



WALKER HANDBOOK

2024

WALK DAY

Walking Wherever?

Your day of can look however you want it to! Our annual Walk n' Wheel is a recommended 5k, you can get some friends together in your community to walk all or some of that, or set out on your own!

You can also just check out the #walknwheelnm to see the ABQ of event and some of the other walkers!

Walking With Us?

8:30 AM Check-In Begins and Tent Village Opens

Registered Participants turn in Final Donations and Pick Up T-Shirts
Unregistered Participants: Register

Check out the Sponsor Tents

Team Captains: Pickup Chile Pepper
As a team fill out Chile Pepper and decorate the Ristra of Hope

8:45 AM Team Photos @ the Arch until 9:30 AM

9:40 AM Pre-Walk Program @ the Stage

Final time to get prepped for the walk

10:00 AM Walk Starts

It's time! Grab your peeps and get to movin!

11:50 AM Closing Remarks @ the Stage

12:00 PM Event Ends

UNM Track closes grounds are open for Walk n' Wheel participants

Sunday, September 22nd

UNM Track & Soccer
Complex

1800 Avenida Cesar Chavez SE,
Albuquerque, NM 87106

Q&A

Its raining/windy, is the Walk n' Wheel still happening?

Yes! The Walk n' Wheel to End ALS will happen rain or shine!

Can I bring my Furry Friend?

Yes! But leashes are required!

Where do I park? Is there Free Parking?

There is free parking at the complex! You can park in that lot for the day

Do I need sunscreen?

YES! Please make sure to bring sunscreen water, and anything else you may need. Like a hat

How can I get involved with ALS New Mexico after the Walk?

Reach out to your Walk Coordinator Jessi at jessi@alsnewmexico.org to talk about future events and volunteer oportunities!

Easy Steps to Jumpstart Your WALK N' WHEEL FUNDRAISING



01

Start by customizing your fundraising page URL, and making your page unique.

02

Utilize the Good Move app to ask for donations & track your progress.

03

Send your fundraising page to five friends.

04

Encourage your neighbors to join you on Walk day.

05

Receive an online badge by making a personal donation.

06

Challenge two family members to match your donation.

07

Reach out to your Walk n' Wheel Coordinator to get a team flyer made, or make one yourself!

08

Share your "why" on social media.

09

Take advantage of the Participant Center by uploading contacts, sending thank yous, etc.

Need assistance? Contact me!
Your Walk Coordinator, Jessi!
Email: jessi@newmexicoals.org
Text/Call: (505) 323-6348



Let's Connect!
Facebook: ALS New Meico
Instagram: als_newmexico



RISTRA OF HOPE

The most important part of this walk are the people who spend the day feeling the love of their community. This year we wanted to find a way to recognize that, and recognize the people who have been lost. As a community, this year we are going to be building a Ristra of Hope, to symbolize being a part of the ALS New Mexico family with all the parts that involve us all.

RISTRA

"I prefer red chile over my eggs and potatoes for breakfast. Red chile ristras decorate my door, dry on my roof, and hang from eaves. They lend open-air vegetable stands historical grandeur, and gently swing with an air of festive welcome. I can hear them talking in the wind, haggard, yellowing, crisp, rasping tongues of old men, licking the breeze."

- Excerpt of Green Chile by Jimmy Santiago Baca

CHILE COLORS

Each Chile symbolizes a connection to ALS and your drive in this walk!

I Have ALS

I Lost Someone To ALS

I Honor Someone with ALS

I am a Supporter

Where Does Your Fundraising Go?

ALS New Mexico is more than an organization; it's a family. United by a shared commitment, we provide support, comprehensive care, and vital resources. We strive to alleviate the burdens faced by individuals and families battling ALS.

UNM Clinic and Care Services

ALS New Mexico offers personalized care coordination with home visits to assess needs, recommend equipment, and connect families with local resources. Partnering with the University of New Mexico Hospital, our multidisciplinary clinic provides comprehensive ALS care including neurology, therapy services, nutrition, respiratory care, and social work. Experience compassionate support and expert care at ALS New Mexico.

Loan Closet and Grants

We offer the largest equipment loan closet in New Mexico, providing essential resources at no cost and coordinating hassle-free pick-up and delivery. Additionally, our grant program assists ALS patients with up to \$5,000 for expenses like respite care, counseling, healthcare co-pays, and home modifications. At ALS New Mexico, we are dedicated to empowering families and improving quality of life with empathy and expertise.

Caregiver Support and Resource Groups

At ALS New Mexico, we go beyond medical care, offering robust support systems that care for both ALS patients and their families. Our comprehensive services include family caregiver-focused support groups, Care Connections guidance, and expert referrals. Additionally, our inclusive resource groups provide valuable in-person and virtual support for individuals living with ALS, their families, and friends alike.

INTRODUCING *Good Move*

YOUR **Walk n' Wheel** FUNDRAISING APP

Personalize Your Page

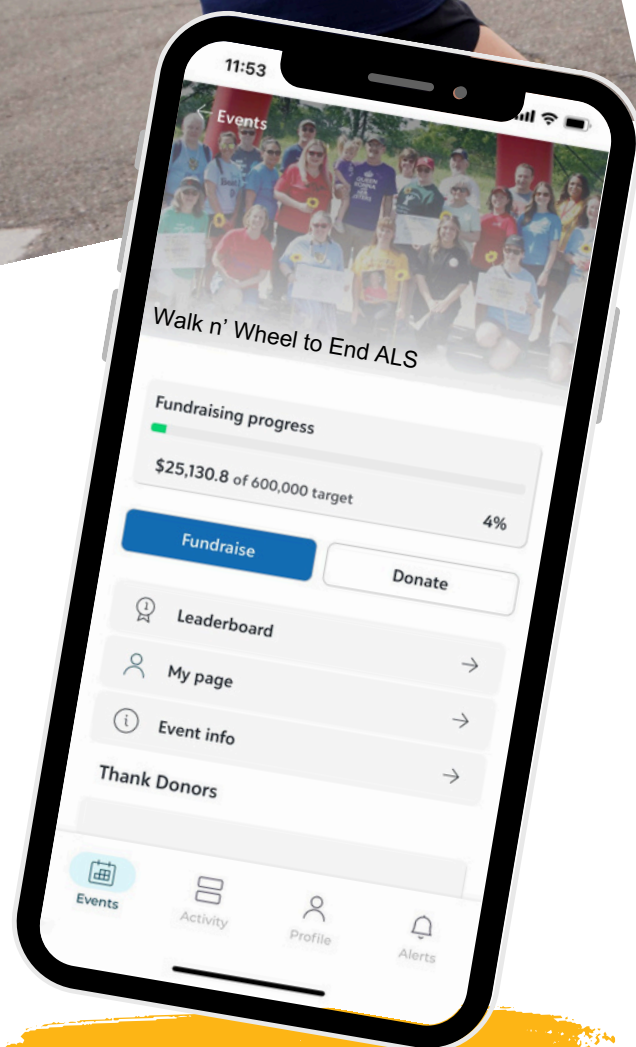
Quickly edit your personal page from your smartphone by adding photos from previous Walks and sharing your “why” with donors.

Ask for Donations

Take out the guess work: easily ask for donations via email using prewritten templates.

Download the App Today!

Scan the QR Code to download the free Good Move app and have your fundraising page at your fingertips to reach your goals with ease.



Download Now!

WALK N' WHEEL FAQ:

IF YOU STILL HAVE QUESTIONS
JUST ASK!

Q I need ANY help with my website! I forgot my password, username, am having issues with updating the language, or just want some support

A Contact me! Jessi your Walk Coordinator! You can email me at jessi@newmexicoals.org or call/text me at (505) 323-6348

Q I or a friend live in a part of the state that makes travel inconvenient or otherwise can't make Walk Day! How can we support?

A You can register as a Walker Wherever! Being a remote walker is easy peasy, just have them sign up on your team website and they will have all the same tools available to in person walkers!

Q I'm not the team captain but I still have a fundraising page. Did I register wrong?

A Nope! Everyone on the team has a page and access to all the awesome fundraising tools the team captain does. Then, any funds you (or any other participants on the team) raise, will roll up to the overall team total.

Q My supporters prefer to make a donation by check or cash rather than online.

A No problem! You can also print an offline donation form right from the bottom of your personal page! Use that to mail in checks to ensure they are credited correctly.

Q What happens if no one donates?

A You got this! People can receive 100s of emails every day, and it can take a couple of reminders! 3 emails or texts over 3 months is not to many. And even if you don't get a donation we still are excited to see you on walk day!

Q I want to get a custom team flyer, or want to brainstorm more ways to fundraise for my team.

A Please reach out! We can grab coffee or lunch and talk about what you are envisioning for your team and the goals you want to hit! Text/call me, Jessi, at (505) 323-6348 or shoot me an email at jessi@newmexicoals.org