

NEDA WALK FAQ

LONG ISLAND WALK DAY DETAILS

Check In Time: 9am

Walk Start Time: 10am

Parking Details: Please park at Field 3 closest to the boardwalk. Our walk begins at the start of the boardwalk. Because our walk takes place in a state park, parking is \$8. Walkers with an NYS Empire Pass can park for free. Due to this fee, we encourage carpooling!

Guest Speakers: We will have 2 recovery speakers, Julianna and Meaghan. Our professional speaker, Sondra Kronberg, MS, RD, CDN, CEDRD is the Founder/Executive Director of Eating Disorder Treatment Collaborative, F.E.E.D and a founding member of NEDA.

Activities:

Singer/songwriter and member of musical group DOXY, Gina, will sing us a song to begin our walk.

Certified yoga instructor, Gabrielle, will lead us in a deep breath before the walk, and there will be an optional stretch with Gabrielle immediately following the conclusion of the walk.

HOW LONG IS THE WALK? The walk course is along the $\frac{3}{4}$ mile boardwalk of Sunken Meadow. Participants are not required to complete the entire distance.

IS THERE A REGISTRATION FEE? No, there is no registration fee to participate in the NEDA Walk but we encourage a self-donation of at least \$25 to receive a walk T-shirt.

SHOULD EVERYONE WALKING REGISTER? Yes, everyone, including children, participating in the NEDA walk must register and fill out a waiver form.

IS THERE A FUNDRAISING MINIMUM? There is no minimum to participate, although we encourage all participants to fundraise. In order to receive an event t-shirt participants must raise or donate a minimum of \$25.

WHAT'S THE EASIEST WAY TO FUNDRAISE? Your [Participant Center](#) has all the tools you'll need to exceed your fundraising goals. You can send emails or create a

Facebook Fundraiser - making FUNdraising, FUN! We also have [lots of great incentives to reward fundraising](#) efforts from \$150 and beyond, [more details here](#).

WHO DO I MAKE CHECKS OUT TO? Please make checks payable to the NEDA or National Eating Disorders Association. Donors can give online by credit card through your personal fundraising page or team fundraising page.

WHERE CAN I MAIL CASH/CHECK DONATIONS? You can mail any offline donation to our national office at any time. Please include a note with the name of the walker and event location so we credit it appropriately.

National Eating Disorders Association

3308 Preston Road, Suite 350-111

Plano, TX 75093

Phone Number: (212) 575-6200

HOW DO I GET MATCHING GIFTS FROM MY EMPLOYER? Matching gifts can help double and sometimes triple your contribution. Please check with your employer to find out if matching gifts are available or visit our [matching gifts search page](#).

CAN I TURN IN DONATIONS ON THE DAY OF THE EVENT? Absolutely! Just come to the registration/check-in tent upon arrival.

CAN I WALK AND VOLUNTEER? Yes, you can absolutely help volunteer and participate as a walker. Visit our [Volunteer Page](#) for more information or email Nedawalklongisland2021@gmail.com for more information.

HOW MANY PEOPLE FORM A TEAM? It only takes two people to get started and five or more people to make a full team! There is no limit as to how large a team can be. If you have a large team, you can assign someone to help you manage it as a co-team captain. Contact Walks@NationalEatingDisorders.org for more information or help with getting started.

WHAT IF IT RAINS? We walk rain or shine! Please bring the appropriate gear. In the event of extreme weather (lightning, tornado, etc.) we will make a formal announcement by email, phone, on Facebook and on our website as to any changes in the event.

ARE DOGS ALLOWED AT THE WALK? Unfortunately, dogs are not allowed at Sunken Meadow.

CAN I BRING A STROLLER? Yes! This is a family-friendly event and children of all ages are welcome.