**PKD Walk!**

**Held: September 28, 2013**

**(Varies on the year but usually the last Saturday of September)**

**Timing:** Arrival of NHSers: 7:30 am  
Registration opens: 8:30 am  
Race begins: 10 am

Leave: 12 am

**Place:** Normandale Park in Bloomington

**NHSers needed:** 4-6

**What is it?!**

Polycystic kidney disease (PKD) is one of the world's most common, life-threatening genetic diseases. PKD causes fluid-filled cysts to grow on the kidneys affecting kidney function and often leading to kidney failure and death. Parents with PKD have a 50 percent chance of passing it on to their children. Because it is passed from generation to generation, PKD often affects many people in one family.

A relatively rare form of PKD (autosomal recessive polycystic kidney disease, ARPKD) affects 1 in 20,000 children and often causes death in the first month of life.

There is currently no treatment or cure for PKD but there are more people than ever uniting to fight this disease. Through events like the Walk for PKD, the PKD Foundation is working to find treatments and ultimately a cure to end PKD and improve the lives of all it affects.

So your job is to host a fun area for the kids whose parents are doing the walk!

Additional information: <http://walkforpkd.org/>

**Contact Information:** [melissa.molin@msn.com](mailto:melissa.molin@msn.com)

**Duties of the Event Leader:**

**July/August:** Contact Melissa Molin (e-mail above) and let her know that you will

be bringing NHS volunteers again this year and ask what time she would like your help

-Sample E-mail:

Hello,

This is Elise Lohmann, a member of the Math and Science Academy National Honor Society.  I don't know if you remember us from last year, but a group of us came and led a kid’s booth at the Twin Cities PKD walk.  Jennifer Mehta was the coordinator for our group last year, if that name rings a bell, but this year I am leading it and I have been trying to contact someone with the race to see if you would still be happy to let us help out again this year.  So I know it is September 28th, and I know we will have at least 5 NHS kids willing to come lead another kid’s booth.  We would be able to provide frisbees, soccer balls, bubbles, facepaint, temporary tattoos, coloring etc if you had just a little area we could set up in.  So if you could just respond to this at your convenience and let me know if you would still welcome us to come and if so what time you would like us to arrive.  Thank you so much!

**Late August/Early September:** Start e-mailing NHSers and create and event on the calendar all

the above information about the event

* Tip: Make sure you start advertising this volunteer opportunity early and often to NHSers-this is the first event of the year and so most people don’t show much interest. Make sure to remind everyone that this counts as one of their 8 NHS events (and it is a pretty fun and easy event to participate in). So try to convince kids that even though May seems like a long way away right now- they’ll be happy that they got one of the events done earlier in the year.

**A week (or less) before the event:** Buy everything you would need for the event ( I just went to

the dollar tree and Target didn’t have NHS reimburse me because I spent a total of about $10-you can also bring your own toys from home to use)

* Ideas for things to bring:
  + Soccer balls, footballs, Frisbees, hula hoops
  + Facepaint, tattoos, coloring books, markers/crayons

(If you bring tattoos make sure to bring a bowl and washcloth too)

* + Bubbles, stickers etc

**At the event:**

When you show up you can find someone wearing a PKD walk shirt and just tell them you are the NHS group from MSA and you are here to set up the kid’s booth.

They will show you the picnic table over on the right that you can set up at and you will have about an hour until people really start to arrive.

In that time you should get all your toys set up and make a sign for your table (There will be a registration booth up in the parking lot that will have sharpies and posters you can use-just write Kid’s Booth on it and make it look fun)

When kids start to come try to be welcoming and you can even go out in the crowd and find kids and show them the kid’s area.

Around 8:15 there is a kid’s race that you will lead so around 8 the leader of the event should go up on stage and make an announcement for this and then just show the kids where they will run (it’s about 100 meters) and just the leader will do the “on your mark, get set, go.”

Make sure all the kids that run get T-shirts!

When the walk itself starts you won’t have much to do so you should go ask one of the event coordinators if there’s anything else you can do to help-they may have you help put hot dogs in buns, carry chips, or set up the food tables, etc-so just be willing to help with anything.

Once the race is over more kids will come so be back at the booth, but soon people will start to leave so you can pack up your things and leave!

**Led by Elise Lohmann in 2013:** Contact me at [eloh321@gmail.com](mailto:eloh321@gmail.com) if you have questions!