location): Free parking at Lot B.

Albert Giampietro Memorial Park (Vineland Location): Free parking along the road facing the park.

See the Walk Route Map Attached at the end of this document. We have highlighted areas for free parking.

When should I arrive?

- Sponsors & Exhibitors, please arrive by 9:15 am to set up.
- Team captains and individual walkers should plan to arrive between 9:30 am and 10:00 am. Arrive early so you have enough time to park, register, meet up with your team members, and have fun!

Will there be food?

Bottled Water/energy drinks will be available throughout the day. We will offer light refreshments, such as bars and assorted fruits. *Lunch is not served by NAMIWalks NJ, but we invite you to bring a picnic lunch or visit restaurants in the area.*

Where are the restrooms?

Bridgewater Location: In the visitor center, plus one portable restroom by the Pavilion.
Vineland Location: Portable restrooms will be available.

How do I check in or register?

ALL ATTENDEES MUST REGISTER AND SIGN A LIABILITY WAIVER; WE STRONGLY ENCOURAGE EVERYONE TO COMPLETE THE REGISTRATION ONLINE TO SAVE TIME ON WALK DAY – www.namiwalks.org/newjersey

Alternatively, the walker form may be filled out and turned in by your team captain or mailed to the office ahead of the Walk.

Registration begins at 9:30 am at the OUTDOOR Registration Tent – this area is for Team Captains and Walkers only – NOT for teams, team members or individual walkers on the teams.

- Team Captains are responsible for turning in ALL donations from their walkers using the Team Captain Envelope. If all fundraising was done online, the registration table will have information from October 4th. You will receive T-shirts for each team member who has raised \$100 or above.
- Individual Walkers, not on teams, should turn in all donations in the Individual Walker Envelope; anyone who has raised \$100 or above will receive a T-shirt at this time.
- For anyone raising \$100+ on the day of the walk, T-shirt sizes are not guaranteed and will be distributed on a first come, first served basis.
- If you want to exchange an (unworn) T-shirt size for a different size, please see us at the registration tent after 12:30 pm.

Where can I mail my donations before/after Walk?

NAMI New Jersey
1562 Route 130, North Brunswick, NJ 08902
Attn: Walk Manager

How do I locate my team on Walk Day?

Talk to your Team Captain and designate a meeting spot. NAMIWalks staff/volunteers will not be able to locate a specific team. Good landmarks for meetings at each:

- Bridgewater location: Visitor Center or Playground
- Vineland Location: Amphitheater

Please do not crowd at the registration tent to find your team. We encourage you to wear your Team T-shirt, bring signs/banners, and use your cell phones to communicate.

How long is the Walk?

The Walk is approximately 5k (3.1 miles). You are not required to finish the Walk; in fact, you can opt not to walk at all!

Are strollers or dogs allowed at NAMIWalks?

Yes! The Walk is open to all ages and abilities! Pets are not permitted, unless it is a service dog. Your dog must be leashed at all times and it is your responsibility to clean up after your pup. Please bring your own waste bags for cleanup.

What is there to do that day?

- Visit Exhibitors
- Listen to the music by DJ Bold Productions and Amanda Conti at the Bridgewater location, or DJ Anthony Gambino at the Vineland location
- Sign the “Why I Walk” Banner at the NAMI NJ booth

- Get your Team Photo taken, pose with Super Hero cut out, or take a photo with our Instagram frame at the NAMI NJ Booth
- Visit face painters and children's activity tables
- Pick up your NAMI bag and self-care package from "Tiny Budda"

Ready to walk?

Prana Yoga Center and Ek Healer will be leading our warm ups.

For the Bridgewater location, the walk stage is located facing the visitor center and for the Vineland location, it is the amphitheater. You cannot miss it.

Head to the info table for more guidance or see any of our "Ask Me" greeters.

Can I help promote the Walk on social media?

Absolutely! Share your inspiration and awesome photos on our social media handles!

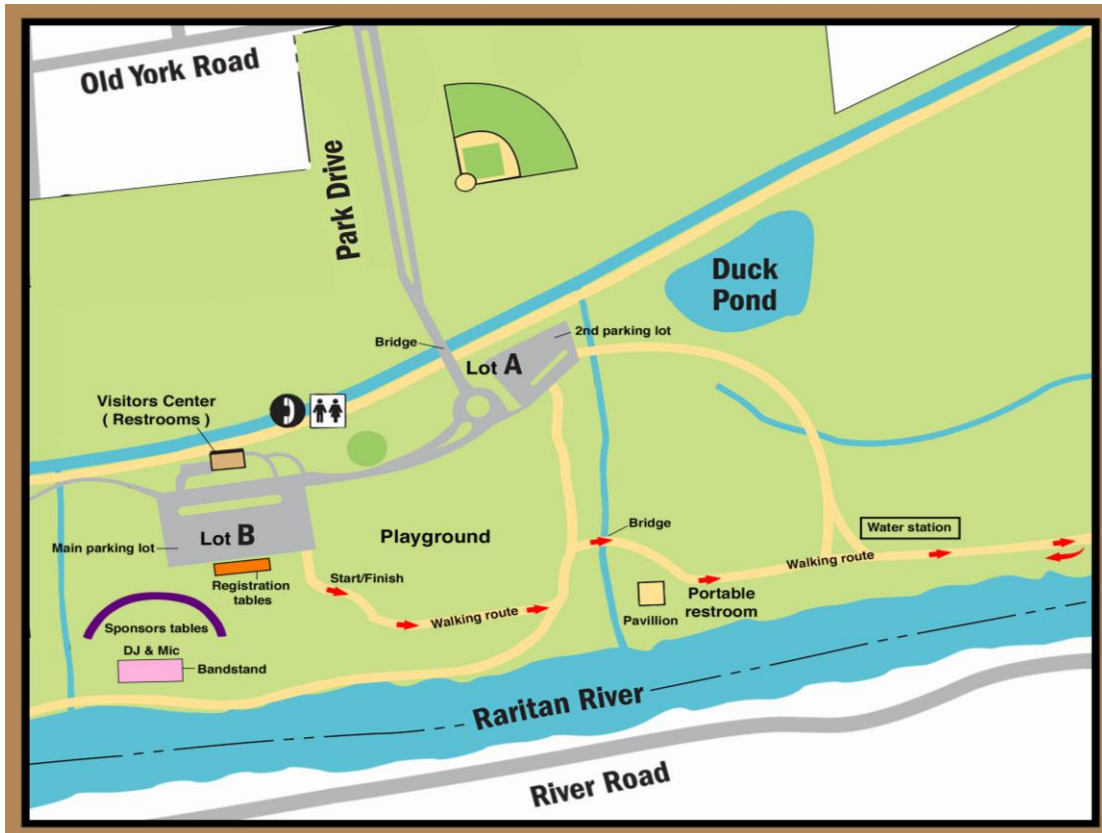
- Facebook: <https://www.facebook.com/namiwalksnj>
- Twitter: https://twitter.com/NAMI_NJ
- Instagram: <https://www.instagram.com/namiwalksnj/>

Use these hashtags for optimal impact: #NAMIWalksNJ #MentalHealthforAll #mentalhealth #stigma #Together4MH #hope #youarenotalone

For additional information

Reach out to floaters carrying "Ask Me" signs or visit the NAMI NJ information Booth.

If you have any questions or need materials, please contact
Laura Delprete or Beena Bhatcar at 732-940-0991
or ldelprete@naminj.org



Duke Island Park, Bridgewater, NJ



Albert Giampietro Memorial Park, Vineland, NJ