



Thank you for participating in the 11th annual Hawaii Walk to Defeat ALS®

On Saturday, September 30, you will be among hundreds of individuals united in the spirit of caring and giving to make a difference in the lives of those living with ALS. It is people like you and your fundraising efforts that help bring hope and help to Hawaii's ALS ohana.

Mahalo for registering and choosing to support the fight against ALS in Hawaii!

Check-In Instructions & Registration FAQ'S

What time should I arrive? Please plan to arrive at Kapiolani Regional Park after 8:00 am and go directly to the **Check-In booth (online, pre-registered Walkers)** or **Registration booth (day-of registrants)** to turn in any contributions that you have collected.

Do all walkers have to register? What about children? We ask that walkers of all ages (even young kids) register for the Walk. Any walkers under age 18 will need to have a parental signature on the waiver. Registration is free!

My friends still haven't registered. Can they register at the Walk? Yes! Online registration will close at 12 pm on Friday, September 29, but onsite registration is available at 8:00 am on Walk day. We encourage Walkers to register in advance to avoid lines. *Online donations may still be made once registration is closed.*

Where do I turn in donations I have collected? Please put any donations in the Walk to Defeat ALS donation envelope, available at check-in. Please make sure all your donors' information is filled out and that the donations are totaled on the back.

How do I ensure the donations I collected get credited to my team? All you need to do is write your team name on your envelope and we will take care of the rest!

What should I do with cash donations? We will accept cash donations, or you can convert any cash you have received into a check. Either way please be sure to include the donor's information including name and address, so we can properly thank them.

Can I make a donation the day of the event? Yes, we encourage it! Volunteers will be ready to accept cash, check or credit card donations at Registration and at Check-In. Donate \$100 or more and get your very own Walk to Defeat ALS t-shirt!

Is there parking? We have reserved the corner parking lot on Monserrat/ Paki Avenue-however, consider taking an Uber/Lyft. If you plan on parking in our reserved lot, you will need a mobile parking pass. Contact aingham@alsgoldenwest.org for a pass.

Please plan for road closures due to the Aloha Parade.

Event Schedule

- 8:00 am:** Onsite Registration/Check-in begins!
- 9:00 am:** Opening Ceremony
- 9:30 am:** Walk Begins!
- 11:00 am:** Enjoy the Festival Zone with a Keiki Corner, BBQ, prizes, and live performance by Mike Izon



Check out the top 5 Top Teams*!! Way to go!!

- 1 808 ALS Vets
- 2 ALS Ohana
- 3 Team Jean
- 4 God's Power for Maurer
- 5 Haines Ohana

**as of 9/26/23*



The route is less than one mile long & will take about 20 minutes to complete. Be sure to wear sturdy shoes, a hat, sunscreen, and bring your water bottle. The route is wheelchair & stroller accessible.



Registered walkers who have raised **\$100** or more are entitled to (1) official Walk to Defeat ALS T-Shirt.



Smoking is prohibited in the park. We appreciate your cooperation.



Snacks and beverages will be provided for all walkers.



We love Fido too, but we ask you leave your dog at home. Service animals are welcome.

***We will walk come rain or shine.**

Driving & Parking Instructions

We are expecting 400+ participants, so please plan on arriving early to leave enough time to find a parking spot! Consider taking an Uber or Lyft to avoid parking stress.



Looking for door-to-door directions?

- (A) The Walk will be located at the Kapiolani Park bandstand.
- (B) We have reserved the parking lot on the corner lot of Monsarrat & Paki Ave. Please contact AnnMarie for a parking pass for this lot. A parking pass must be shown to park here.

Parking Advisory! There is a parade in Waikiki on the same day, so there will be **road closures & metered parking will be limited**. Please plan accordingly.

Ways to Enjoy the Walk to Defeat ALS

- Wear Team T-Shirts to demonstrate your team pride. Honor your loved one affected by ALS with a sign to carry along the route.
- Make a Team Sign after Check-In
- Bring tables, chairs, pop-up tents etc. and set up a "Team Home Base" so your walkers know where to gather on Walk day. Team tents may be set up on the south side of the event space in between our sponsors and volunteer booth. Top teams who have raised more than \$5,000 on 9/29 will be supplied a tent.



Your \$ could be the \$ that makes the difference...

Every day, we are closer and closer to our \$185,000 goal! Thank you for all your efforts to make that happen! There is still work to be done and we encourage walkers to bring a check, cash or credit card with them the day of the Walk and make their own personal contribution in support of ALS cares, cures, and community!

The fight against ALS doesn't end on Walk Day

Many teams continue to fundraise in the weeks and months following Walk day. You will continue to have access to your online fundraising web page and the guidance of Walk to Defeat ALS staff. We are happy to help you fundraise year-round, just give AnnMarie, Assistant Director of Community Outreach, a call at 808-480-9689 or email her at aingham@alsagoldenwest.org. Checks should be made to ALS Golden West.

As you continue to collect donations please mail them to the Golden West Chapter office at: PO Box 11284
Honolulu, HI 96828

Social Media: Your partner in fundraising!
Copy/paste these suggested messages right to your newsfeed or customize your own! Don't forget to tag @alsgoldenwest on all social!

"I'm walking in @alsgoldenwest's #WalktoDefeatALS to help people with ALS in #Hawaii Please make a donation!

"Walk with me on 09/30 at the #Hawaii #WalktoDefeatALS. Join me and others in the fight against #ALS."

"What are you waiting for? Help people with #ALS right now. Support @alsgoldenwest and donate to my team!"

Thank you to our sponsors!

