



National Walk Day Frequently Asked Questions

What is National Walk Day? The PFF Walk unites all impacted by pulmonary fibrosis (PF) and interstitial lung disease (ILD) and provides a special opportunity to raise funds, build awareness, and make a meaningful impact on those affected by the disease. On National Walk Day, walkers bring the spirit of the PFF Walk to their own communities by virtually walking in cities, towns, and neighborhoods across the country.

Where do the funds go? Funds raised by the PFF Walk support our efforts to accelerate research, empower our community, and transform care so that everyone with PF and ILD can live a better life.

Do I need to register in order to participate? Yes, registration is required and advanced registration is strongly encouraged! Register online by [clicking here](#).

I've already registered. How do I log in to my personal fundraising page? [Click here](#) to log in to your fundraising dashboard.

Is there a fee to register? No! It is **free** to participate in the PFF Walk. Participants who raise \$100 or more will receive a commemorative t-shirt. Click [here](#) to learn about the PFF Walk fundraising rewards.

What should I expect on National Walk Day? Our email series will kick off the day at 8:00 a.m. CT — including inspiring messages from the PFF team and your fellow walkers! After that, gather your team, choose a route in your community, and walk! Follow along on Facebook and Instagram (@PFForg) for updates throughout the day. For a chance to be featured, send your photos/videos to PFFWalk@pulmonaryfibrosis.org or tag us on social media!

What is the distance of the walk? As a virtual walker, you have the opportunity to plan a walk that is unique to you. We suggest planning a one or a two-mile walk, but you get to decide where and how long you'd like your walk to be!

Can I still participate even if I don't want to walk? Yes! Everyone is welcome. If you choose not to walk, select a different activity that suits you best, or simply gather with your community to connect with one another.

Does every participant get a t-shirt? Registered participants who individually raise \$100 or more will be eligible to redeem the commemorative PFF Walk t-shirt. All t-shirts will be mailed. Learn more [here](#).

What should I wear? We recommend that you dress comfortably for walking and wear appropriate footwear.

What should I bring with me? We recommend that you bring water and sun protection, as well as team t-shirts or signs to show your team spirit and honor the individual(s) for whom you are walking!



PFFWALK

Contact us: If you have additional questions, please contact our team at PFFWalk@pulmonaryfibrosis.org or **855.WalkPFF** (855.925.5733).