2023
NEDA Walk Participant Guide
Fundraising tips, FAQs, and everything else you need to know about becoming a NEDA Walk Warrior

#NEDAWALK
Welcome!

A message from our National Walks Director...

The National Eating Disorders Association (NEDA) is thrilled to welcome you and your teammates to our 2023 nationwide NEDA Walk family! NEDA Walks are community-building events that create a safe, inclusive environment for everyone affected by eating disorders and for those looking to learn more about NEDA. We hope the 2023 NEDA Walk brings your family, friends, and loved ones together to unite in purpose and to take action to make a difference in the lives of individuals and families.

The NEDA Walk Participant Guide contains everything you need to know about participating in a NEDA Walk, like how to become a top fundraiser and what to expect on the big day!

You’re not in this alone - NEDA is here to support you through your fundraising journey. If you have any questions, just ask! We can’t wait to see you at the NEDA Walk as we support and honor the lives affected by eating disorders.

With gratitude,

Priya, Emma and Joel
NEDA, Walk Team
Let’s get started!

I registered to walk...now what?

Personalize your fundraising page with a photo and story
Your personal fundraising page is your place to shine! Use this space to share your story, why this walk is so important to you, and how reaching your fundraising goal will help the millions of individuals and families affected by eating disorders.

Set a personal fundraising goal of at least $150
Fundraising is a vital part of NEDA Walks! The funds you raise support NEDA’s programs and resources including our Helpline, Online Screening Tool, research grants, advocacy efforts, and more. When you raise at least $25, you will receive a NEDA T-shirt!

Start your personal fundraising by making a self-donation
“The most powerful leadership tool you have is your own personal example.” Whether you can contribute $5 or $500, show yourself some love by making a donation to your personal fundraising page. Your friends and family will excitedly follow suit with a donation when they see your personal investment toward your fundraising goal.

Ask others to support you through a donation
Ask your family and friends to donate to your fundraising goal. If you can’t ask face-to-face, you can make a phone call or send a text or email. There are so many ways to ask for a donation—the important thing is just to ask! Always remember to say “thank you” to your donors, and to follow up with those who said they’ll donate but maybe forgot to do so. Check out the next page of this packet for more fundraising tips!

Share on social media
Share your fundraising page link on Facebook, Twitter, Instagram, and any of your other social networks! Social media is an easy way to share your participation and ask your friends and followers to donate.

Get excited for a day of hope and inspiration!
NEDA Walks are all about raising awareness, building a community of support, and celebrating our strength. Prepare to feel uplifted and inspired!
Fundraising 101

You have the power to save lives.

*Every dollar you raise has a real impact. You have the power to change the future of eating disorders by following these fundraising tips!*

**BRING IN YOUR INNER CIRCLE**
The best people to ask to support your fundraising efforts are those closest to you! Start by asking for donations from family, friends, coworkers, classmates, neighbors, etc. Your network will love to support a cause they know is so important to you. Plus, all gifts are tax-deductible!

**ASK FACE-TO-FACE**
The most effective way to rally support is to make donation requests in person! Not only is it more personal, but it’s harder to say “no” to someone in person.

**SHARE ON SOCIAL MEDIA**
Post your fundraising page link on Facebook, Instagram, Twitter, etc. No matter what platform, social media is an effective way to tell people what you’re doing and how they can support you. Share your fundraising link and progress often – you never know who might click and give!

**EMAIL BLAST**
Are you unable to meet all of your potential donors face-to-face? No problem! You can use email to contact out-of-town family and friends, businesses, and larger groups. Make your donation requests personal by sharing why you are passionate about the cause. Include a hyperlink to your personal fundraising page so people can easily click to donate!

**GET CREATIVE**
Organize a “dine & donate” or “shop for a cause” event with a local business. Ask your workplace about matching gifts. Host a paint night, bake sale or yoga class, sell bracelets, or get creative with your own idea –the possibilities are endless!

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**Raise money, get cool prizes!**

Fundraising has its perks!

You can now earn cool, exclusive NEDA gear by raising funds for NEDA Walks.

This is just our way of saying **thank you**!

Learn more: [nedawalk.org/walker-tools](http://nedawalk.org/walker-tools)
Dear Family and Friends,

I am walking and fundraising to support the National Eating Disorders Association. The funds I raise will support individuals and families affected by eating disorders—illnesses that affect millions of people. Will you support me in the fight against eating disorders?

By supporting me, not only are you contributing to critical resources, such as the National Eating Disorders Helpline, but you are also helping to fund evidence-based prevention programs and research grants for innovative treatments.

As you may already know, I’m walking [write personal reason for walking here]. Please consider donating to support me today. You can make your tax-deductible donation online using this link to my personal page [log in to your Participant Center to find the link to your personal page] and clicking “Donate Now” or, if you would prefer, you can send your contribution to the address listed below.

National Eating Disorders Association
3308 Preston Road, Suite 350-111
Plano, TX 75093

Everybody knows somebody who’s been affected by an eating disorder, but because of NEDA, there is hope for prevention, cures and improved access to quality care. Every dollar makes a difference in the fight against eating disorders!

Sincerely,

[Your Name Here]

P.S. For information about the NEDA Walk and other NEDA programs, you can visit: www.nationaleatingdisorders.org
Please use this form to submit all donations collected offline. Please completed all requested information to ensure the donation is allocated to the correct NEDA Walk participant’s fundraising goal and to you receive the appropriate donor acknowledgment for your contribution. Forms and donations can be mailed to the NEDA office, submitted at your NEDA walk or find your walker online by clicking here.

NEDA Walker’s name you are supporting: _________________________________________________

Walk City and State: ________________________________________________________________

DONOR FIRST NAME: ________________________________________________________________

DONOR LAST NAME: ________________________________________________________________

DONOR MAILING ADDRESS: __________________________________________________________

APT/SUITE #: ________________________________________________________________

CITY: ____________________________________________________________

STATE: ____________________________________________________________

ZIP CODE: ____________________________________________________________

PHONE # WITH AREA CODE: ______________________________________________________

E-MAIL ADDRESS (please write legibly)

Donation Amount:

$__________

PAYMENT TYPE:

☐ Check # __________

☐ Cash

☐ Credit Card/Square Reader (Last 4 digits of card) ____________

Credit Card (IF SQUARE READER IS UNAVAILABLE)

Credit Card Holder Name: ____________________________________________________________

Credit Card Number: ____________________________________________________________

EXP Date: ________ CVV: ________ Billing Zip code: ________

Authorized Signature: ____________________________________________________________

THANK YOU FOR YOUR CONTRIBUTION!

Please make checks payable to “NEDA” or “National Eating Disorders Association.”

Submit this form and your donation at the registration table on the day of your local NEDA Walk or mail this form and your donation to:

National Eating Disorders Association
3308 Preston Road, Suite 350-111
Plano, TX 75093
The Big Day!

What to expect at the NEDA Walk

CHECK-IN/ REGISTER Table
Signed up online? Go to the check-in table, give your name, and hand in any donations you collected offline.

Need to register? Visit the registration table to complete the participant registration form and submit it to a volunteer.

OPENING CEREMONY
If you raised $25 or more, pick up your NEDA T-shirt

Featuring inspirational guest speakers!

CLOSING CEREMONY

Visit our refreshment tables, and check out all of the resources, activities, and sponsors!

THE WALK
We walk together to raise awareness and to symbolize unity in the fight against eating disorders! The walk is less than 2 miles in length, non-competitive, and totally optional!
**Fundraising FAQs**

**Why is fundraising so important?**
Your fundraising efforts enable NEDA to grow and provide our programs like our Helpline, Online Screening Tool, regional NEDA Conferences, legislative advocacy efforts, research grants, and more. The funds you raise bring us closer to our goal of making eating disorders services available to people of all genders, ages, races, ethnicities, and socioeconomic backgrounds in every zip code in the U.S.

**Is there a minimum amount I must fundraise in order to walk?**
Our suggested minimum amount is $150. You can set your own fundraising goal, too! Fundraising is optional but strongly encouraged.

**I heard that I can earn cool NEDA gear by fundraising, how does that work?**
Yes, when you personally fundraise $150 or more for your local NEDA Walk you become eligible to receive one of our exclusive NEDA recognition items. We have different rewards to match different fundraising milestones. You will receive instructions on how to select your item and have it shipped directly to you approximately six weeks after the walk event date. (Fundraising will remain open for 30 days to give you an opportunity to earn a great gift.) To learn how to earn a NEDA special gear, visit nedawalk.org/walker-tools or email walks@nationaleatingdisorders.org.

**Registration FAQs**

**Is there a registration fee for participating in a NEDA Walk?**
No, most NEDA Walks do not have registration fees. A self-donation is encouraged in order to jump-start your personal fundraising efforts. NEDA Walks that take place at zoos or similar venues may have a registration fee in order to cover zoo entry. A separate personal donation to NEDA is also encouraged and greatly appreciated!

**Can I register multiple people?**
No, all individuals will need to register themselves with their own unique email addresses in order to personally agree to our participant waiver. Children under 5 do not need to register.

**How do I register my child without an e-mail address?**
You may use your own email address to register your child, but you will need to create a separate username if you are also registering as a walker. Children under 5 do not need to register to walk.
Frequently Asked Questions

Donation FAQs

Can I donate money to a specific person or team?
Yes! We encourage our participants to let all of their family and friends support them or their team for the NEDA Walk. After clicking on the Donate tab, choose “donate to a walker” or “donate to a team.” You will then choose either search for a participant or team to specifically donate to. If the participant is part of a team, the donation will be added to the team total as well as the participant.

I received cash/check donations from family and friends. How do I send these donations to NEDA?
For all offline donations, please mail the donation in with a completed offline donation form (click here to download) OR bring it with you to hand in at the walk during check-in. Please remember to send in one offline donation form per donor whose donation you send in. Providing a form for each donor allows NEDA to credit your fundraising goal and to personally thank your generous donors!

My credit card isn’t going through – can you help?
Please double check your card information and your billing address. If you need further assistance, call the National Walks Associate at 212-575-6200 and we can help to identify the issue. Please note we cannot process donations from outside of the U.S.

Event FAQs

Can I volunteer at the walk?
Contact your local walk coordinator to inquire about volunteer opportunities. The walk coordinator’s email address is posted on your local NEDA Walk’s website.

When do I get my t-shirt/Does everyone get a t-shirt?
T-shirts will be available for pickup at the walk once you check-in or register. Anyone who fundraises a minimum of $25 will receive a T-shirt. However, T-shirts are offered on a first come, first-serve basis for all who individually raised $25 or more. We cannot guarantee T-shirt size availability as T-shirts are ordered three weeks before the event day. Fundraise early to ensure you get your T-shirt!

How long is the actual walk and do I have to walk?
NEDA Walks are non-competitive walks that are 1-2 miles in length, depending on the city and venue. Please contact your local walk coordinator to find out the distance of the event. The walking portion is totally optional, and we encourage you to participate in a capacity that best meets your personal needs.

For answers to more FAQs, please visit https://nedawalk.org/faq