



# Best Buddies Friendship Walk

Season: Fall

Atmosphere: Casual & Family Friendly

## What is the Best Buddies Friendship Walk in the Capital Region?

Each year Best Buddies holds a 5K walk on the National Mall to promote our mission of inclusion and fundraise for our programs in Virginia and DC. This walk is an opportunity for participants, employers, and community members to come together to see the Best Buddies mission in action and have a great time. The event kicks off in the morning with speakers from Best Buddies programs, followed by the 5K walk that ends with a festival like party which includes a DJ, lawn games, and more. Food and beverages are provided before and after the walk at no expense to walk attendees.

**Walk Team** - These groups can be comprised of: friends, coworkers, schools, parents, service groups, sports teams and more. There are no restrictions to who can create a team and how many people can be on one. It is free to register a team for the walk.

**Team Captain** - Each walk team will have a team captain. This person is the main line of communication between the Best Buddies office and the team. They also oversee the team page and set the overall goal for the team.

**Team Goal** – Each team has a fundraising goal set by the team captain. There is not minimum or maximum amount that needs to be fundraised to participate in the walk.

**General Sponsors** – A sponsor can be a company, foundation, or individual who would like to support Best Buddies by donating to our organization. A sponsorship is not always a donation of money, but can also be a donation of products or services. The Best Buddies office is always willing to talk with the group to see what kind of sponsorship or participation will be the most mutually beneficial for both groups.

**In-Kind Donation** - When a group donates products such as food or beverages to an organization. Best Buddies works to secure in-kind donations for all food provided at the walk. This includes: bagels, pizza, water, breakfast bars, fresh fruit, coffee, soda and more. Other in-kind donations could be a moving truck to transport materials free of cost or a DJ performing at no cost.

**Volunteers** – The Friendship Walk has had over 2000 attendees the last few years and that number is only expected to grow. That means volunteers are needed to assist with set up, check in, activities, course mapping and clean up. All walk volunteers are provided with a free t-shirt and expected on the National Mall early the morning of the walk and asked to stay to help until the event ends. We

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welcome any clubs or organizations that would like to volunteer as a group. We will sign off on service hours for volunteers if requested.

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