

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.

We want you to organize an event during Stomach Cancer Awareness Month® that is meaningful to you. However, we 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, raise money for critical research, and 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 held on the first Saturday in November, kicking off Stomach Cancer Awareness Month® in a big way! However, you are welcome to walk or run any time and anywhere.

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 encouraged to wear a **No Stomach For Cancer shirt and Stomach Cancer Awareness Month® wristband. At the same time**, you walk your course – whatever this is for you, whatever you want it to be – and be part of a Worldwide walk event dedicated to raising awareness for stomach cancer. The Walk or run takes place worldwide, wherever YOU are.

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

You may wear 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, and 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 group by getting out and helping raise awareness for stomach cancer. Engage people in a conversation about stomach cancer, hand out wristbands and Stomach Cancer Awareness cards.

Can I 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 to participate, contact us, and we can help you.

Does everyone have to Register/RSVP?

We encourage everyone to register using their Walk Fundraiser page, Facebook event page, or other tools like Eventbrite. Organizing and registering your walk participants is how you and we can share information about your Walk and communicate directly with each other. Registration and RSVPs 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 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 NSFC logo t-shirts from our website, Official No Stomach For Cancer Walk shirts, and a wider variety of Banners from our approved suppliers below. These resources allow organizers to customize their efforts and possibly honor a loved one while still supporting awareness.

- Click here to order Official No Stomach For Cancer Walk Shirts.
- Click <u>here</u> for No Stomach For Cancer logo Shirts, Buttons, and Wristband Orders.
- Click here for 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 support No Stomach For Cancer's mission to improve treatment and prevention and find a cure.

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

Many of our supporters have successfully raised funds using their own Facebook fundraising page, Facebook Events, and MightyCause. Setting up your page is simple. You can create your fundraising page where the proceeds 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 are unable 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 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 an extensive walk. Do you offer discounts on materials for large groups of 50 or more?

Call us at 608.692.5141, and we will happily discuss this with you.

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

Someone in your area may be organizing a large walk and would love you to join them! No Stomach For Cancer will promote larger 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 and donation envelopes to use.
- Personalize by encouraging participants to bring pictures of their stomach cancer warriors.
- 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 <u>site</u>.
- 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 contacted 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 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 4 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 the first Saturday of November, pick a date that works for you during 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 would be grateful if you could put those to good use as you support the cause of No Stomach For Cancer. If you want to host another event on November 4 or another date for Stomach Cancer Awareness Month®, 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 get in touch with Executive Director Jon Florin, who can assist you with any questions. Call 608-692-5141 or email jflorin@nostomachforcancer.org.