



# PFF WALK

## PFF Walk Frequently Asked Questions

**What is the PFF Walk?** The PFF Walk unites all impacted by pulmonary fibrosis and idiopathic pulmonary fibrosis and provides a special opportunity to raise funds, build awareness, and make a meaningful impact on those affected by the disease. Each PFF Walk offers an inspiring Mission Moment to kick off the event, two walk distances, and family-friendly activities.

**Where do the funds go?** Funds raised by the PFF Walk support our efforts to accelerate research, to advance improved care for those living with the disease, and to provide unequalled support and education resources for the PF community.

**Do I need to register in order to participate?** Yes, registration is required. You can register online by [clicking here](#) or you can register in person at the PFF Walk. Advanced registration is strongly encouraged.

**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.

**What is the distance of the walk?** Each PFF Walk offers two course options. With some exceptions, each PFF Walk will offer both a one and a two-mile course.

**Can I still participate even if I don't want to walk?** Yes! Everyone is welcome to participate. If you choose not to walk, you are invited to stay at the walk-site to visit sponsor booths and connect with other members of the PF community.

**What is the Mission Moment?** As part of the Opening Ceremony, the PFF Walk includes a special experience that unites and recognizes all who have been affected by pulmonary fibrosis. The Mission Moment is an interactive opportunity, and you will select the spirit stick color that most closely identifies your place within the PF community when you check in on Walk day.

- **Blue** represents people living with PF and individuals who have received lung transplants.
- **White** represents individuals who have lost a loved one to PF.
- **Blue and White** represents caregivers, family members, friends, and members of the healthcare community.

**Does every participant get a t-shirt?** Registered participants who individually raise \$100 or more will receive the commemorative PFF Walk t-shirt.

**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!



**Can I bring my own tent, table, or chairs?** Seating will be provided on a first come, first served basis. You are welcome to bring your own supplies, but please check with a PFF staff member prior to setting up your items as there may be restrictions on where they can be placed.

**Can I bring my dog?** Yes, dogs are welcome. Your pet is your responsibility—please keep your dog leashed and always clean up after them.

**Will refreshments be provided?** Light refreshments, such as water, granola bars, and sandwiches will be provided.

**What happens if there is inclement weather?** We walk rain or shine! In the case of inclement weather, registered participants will receive both a text and an email to notify them of cancellation or any changes to the start time or route.

**CONTACT US:** If you have additional questions, please contact us at [PFFWalk@pulmonaryfibrosis.org](mailto:PFFWalk@pulmonaryfibrosis.org) or give us a call at **855.WalkPFF** (855.925.5733).