



EVERYTHING YOU NEED TO KNOW ABOUT THE 2022 SOUTHERN CALIFORNIA KIDNEY WALK!

- ✓ **WALK DAY SCHEDULE:** Check-In begins at 9:00 AM and our Opening Ceremony starts at 10:00 AM. At 10:30 AM, the walk will be underway!
- ✓ **LOCATION & PARKING:** Marina Green Park
386 East Shoreline Drive Long Beach CA 90802
Metered Parking is available in the adjacent lots
- ✓ **WALKER REGISTRATION & CHECK-IN:** Upon arrival, all Walkers should go to the Check-In/Registration Tent. This is where you will turn in any remaining cash and checks. If you've raised over \$1,000 you'll also receive your Top Fundraisers Club Breakfast wristband and additional t-shirt ticket. **We ask that ALL WALKERS register for the Walk regardless of age.** Online registration is highly encouraged, but you may also register on-site at the Walk beginning at 9:00 AM.
- ✓ **WALK ROUTE:** The Walk is a 5K non-competitive walk around the park. There will be a shorter route option that is approximately 1 mile. You can complete whichever distance you would like! The route is wheelchair, stroller and leashed dog friendly! Please pick up after your dogs.
- ✓ **NO MATTER THE WEATHER, WE WALK TOGETHER!** The Walk is rain or shine. Please check the weather forecast and plan accordingly. Don't forget your sunblock, hat and water bottle!
- ✓ **TEAMS:** All team captains are encouraged to visit the Team Banner Tent after checking in. There will be materials there to pick up and decorate your team banner! Feel free to bring photos or other items to decorate your banner!
- ✓ **AWARDS & TEAM SPIRIT:** Show your spirit with your best Walk outfit or team t-shirt. In addition to awards for top fundraisers, we give out awards for "Best T-shirt Design", "Most Team Spirit", and "Most Creative Team Name".
- ✓ **SOCIAL MEDIA: #KidneyWalk** – Yes, that is our official event hashtag! Use it on all your pictures and videos from the event. Don't forget to follow us and tag us **@nkfsocal** on Twitter, Instagram, and Facebook!
- ✓ **DON'T STOP FUNDRAISING!** It's not too late to spread the word about the Walk and reach your team and individual goals! Did you know that you can fundraise till the end of the year? Please feel free to continue fundraising to meet and exceed your goals! Please reach out to Joe at 818-783-8153 x542 if you need any help or ideas to keep fundraising.
- ✓ **WALK DAY IS YOUR DAY!** The Kidney Walk is a celebration of life, a time to honor those who could not be with us, and an opportunity to show your dedication to the kidney community!

We can't wait to see you for a great day on Sunday, October 30, when we take lifesaving steps in the fight against kidney disease! If you have any questions, you can reach Joe Grubbs at 818-783-8153 X542 or joe.grubbs@kidney.org