

Virtual Walk for PKD



What's the Virtual Walk for PKD?

The Virtual Walk for PKD allows those who are not near a local Chapter to still support the Walk for PKD in their community. The Virtual Walk allows you the freedom to choose the date, time and location that works best for you. A Virtual Walk can be an actual event that you coordinate or you can use your personal fundraising page solely as a platform to raise funds for PKD.

How does the PKD Foundation support the Virtual Walk for PKD?

We provide you...

- Hands on help from the Virtual Walk Coordinator
- Ways to promote your event
 - Customized Walk poster or buckslips (1/3 page flyers)
 - Virtual Walk brochures
- Virtual Walk kit
 - Volunteer shirt
 - A few Penny Kids Dash shirts (optional)
 - Balloons
 - Directional signs
 - "Thank you for your support" signs
 - Nametags
 - Temporary Walk tattoos
 - Tape, Sharpies
 - Off-line Registration forms
 - Envelopes to collect money
 - FedEx label and envelope to return money to the Foundation
- Commemorative Walk for PKD t-shirt for all registered participants who have raised \$100 or more.

So I want to do a Virtual Walk, now what?

1. Register for the Virtual Walk at walkforpkd.org/virtual
2. "Register a Team" – Create a name that's fun and personal to you or use your local city as your team name, such as "Niota, TN Virtual Walk"
 - a. Once your team is registered, you'll receive a welcome email to find out how you want to virtually walk.
3. If you are planning an event:
 - a. Find a location to have your event: Gym, park, high school, church etc. *The Foundation will not reimburse rental costs for your event, so free is best!*
4. Email the Virtual Walk Coordinator to let her know when you'll be having your event. This way we can plan Walk promotion and get you your kit on time!
5. Customize your team page with your PKD story and information about your Walk for PKD.
 - a. Include date, time and location of your event.
6. Send emails from your participant center inviting your friends, family and co-workers to your Walk or to donate to your page.
7. Have your friends and family register for your Walk by joining your team.
 - a. If they don't want to register online then can use an off-line registration form at your Walk.
8. Optional: Ask local businesses to donate some healthy snacks and water to your event. Or go potluck style and have your friends and family bring something to the event.
9. Optional: If you have a lot of kids signed up for your event, consider doing a Penny Kids Dash to get them involved. The Dash is a short 50 yard "race" where kids run from one side of a field to another. Check out our kids activities at walkforpkd.org/about-walk/penny-kids-dash.
10. Thank everyone for coming and have fun at your Virtual Walk for PKD!



For more information or to plan your Virtual Walk for PKD, please contact Danielle Rose at virtualwalk@pkdcure.org or 816.268.8472.