



## Walk Where You Are\* Team Definition & Guidance

### Walk Where You Are Team\* Definition:

Do It Yourself Walk Where You Are individuals or small friends and family teams will help the National Alopecia Areata Foundation (NAAF) further its mission to: support research to find a cure or acceptable treatment for alopecia areata, support those with the disease and to educate the public about alopecia areata.

Walk Where You Are teams are do it yourself small gatherings of 2- 20 people made up of your family and friends, or your alopecia areata support group that will walk in your local neighborhood on September 28, 2024. **Walk Where You Are teams are NOT full community walk events and the National Alopecia Areata does not endorse events organized by Walk Where You Are Teams.** We are excited that you will have a do it yourself Walk Where You Are team to help raise funds for NAAF and spread alopecia areata awareness. Thank you!

\*Walk Where You Are teams are do it yourself small Friends and family teams of 2-20 people that casually meet up in their local neighborhood and walk together on September 28, 2024 to raise funds and participate in the Walk For Alopecia. Walk Where You Are teams are NOT Walk For Alopecia events. The National Alopecia Areata Foundation has one flagship Walk event in San Francisco at Golden Gate Park and does not endorse or give permission for Walk For Alopecia events.

Examples of how to participate as a Walk Where You Are as an individual and team:

1. A do it yourself Walk Where You Are team of 2-3 friends that register online, fundraise online, plan to meet up, bring their own water bottles and walk together the morning of September 28th in their neighborhood or at a local park trail.
2. A Walk Where You Are team of 10 - 30 friends, family members, support group members or classmates, or coworkers who meet at your home then walk together in your neighborhood on the sidewalks for a mile. And after the short walk, your team returns for more snacks/food, a team picture and a thank you speech from you for joining the walk team and effort.

We hope this helps you get started with your team and answers any questions you may have about starting your Walk Where You Are team. If you have any additional questions or want help organizing your team please contact [walk@naaf.org](mailto:walk@naaf.org).

### **Walk Where You Are Team Guidance and Important Information:**

#### **Fundraising and Registration:**

- Register as a team at [naaf.org/walk](http://naaf.org/walk)
- Set a fundraising goal! Walk Where You Are Teams that raise \$2,000 will receive a Walk Where You Are kit with fun promotional items.
- Invite friends and family members to register and walk with you and/or donate to your team. Share your team link provided after registration. Every person who raises \$200 will receive a Walk For Alopecia T-shirt in the mail (t-shirts are mailed after a person raises \$200 and can take 7-10 days to arrive).
- Customize your team page with information about where your friends and family can meet up to walk on September 28, 2024. You can walk in your neighborhood around the block, 1-2 miles or choose a local public park to meet up and walk.
- Every person walking with your team should **register and sign the waiver**.

#### **Logistics:**

- If you choose to walk in a local public park, you may need to contact the park about whether you need a permit to use the park and any other permits you might need for your small team. All required must be in your name. The National Alopecia Areata Foundation's name **must NOT** be used on any Walk Where You Are team permits.
- Email your team members and let them know where to meet and what time on September 28<sup>th</sup>. We recommend walking in the morning. Bring signage so they can easily find you.
- We encourage you to take pictures and post them on social media September 28, 2024 with why you are walking and use #walkforalopecia.
- Thank everyone that walked with you.