

# Walk Your Way!



## Help Unlock ALS at YOUR Mini-Walk!

We learned how to host our own Mini-Walks in 2020 with much success. Our 2021 Walk events will follow the same format to ensure the safety of all of our participants.

### What's a Mini-Walk?

Gather in groups based on your comfort level and local guidelines. Walk wherever you'd like – your neighborhood, a park, around your yard, or just around your house! Through Walk Your Way, participants everywhere can celebrate the Walk, knowing others across the region are walking in solidarity on the same day.

### Walk Your Way Ideas:

- ◆ Do a "Chalk your Walk" campaign by writing ALS awareness messages on your sidewalks with colored chalk.
- ◆ Show your Walk pride with a team t-shirt! Get your group outdoors in your team shirts and take your Walk photo. Share on social media with #WalkYourWayOH.
- ◆ Take your team sign on your Walk!
- ◆ Don't want to walk? Have a car parade! Decorate cars with window paint, balloons, streamers, etc and drive around town.

● ● ● ● ● ● ● ***ALS isn't canceled, and neither are we!***

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“Annually, I write a letter and deliver it to my neighbors explaining the ALS story of my dad, the important walk and request contributions. For the Mini-Walk last year, we had a record number of neighbors join and give more than any previous year. So glad for the Mini-Walk, it can happen anywhere!”

— Marva Kay Jones,  
Walk Committee Co-Chair



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**NORTHEAST OHIO: SEPTEMBER 12, 2021**  
**NORTHWEST OHIO: OCTOBER 3, 2021**



# Walk Your Way!

**ALS**  
**ASSOCIATION**  
**Northern Ohio**  
**Chapter**

## What's the same from previous Walks?

- ◆ Activating your team on the Walk website and getting your friends and family to join your team.
- ◆ Updating your team and personal pages with photos and your personal ALS story.
- ◆ Collecting donations both online and via checks and cash.
- ◆ Sending emails and creating Facebook Fundraisers to support your team.
- ◆ Staying up to date on the latest Walk info by following the Chapter on social media.



## What's different?

- ◆ Volunteers and staff will deliver t-shirts, signs, and other materials to Team Captains the week before the Walks.
  - ➔ Reminder: official Walk to Defeat ALS t-shirts are given to registered Walk participants who raise \$90 or more. This benefit is awarded to registrants who raise funds, not to teams or donors. If you have a donor who would like a shirt, we recommend asking them to register as a member of your team and make a self donation.
- ◆ You choose your own Walk route.
- ◆ Your teammates can meet you for your mini-walk, or do one from their own homes.
- ◆ We'll start the day with a live Opening Ceremony that will be viewable from any computer, smart phone, or tablet.



## More FUN-draising ideas

- ◆ Decorate your house windows or garage door to showcase your support in your neighborhood.
- ◆ Paint rocks to hide along your Walk route.
- ◆ Have a competition with your friends and family using your smart watches to count steps.
- ◆ Think beyond Walking! Host a bike ride, rowing brigade, poker tournament, bake sale, garage sale, mini-golf tournament, fun run, car wash, or lemonade stand. The possibilities are endless!
- ◆ If you can't participate on Walk day, Walk Your Way has you covered. You can host your Walk before or after and still turn in donations as they come in.



**Celebrate Walk Day in a way that is meaningful to you, your friends, and your family!**