JDRF TRIANGLE ONE WALK FAQ: WALK DAY

WHAT IS JDRF ONE WALK

JDRF One Walk has a single goal: creating a world without type 1 diabetes (T1D). We hope you'll join us this year as we walk and raise money for life-changing research for the millions affected by this devastating disease. When you join one of the hundreds of JDRF One Walks across the country, the money you raise will support JDRF—the leading global organization funding T1D research. And, you'll have a great time doing it! That's because you'll walk with a committed community that is passionate about doing whatever it takes to help JDRF turn Type One into Type None.

Register for the Triangle One Walk here: walk.jdrf.org/Raleigh

IS THERE A REGISTRATION FEE?

No, there is no registration fee to participate in the One Walk. All participants are encouraged to support the One Walk through their own personal fundraising efforts or to make a personal donation.

WHAT SHOULD I BRING ON WALK DAY?

Bring any completed walker donation form and walker collection envelope containing any checks and cash donations. We encourage you not to hold on to donations but to mail them to your JDRF Office as you collect them. If you mail them, please include a note stating your team name and what walker you would like the donation to go to.

The JDRF Triangle/Eastern NC Chapter address is:

3739 National Drive, Suite 202, Raleigh, NC 27612

WHAT DO I WEAR?

The Walk is outdoors. Dress casually with comfortable shoes to complete the distance of your Walk. Make sure to check weather reports on the day of your Walk to dress appropriately. Our event is on a grassy area.
WHAT IS THE SCHEDULE FOR THE WALK DAY?

9:00am      Registration Opens, Family Fun Activities, Vendors, Team Photos, Opening Ceremony, T-shirt Contest and Parade

10:00am     Walk Ceremony Begins

10:30am     Walk Starts, Hot dogs and chips are provided for all walkers after the Walk

WHERE IS THE WALK? WHERE SHOULD I PARK?

The 2018 JDRF One Walk will be held at the Walnut Creek Amphitheatre/Coastal Credit Union Music Park in Raleigh. There are two ways to get into the venue, via Rock Quarry Road or Sunnybrook Road. To avoid traffic, please take the Rock Quarry Road exit and come in that entrance. Please note that the Sunnybrook Road entrance will close from 10:00-11:30am.

WHAT DO I DO WHEN I ARRIVE?

Upon arrival, gather with your team. It’s helpful to decide when and where your team will meet beforehand. Please see site map to help you find a great place to meet your team.

When you arrive, go to the Registration/Money Turn-In Tents. They are located directly in front of the Box Office. There will be envelopes available at these tents, but if you have one already filled out with your team name, walker name, home address, phone and total, it will speed up the process. Walkers that have not registered on-line should complete a separate collection envelope and sign the waiver to participate.

- Each walker who raises $100 or more will receive a 2018 JDRF One Walk t-shirt.
- Each walker who raises $1,000 or more should visit the V1P tent to receive their special prize.

WHAT IF I NEED INFORMATION AT THE WALK?

Stationed throughout the venue, a number of volunteers will be holding “Ask Me” signs. They are happy to assist you as well as volunteers at the JDRF Information Tent.
WHEN DO THE ON-STAGE FESTIVITIES BEGIN?

About an hour prior to the start of the walk, teams will begin to make their way to the Main Stage for the walk festivities, the On-Stage festivities will begin at 10:00am.

Following the Opening Ceremony, t-shirt contest, and warm-up at the Main Stage, the ribbon-cutting will take place at 10:30, officially starting the 2018 JDRF One Walk.

HOW LONG IS THE WALK?

The walk is approximately 2½ miles long. A shorter route (1 mile) will also be available.

WILL THERE BE FOOD AVAILABLE?

Be sure to have breakfast before you arrive. There will be free grab-and-go snacks near the main gates and water along the route. Hot dogs will be provided to all walkers immediately following the walk, there will also be popcorn and snow cones. Gluten-free meals will be available upon request. Please contact the office for details.

WHAT IF WE HAVE A MEDICAL EMERGENCY AT THE WALK?

EMT and first aid kits stocked with low supplies will be on-site. If you should have a medical emergency, please contact a volunteer wearing an orange or blue shirt for assistance.

CAN I BRING A STROLLER OR WAGON FOR THE KIDS?

Absolutely! We discourage skateboards and kid’s scooters as there is a very large group of people and we don’t want anyone to get hurt.

CAN WE BRING FOOD FOR OUR TEAM?

Yes, many Teams bring a breakfast and/or lunch for their team.
IS THE WALK HANDICAP FRIENDLY?

The Walk Route is flat. The event facilities are on grass, potentially creating a problem in inclement weather. There is a set of permanent restrooms which do have handicap facilities.

IS THERE A FIRST AID FACILITY?

Yes, there is a team of EMTs.

CAN I BRING OUR DOG?

Unfortunately, no.

CAN MY SON/DAUGHTER BRING THEIR SKATEBOARD OR SCOOTER?

Due to the large attendance, and the safety of everyone, we request they are not utilized during the Walk.

WHAT DO I DO ABOUT MONEY I COLLECT AFTER THE WALK?

Many walkers continue to receive donations post-walk. Please send all donations and matching gifts forms to the chapter office along with a log sheet. Walker and team name are needed to ensure donations are applied correctly. If possible, please enter your donations into your participant center before sending. Checks should be made payable to JDRF and sent to 5510 Six Forks Road #107, Raleigh, NC 27609. Call for the office hours if you prefer to drop off your donations, 919.847.2630. All money turned in by December 31st will count toward team totals, awards, and walker incentive prizes.

WHAT DO I NEED TO DO AFTER THE WALK?

As team captain, please be sure to THANK all of your walkers and donors for supporting your team and JDRF. Your donors will also want to hear all about your walk day experience and if you reached your goal. We look forward to hosting our team captains at the post-walk awards reception as we celebrate your efforts and contributions to the Walk’s success.
JDRF TRIANGLE ONE WALK
FAQ: FUNDRAISING

IS THERE A FUNDRAISING MINIMUM?

There is no fundraising minimum. We encourage walkers to aim high when setting their personal and team fundraising goals.

WHO SHOULD CHECKS BE MADE PAYABLE TO?

All checks should be made payable to “JDRF.” There are two things you can do with checks:

1. On the registration site there’s a “Walker Donation Information form” which you fill in the checks and mail them to the Raleigh office. This can be downloaded and emailed or handed to folks if they prefer to send the check in themselves. Or given to your team captain.
2. Bring them to the Walk (try to get them mailed in ahead of time, if possible) There will be ‘Donation Station’ near the Check In area.

CAN PEOPLE DONATE ONLINE?

Yes, when you register! You will be able to utilize the same registration site / tools to send out emails to friends and family asking them to join your team and/or make a donation. The email will include a link for them to make a donation right away. Best of all, you’ll see your fundraising efforts moving upward to your goal. (…and YES, you can increase you goal as often as you want!)

DO YOU ACCEPT EMPLOYER MATCHING DONATIONS?

Yes. Matching gift programs are an effective way to multiply the amount of money you raise for JDRF. Contact your human resources department for instructions on how to receive a matching gift from your employer. In most cases, all you need to do is fill out a simple form for JDRF to receive even more funds to help us cure, better treat, and prevent T1D.
ARE DONATIONS TAX-DEDUCTIBLE?

Donations to JDRF are tax-deductible.

DO I RAISE MONEY BASED ON HOW FAR I WALK?

No. Each walker asks for support through a flat donation to JDRF.

HOW DO I GET A JDRF WALK T-SHIRT?

Each participant that has turned in donations of $100 or more on or before Walk day will receive an official One Walk t-shirt.

CAN I STILL FUNDRAISE IF I CAN'T ATTEND THE WALK?

Absolutely! We have a registration option that allows you to sign up as a “Virtual Walker.” This means you can't walk in person, but you will do a fundraising campaign and virtually “walk” to support JDRF. This is a great way for family, co-workers, and friends who live outside the area or are unable to attend, to easily contribute to your fundraising efforts. You can form a virtual team and extend your fundraising to family, friends and co-workers.

HOW ARE THE FUNDS I RAISE FOR THE WALK USED?

JDRF is the largest nongovernmental funder of T1D research. Approximately 80 percent of your fundraising efforts go directly to fund T1D research and research-related education.

HOW DO I FUNDRAISE?

The options really are unlimited. Every year we hear of some very creative ways. The team coaches have suggestions as well. Many restaurants offer fundraising options. The Registration page offers the ability to send emails which include a link for people to click and make a donation. Others send letters. Garage sales; making products and selling; asking your company to sponsor your team! These are just a few. Ask, ask, ask, and don't be afraid of the word no. Finding a cure for T1D is a big goal and we need everyone to give it their all.
CAN I FUNDRAISE AFTER WALK DAY?

Yes! Funds submitted up to December 31st are accepted towards your team’s goal for prizes and awards. This is great as many people and businesses like to make the last effort for tax deductions! Of course, funds raised after that will help us to cure, treat, and prevent T1D.

WHAT KIND OF SUPPORT WILL I RECEIVE?

JDRF chapter staff and a large group of volunteers are available to help you every step of the way. We can provide helpful tools and resources to assist you with your fundraising as well as one-on-one assistance and guidance as needed. Team Coaches are available for Team Captains all throughout the process.

ARE THERE ANY INCENTIVES TO REACH CERTAIN GOALS?

Yes, there are several!

1. Every team member can participate in the Gift Incentive catalog, or opt out.
2. By raising $100, an individual can get a JDRF One Walk t-shirt.
3. By reaching the $1,000 level, an individual is recognized as a V1P at the One Walk!
4. By reaching a minimum of $5,000 we will provide your team with your very own tent, table and chairs on Walk Day! This is a great meeting place for your entire team.