



It's time to *LaceUp* and join the 2021 Pacific Northwest Kidney Walk Dialysis Team Challenge

Why participate in the Kidney Walk?

We invite your clinic to *LaceUp* with us and join the Kidney Walk's movement of hope and health for kidney disease patients, caregivers and friends in your community. By participating in the 2021 Pacific Northwest Kidney Walk you'll let others know they're not alone.

LaceUp your walking shoes and join us from the comfort of your home, neighborhood or local park. We may not be able to unite in person, but our different paths share a common goal; together we'll *LaceUp* to change lives. Caring knows no distance; no matter how or where you walk—one simple step can change a life.

What is the Dialysis Team Challenge?

The Dialysis Team Challenge is a competition between local clinics to promote the Kidney Walk. The goal of the competition is for each dialysis team to try to raise the most money for their walk team in support of the National Kidney Foundation.

How does the Challenge work?

When you register as a dialysis team, you'll be instantly entered in the competition. Each month, your walk team will be updated on the number of walkers of each dialysis team and how much money each team has collectively raised. The team that raises the most money as of Walk day on Oct. 3, 2021, will be named the winning dialysis team and will be rewarded with bragging rights and the "Kidney Cup – Dialysis Team" traveling trophy!

How do I get involved?

Sign-up at your company as a Dialysis Team today at www.kidneywalk.org/PNW and start raising money for the NKF. Invite vendors and your staff's family, friends, and neighbors to walk with you!

If you have any questions or would like to have us host a customized team kickoff, please call Reed Milnes at 415-420-3408 or reed.milnes@kidney.org.

The *virtual* Pacific Northwest Kidney Walk is Sunday, October 3, 2021

Register your team at: www.kidneywalk.org/PNW