

# Virtual Cheat Sheet - Highmark Walk 2021

## Virtual Walk Weekend Dates:

- Friday, May 28 to Monday, May 31st
- Friday, June 11 to Sunday, June 13th

## Links to Register/Donate:

- **Pittsburgh Walk:** <http://hcf.convio.net/aucppitt>
  - **Laurel Highlands Walk (Johnstown/Altoona):** <http://hcf.convio.net/aucpl Laurel>
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## Steps to walking during the Virtual Walk Weekends:

1. Pick a date, location, and grab your friends.
  2. Go for a walk, run, jog, stroll.
  3. Take a picture holding the [Walker Sign](#).
  4. After you're done, fill out the [Walker Information Form](#) (this is where you will upload your picture)
  5. Share about your walk on social media! Be sure to tag [Alleghenies United Cerebral Palsy](#), link to your personal walk page, and use the hashtag [#togetherwewalkAUCP](#)
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## Where can I walk?

The joys of a virtual walk is that you can walk literally ANYWHERE!. This can be in your own neighborhood, on the treadmill in your basement, or in a local park! All we ask is that you snap a picture of yourself with the [Walker Sign](#) while you are out walking and let us know the distance you walked!

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## What distance should I walk?

The Highmark Walk has always given participants the choice on how far they would like to walk. Typically, walkers choose between 1 mile or a 5k (3.1 miles). However, we're leaving this up to you! Whether you choose to walk around the block or 10 miles on the treadmill, it counts!

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## Where can I find the Walk Sign to take a picture with during my walk?

The sign can be found [here](#) or at the end of this cheat sheet. Please print it off and fill-in the blank section. During your walk we ask that you take a picture of you and whomever is walking with you and then submit it to us so we can see you!

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## Can I walk with other people?

Yes! We actually encourage teams to walk together. If you feel comfortable, choose a location and time that best fits your team during one of the walk weekends and get out and walk together!

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### Can I walk even if I am not registered?

We strongly encourage everyone that is walking to support AUCP to be a registered walker, however, you can walk without being registered. Please note that only registered walkers are valid for the t-shirts (if they raised \$25-30), and they will not be counted in the overall totals. Registering is very simple and it helps us keep track of who's on our team! Follow the links below to register:

- **Pittsburgh Walk:** <http://hcf.convio.net/aucppitt>
- **Laurel Highlands Walk (Johnstown/Altoona):** <http://hcf.convio.net/aucplare>

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### Okay, I finished walking. How do I submit my picture and distance?

Submitting a picture is easy.

1. Click on [this link](#) after you have finished walking.
2. Fill out the information that it is requesting including the distance that you walked and the number of people you walked with.
3. Choose the picture(s) that you'd like to upload.
4. Press **submit**.

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### I participated in the walk(s) and raised \$25-30, when will I receive my t-shirt(s)?

In order to ensure that we get a t-shirt to everyone that has made a donation of \$25 or more, the t-shirt order will not be completed until near the end of the HMW fundraiser. Once we receive the t-shirts, we will have the t-shirts available for pick-up or we will send the t-shirts to the address submitted when filling out the walk information form.

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### I have other questions, who should I contact?

Our Highmark Walk Team Manager, [Jocelyn Hartman](#) is ready to answer any questions. You can contact her by email at [jhartman@scalucp.org](mailto:jhartman@scalucp.org) or by phone (call or text) at 814-915-4005.

More information is also available on our website at [www.scalucp.org/hmw2021](http://www.scalucp.org/hmw2021) or on [Facebook](#).

# I walk because...

2021 HIGHMARK WALK

*for a healthy community*