



2026 WALKER HANDBOOK

Saturday, September 26th-Dunkin'Park, Hartford
Sunday, October 4th-Lighthouse Point, New Haven
Saturday, October 17th-Sherwood Island, Westport



alsunitedct.org/walk

I'm Registered, Now What?

DONATE 

Make A Donation:

Show your family & friends your commitment to your team and the fight against ALS by making a donation.



Share Your Story:

Update your personal page on the walk website and let people know why this is so important to you.



Get Social:

Set up a Facebook Fundraiser! It's easy and a great way to reach so many more people. You can collect donations and encourage friends and family to register to join your team.



Customize Your URL:

Create your own custom URL for donations and registration! Share it with your family, friends, & co-workers through email, text, and social media.



Send emails:

Email templates are available in the participant center to make it easier for you to send out emails to all your contacts.



Download Our App:

Walk ALS coming soon!



What your donations can do for individuals and families living with ALS:

-  **\$10** can provide a gait belt to make transfers safer and more comfortable for the patient and the caregiver.
-  **\$25** can pay for special utensils to add ease and comfort to eating.
-  **\$50** can pay for a commode to help with toileting.
-  **\$100** can pay for a tub bench to help a person bathe.
-  **\$150** can pay for a transport wheelchair.
-  **\$250** can provide one month rental of a stairlift in a patient's home.
-  **\$350** can provide one round trip accessible ride for a wheelchair bound patient.
-  **\$2,000** can supply one care assist grant to help reimburse extraordinary costs related to ALS.

This is why we walk!



Any questions reach out to Anne:
alynch@alsunitedct.org or 203-874-5050

2025 HOW WE HELP

583

Durable medical equipment delivered
or picked up



796

Rides Provided

370 People
Living With ALS



450+ Families
in Our ALS
Community



48

Ramps or Stair
Lifts Installed



97

Support Groups
Held



92

Care Assist
Grants Funded



5,600+

Referrals, advocacy, education, research
help and hope provided

TOGETHER, WE END ALS!®

Walk Day Tips

- The Walks happen **rain or shine**. Come prepared!
- All event venues and routes are **handicap accessible**.
- Check-in at the registration table. This is a great opportunity to hand in any cash/check donations you may have received.
- Everyone must register. We will have onsite registration, but suggest you encourage teammates to register online before the event!
- Hartford & Westport: Check-in 10:00 am, Walk 11:00 am
- New Haven: Check-in 9:00 am, Walk 10:00 am
- Participants who raise \$100 or more will receive a Walk ALS t-shirt.
- Please note: pets are not allowed at the Hartford walk.
- Parking is free at all walks.
- Each Walk Route is about 1 mile long- we recommend doing 2 laps, but you can do as many as you would like!
- After all your fundraising work is complete, check whether the company you work for will match your contribution.

Contact me with any Questions!

Anne Lynch

alynch@alsunitedct.org

Call/Text: 203-874-0873

