



The
Warrior
in **HER**

HER
WALK

OFFICIAL WALK PACKET

OCTOBER 2ND 2022

HER WALK INFORMATION

The **HER Walk** is one of the main fundraisers for the Warrior in HER. **Our first ever HER walk is on Sunday, October 2nd, 2022** during October a key month for women's health awareness. Help us show that all women's health issues impact our lives in many ways. Our walk will be attended by women warriors in our community battling chronic illnesses and mental health conditions. These women warriors will be walking to break down barriers, reduce stigma and show that women's health is everyone's concern. It is an opportunity for people in Mercer County and the surrounding areas to come together to show their support for local women battling chronic illnesses and mental health conditions. This walk helps us raise money to support the support groups, women warrior grants, care packages, and other special events the Warrior in HER offers free of cost.



The
Warrior
in
HER

We need your help to make our first ever HER Walk a success! During these uncertain times we can all come together to show everyone Women's Health Matters!

HOW IT WORKS:

- You can walk either as an individual, on a team organized by someone else or raise your own team.
- Each individual or member of the team will pay a registration fee that includes an event shirt, goodie bag, snacks, and drinks.
- After registering we are encouraging teams and individuals to fundraise for the Warrior in HER by asking for donations or finding other ways to help our cause. You can keep track of any extra donations or fundraising you do in this packet.
- Bring yourself (or you & your team) to the Walk on Sunday, October 2nd, 10:00am at Buhl Park in Hermitage, PA and check in at our registration table. You can turn in any additional donations or contributions at that time. Enjoy the fun activities, events, and the 1.5 mile walk beginning at 1:00pm.
- Can't make it to the HER walk? You can still make a donation! Just email us at thewarriorinher@gmail.com or message us on Facebook and we can arrange to pick up your contributions! You can also mail to us or donate directly on our website at thewarriorinher.org.

Email or message us with any questions!

Remember all contributions are tax deductible! THANK YOU for being a part of our HER Awareness Walk and for helping to raise awareness and support for women in the Shenango Valley dealing with chronic and mental illnesses!

REGISTER IN 3 EASY STEPS!

1. Go to thewarriorinher.org
2. Click on the HER WALK Page
3. Click on the Register button as an individual or as a team

HER WALK 2022 PACKET

2022 HER WALK SCHEDULE



Date: Sunday, October 2nd, 2022
Location: Buhl Park, Hermitage PA
Distance: 1.5 miles on park path

10:00AM

Registration opens at Shelter 2 in the park

- Visit the info & vendor booths and other activities!
- Make a sign for your team photo
- Enjoy DJ Hallie Niemi's live entertainment! (Feel free to bring chairs!)
- Buy raffle basket tickets by the registration table
- Buy 50/50 tickets by the registration table
- Enjoy food trucks (cash/card payments)
- Grab your complimentary snacks and drinks!
- Check out our special awareness displays and video!

12:00PM

Team Photographs and T-Shirt Contest at the main stage!

1:00PM

Awareness presentation and beginning of the walk!!!!

1:30PM

Basket Raffle & 50/50 results posted (winner must be present to win!)

2:00PM

End of our first ever HER Walk! THANK YOU!!!!

Come and join the fun! Please note: schedule of events are subject to change.

HER WALK 2022 PACKET

2022 TEAM RULES

1. Any group of 2 or more people can be a team, but team registration rates are given to teams of 5 or more! Select a team name and team captain if walking as a team!
2. Team captains must check their team in at the registration table.
3. When registering, team captains must list ALL the walkers on their team fundraising form and pay each team member's fee. Team members can be added on leading up to the day of the walk, but we will need to be notified of any additional walkers so we can receive their shirt size and registration fee.
4. When registering teams, team captains must ensure that all members have signed the waiver in the packet form.
5. Any individual or individual on a team who raises \$100 or more will receive an exclusive WARRIOR shirt at the post-Walk party.
6. All money raised by individuals on the team goes to the team total.
7. Any dogs brought to the park must always remain leashed. This is per park policy and municipal regulations.
8. Team photos and the team T-shirt contest will take place at 12:00PM at the main stage. Please have your team assembled and ready to have your picture taken.
9. All HER WALK activities must be monitored, supervised, and performed by The Warrior in HER volunteers per our event liability insurance policy. If you would like to become a walk volunteer, we would love to have you, please contact us!

We welcome you, are thrilled to have you, and hope everyone has a great time at the HER WALK!



REGISTER IN 3 EASY STEPS!

1. Go to thewarriorinher.org
2. Click on the HER WALK Page
3. Click on the Register button as an individual or as a team

HER WALK 2022 PACKET

TIPS FOR WALK TEAM CAPTAINS

1. Remember the goal is to recruit walkers for your team who then get pledges from friends, neighbors, family, etc. Pledges can be as little as \$2.00 or \$5.00 or the walkers themselves can donate a small amount.
2. Encourage your walkers to recruit donations from people they encounter every day: relatives, staff at doctors' offices, neighbors, pastors, congregations, club members, co-workers, etc. Have them tell people about the Warrior in HER and why you are walking as a team.
3. Set goals for the number of walkers you want to recruit for your team. For example, "We want to recruit 5 close friends and 5 family members to walk on our team."
4. Set a team goal for the specific amount of money would you like to help raise. For example: "We want to raise \$500.00" Having a set goal helps motivate your team. **Utilize our Team Thermometer page in the packet to track your progress and show other team members where you are at towards your team goal!**
5. If you can ask people who work with you to join your team. You can also ask them to walk with their spouses, children, friends, and family. **REMEMBER YOU MUST HAVE EACH PERSON ON YOUR TEAM COMPLETE AND SIGN THE REGISTRATION WAIVER ON THE PACKET.** This is for liability purposes and permission to post pictures on social media.
6. Having a team shirt is a great way to unify your team! We will be having team pictures taken and a t-shirt contest! You can even have your shirts sponsored by a local business! Have fun and get creative with your shirts because it is a great way to get your team united and excited for the event.
7. Throughout the weeks until the walk, remind your team of the walk date as well as team registration, team photo, and all the other awesome walk information!
8. Remember to remind your team that 100% of the money raised at the walk goes to services for women here in the Shenango Valley dealing with mental and chronic illnesses. These include program activities, support groups, educational, and advocacy efforts free of charge.
9. Also please remember to remind your walker that the walk is dog-friendly and ALL dogs that are leashed are welcome at our event!

Date: Sunday, October 2nd, 2022

Location: Buhl Park, Hermitage PA
(Shelter 2)

Registration Opens: 10:00AM

Walk Begins: 1:00PM

Team Photos: 12:00PM at the main stage

REGISTER IN 3 EASY STEPS!

1. Go to thewarriorinher.org
2. Click on the HER WALK Page
3. Click on the Register button as an individual or as a team

HER WALK 2022 PACKET

2022 Walker Registration Form

Only complete this form for team members not registered online*

Yes! I am walking for the Warrior in HER!

Team Name: _____

Team Captain Name: _____

Your Name: _____

E-mail: _____

Address: _____ City: _____ Zip code: _____

Age: _____ *Individuals under age 18 must be accompanied by an adult.

Shirt Size: S M L XL XXL (included in the registration fee)

Waiver of Release and Liability: I hereby waive all claims against the Warrior in HER INC, sponsors, or event personnel for any injury I might suffer in this event. I attest that I am physically fit and prepared for this 1.5-mile walk. I also grant full permission for organizers to use photographs of me in legitimate promotions of this event including the website, social media, and other marketing platforms. Each participant must sign below:

X _____ X _____

(Signature of Walker)(Signature of parent/guardian if under 18)

Yes! I am walking for the Warrior in HER!

Team Name: _____

Team Captain Name: _____

Your Name: _____

E-mail: _____

Address: _____ City: _____ Zip code: _____

Age: _____ *Individuals under age 18 must be accompanied by an adult.

Shirt Size: S M L XL XXL (included in the registration fee)

Waiver of Release and Liability: I hereby waive all claims against the Warrior in HER INC, sponsors, or event personnel for any injury I might suffer in this event. I attest that I am physically fit and prepared for this 1.5-mile walk. I also grant full permission for organizers to use photographs of me in legitimate promotions of this event including the website, social media, and other marketing platforms. Each participant must sign below:

X _____ X _____

(Signature of Walker)(Signature of parent/guardian if under 18)

2022 TEAM ROSTER

Team Name: _____

Team Captain: _____

Walker Name:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Signed Walker Registration Form:

- | | |
|-----|----|
| YES | NO |
| YES | NO |
| YES | NO |
| YES | NO |
| YES | NO |
| YES | NO |
| YES | NO |
| YES | NO |
| YES | NO |
| YES | NO |
| YES | NO |
| YES | NO |

TEAM CAPTAINS: if you have not already registered online:

PLEASE have all your walkers listed on this form. This roster, as well as a walker registration form and registration fee for EVERY walker and your team monetary donations MUST be presented to the registration desk when you check in. If paying for additional team members added on closer to the walk, please let us know shirt sizes in advance if possible! THANK YOU!

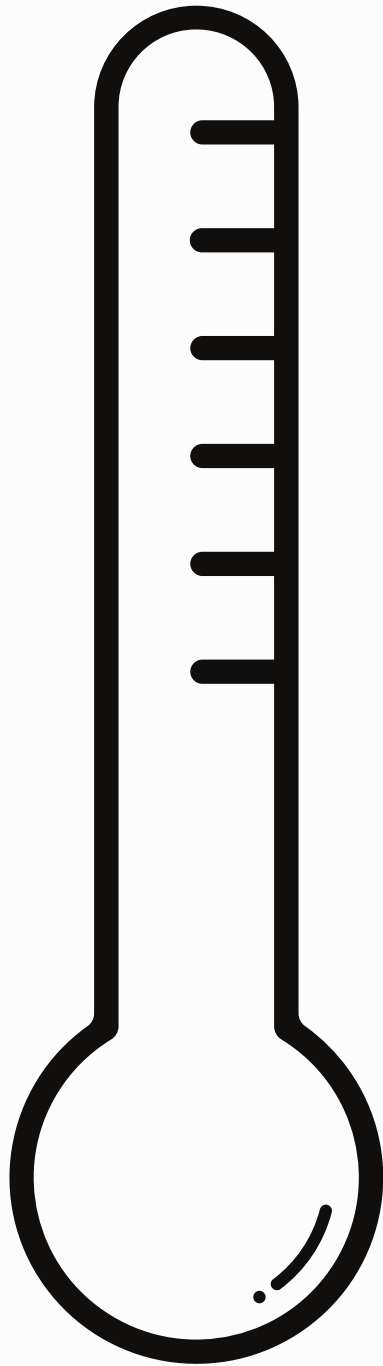


HER WALK 2022 PACKET

TEAM FUNDRAISING THERMOMETER

Team Name: _____

Team Fundraising Goal (\$): _____



**Team Goal Reached!
Hurray!**



**Halfway there we got
this!**



**We are off to a great
start!**



COLOR IN YOUR THERMOMETER AS YOU GO! TRACK YOUR TEAM FUNDRAISING GOAL IN THIS FUN THERMOMETER!

HER WALK 2022 PACKET

TEAM DONATIONS

Donor Name:

Team Member Name:

Donation Amount:

Team Total Donations Amount*

ALL DONATIONS CAN BE TURNED IN AT REGISTRATION!

Please make all checks out to the Warrior in HER. Remember all donations are tax deductible and donors will receive a letter from us!