

Our Annual No Stomach For Cancer Walk is our primary stomach cancer awareness and fundraising event to support the research and program initiatives of No Stomach For Cancer. This year, we will not require participants to pay a registration fee.

We want you to organize an event during Stomach Cancer Awareness Month® that is meaningful to you. However, we do encourage everyone to launch a fundraising page on our website and wear our official apparel to promote stomach cancer awareness.

Join us as we unite worldwide to increase awareness about stomach cancer and raise money for critical research and to fund No Stomach For Cancer's programs.

When is the No Stomach For Cancer Walk?

The No Stomach For Cancer® Walk is a worldwide event that is held on the first Saturday in November, kicking off Stomach Cancer Awareness Month® in a big way! This year's event is on Saturday, November 2, 2019.

Where does the No Stomach For Cancer Walk take place?

The NSFC Walk is not an event that takes place on a designated course at a specific location with a start line, a set path, measured miles, and a finish line. It is a day on which you are asked to wear a **No Stomach For Cancer Walk shirt and Stomach Cancer Awareness Month®** wristband while you walk the course – whatever this is for you, whatever you want it to be – and be part of a Worldwide walk dedicated to raising awareness for stomach cancer. The event takes place all over the world, wherever YOU are.

What does the No Stomach For Cancer Walk and Stomach Cancer Awareness Month look like?

You may be wearing your shirt and wristband while spending the day at your kids' activities, at work, at the gym, running errands, or spending time with family and friends.

Gather friends, family, co-workers, and do something together to raise awareness. You may choose to walk around your city's downtown area, a school track, a walking trail around the town, or even the local mall!

Be a visible presence in your community as an individual or as a group by getting out and helping raise awareness for stomach cancer. Engage people in a conversation about stomach cancer. Handout wristbands and Stomach Cancer Awareness cards.

Can we participate in other ways?

Yes, definitely! Some people would prefer to unite for Stomach Cancer Awareness Month by doing something else in November like an afternoon of bowling, a Jeans Day, a local wine walk, or some other activity that works for you. If you need help brainstorming different ways you can participate, contact us and we can help you.

Does everyone have to Register/RSVP?

We encourage everyone to register using their own Facebook event page or another tool like Eventbrite. Registering is how you and we can share information about your walk and communicate directly with participants. Registration/RSVP will ensure participants receive resources and information to help them raise awareness about stomach cancer.

Can I purchase a No Stomach For Cancer Walk t-shirt?

We know that many people want to participate in the Walk, but we also do not want costs to become prohibitive. We have Official Walk t-shirts, buttons, wristbands, and awareness cards. However, you can still order our logo t-shirts from our website, and 2019 No Stomach For Cancer Walk shirts and a wider variety of Banners from our approved suppliers below. These resources provide organizers a way to customize their efforts and possibly honor a loved one while still supporting awareness.

- Contact us at walk@nostomachforcancer.org for Walk Shirt Orders
- Click here for No Stomach For Cancer Shirt, Button and Wristband Orders
- Click <u>here</u> for US Banner and Sign Orders.

How will the funds raised from the walk be used?

Our Annual Walk is our most important awareness and fundraising event. Funds will be used to support No Stomach For Cancer's mission to improve treatment and prevention and to find a cure. You can <u>donate directly to the Walk</u> or launch your own fundraising page.

What is Crowdfunding and how can I use it to raise more funds?

Many of our supporters have had great success in raising funds using <u>Facebook Fundraising</u>, <u>Facebook Events</u>, and <u>MightyCause</u>. Setting up your page is simple. You can create your fundraising page where all of the proceeds will go directly to NSFC. You can personalize your page with your story and photos, and get the message out via email and social media. It is a great way to spread the word about your efforts, and gather support from people who may not be able to join you in your walk, but still, want to support the cause.

Can I set up a Crowdfunding page to raise funds for No Stomach For Cancer even if I do not register for the walk?

Yes. We are grateful for all of your efforts in raising funds on behalf of No Stomach For Cancer. Your generosity is much appreciated.

Can I walk by myself?

Yes, many people do. We realize people are busy or may not be able to connect with others due to work and family commitments. Wear our Periwinkle Blue Shirts and Wristbands as you "walk the course" of your day. We also encourage you to wear Periwinkle Blue throughout November, which is Stomach Cancer Awareness Month®.

Can I organize a larger group?

Yes! This Walk is intended to be flexible. We want it to work for you and those supporting the cause. Please make sure to let us know about your event, and No Stomach For Cancer can help promote your event on social media.

My school/church/workgroup is planning to organize a large walk. Do you offer discounts on materials for large groups of 50 or more?

Give us a call at 608.692.5141, and we would be happy to discuss with you.

I do not want to walk by myself, but I don't want to organize a large group. What can I do?

There may be someone in your area already organizing a large walk and would love to have you join them! No Stomach For Cancer will be promoting large events via Facebook and Twitter as we become aware of them. Follow us on Facebook, and keep your eyes open for our posts.

How can I enhance my walk?

There is no limit to ways you can enhance your walk. You might:

- Set up an information table about stomach cancer. We can send you brochures about No Stomach For Cancer as well as donation envelopes to use.
- Personalize by encouraging participants to bring pictures of their stomach cancer warrior.
- Contact local businesses to serve as sponsors or to donate items such as bottled water and snacks for participants or purchase.
- Purchase Official No Stomach For Cancer logo t-shirts
- Purchase additional wristbands, buttons, and awareness cards from our site.
- Order a Stomach Cancer Awareness Month or Walk Banner here.

Can No Stomach For Cancer help promote my walk?

Yes! Send us the details at walk@nostomachforcancer.org, and we will promote it via the No Stomach For Cancer social media pages.

Do you have other ideas for spreading the word about the walk?

Many people have reached out to their local media to share their stomach cancer stories and details about their Walk. Connecting with news outlets is a great way to get others to participate in the Walk and to learn about stomach cancer. One of the best ways to educate others is by sharing your personal story.

Share details about your Walk on the <u>No Stomach For Cancer Walk Facebook Page</u> and learn what others are doing.

I am busy on November 2 but want to participate in the walk. Does the walk have to take place on November 2?

The Walk is designed to be flexible to maximize participation. If you cannot participate on November 2, pick a date that works for you sometime in November, which is Stomach Cancer Awareness Month®.

Is there something else I can do instead to raise awareness about Stomach Cancer during Stomach Cancer Awareness Month®?

Absolutely! We all have different interests, ideas, and talents, and we want you to put those to good use as you support the cause and No Stomach For Cancer. If you are interested in hosting another type of event on November 3 or another date in November for Stomach Cancer Awareness Month®, be sure to check out the many ideas on our "Organize an Event" page.

What other resources are available to help plan my walk/event?

Be sure to check out the links and resources listed above.

If you need more help or have further questions, please contact Executive Director Jon Florin, who can assist you with any questions. Call 608-692-5141 or e-mail jflorin@nostomachforcancer.org.