



*More common than you think.
More preventable than you know.*

Walk a Mile in My Shoes Suicide Prevention Walk

Saturday, May 2, 2026

Gathering starts at 9am, walk starts at 11am
Eldridge Park, Elmira

TEAM CAPTAIN TIP SHEET

- Register your team and order T-shirts by April 24 at 8am to ensure availability of t-shirts. Captains can register online at www.walkamile.net
- Each team member who raises at least \$15 in donations will receive a T-shirt.
- Have a phone number or way to reach each of your team members.
- Collect team donations by April 25.
- On Thursday, April 30, you may pick up your team's t-shirts and drop off donations at Elmira Elks Club, 300 E. Gray St., Elmira, NY 14901 at any of the times listed here: 7:30am – 9:00am, 12:00pm -1:30pm, 5:00pm - 6:30pm.
- For teams with more than 30 members, you may pick up T-shirts Monday, April 27th at the Human Resources Center, 425 Pennsylvania Ave., Elmira, NY 14904. Between 11am and 3pm. We will have a limited ability to deliver t-shirts and pick up donations for team captains with teams over 50 members, please contact Pat by April 17 at walkamilechemung@gmail.com if you would find this option helpful.
- Arrange a meeting place at the park and time for your team to meet on Saturday morning, May 2rd.
- Bring any additional donations to the Dance Hall/ Whip Building at Eldridge Park between 9:00 a.m. and 10:30 a.m. on the morning of the walk.
- Individuals do not have to be members of a team, nor must they raise money to participate.
- Walkers may also register between 9:00 a.m. and 10:30 a.m. on the morning of the walk. T-shirts will be available on a first-come, first-served basis for anyone that hasn't pre-registered.
- Questions, concerns, contact: Pat Breux at Walkamilechemung@gmail.com, (607) 731-3521