



NATIONAL KIDNEY
FOUNDATION®
of Illinois

Walk for Kidneys

EVENT DETAILS

Sunday, June 7, 2026, | 9:00 a.m. – 1:00 p.m.
Diversey Harbor

Good day and hello, sponsors, team captains and walkers!

We can't wait to see everyone at the 2026 Walk for Kidneys. We are so grateful for your efforts to raise money and awareness for the National Kidney Foundation of Illinois. Thank you!

With ***just ten days to go***, we want to ensure you have all the information you need for a GREAT time!

Event Agenda:

9:00 AM – Walker Registration & Check-In Begins, Health Fair & Exhibitors Open

9:30 AM – Stage Program Begins

10:00 AM – Walk for Kidneys steps off

11:30 AM – Closing Celebration & Stage Program

1:00 PM – Event Concludes

T-shirts, Banners, and Prizes: Upon arrival, please **enter the Walk Site through the Welcome Arch ONLY**. Head directly to the registration tent to register and turn in any fundraising.

If you are registered and do not need to drop off money, please proceed through registration express line into the Walk. Once you are in the Walk, pick up t-shirts and team banners at the T-shirt tent next to the bathrooms.

If you are a sponsor or on a sponsor team and qualified for a t-shirt or banner, please proceed through the registration tent into the Walk. Your t-shirt and banner are at your sponsor tent.

T-shirts for individual walkers who've raised \$100 or more (individual not as a team). Team banners for teams who've raised \$1,000 or more can be picked up at the Walk at the T-shirt tent. All other incentive prizes will be mailed out a month after the Walk to allow for participants to continue to fundraise.

Weather Alert: The Walk for Kidneys will take place **rain or shine!** Be sure to dress accordingly.

Directions and Parking: Participants are encouraged to take public transit to the Walk for Kidneys. Free street parking is available along Cannon and Stockton streets. All parking is first-come, first-served.

9:00 a.m. Registration and Check-In: When you arrive on Sunday morning, proceed to the Registration Tent. We will have separate lines for Pre-Registered walkers and those who need to Register with a QR Code for self-registration.

If you are registered and do not need to turn in money, please proceed through registration into the Walk. You do not need to check in!

If you are a sponsor or on a sponsor team and qualified for a t-shirt, team banner, or turn in money, please proceed through the registration tent into the Walk. Your t-shirt and banner are at your sponsor tent. You do not need to check in!

Checks, money orders, cash, and credit card donations will be accepted at the Walk. Make checks and money orders payable to the National Kidney Foundation of Illinois. Please use the attached Donation Form. Tax acknowledgment letters will only be mailed to names and addresses provided. Donations will also be accepted after the Walk and can be dropped off or sent to the NKFI office at 215 W. Illinois Street, Suite 1C, Chicago, IL 60654.

9:30 a.m. Stage Program: Warm-up, light aerobics, and stretching. Step-off Countdown done by top individual fundraiser.

10:00 a.m. Walk Steps Off: The Start/Finish arch will be at the north part of the Walk site next to the stage. Proceed north on the designated walking/running path on the Lake Front Trail. Signs and volunteers will guide you along the route. This year we offer two turnaround points that include water, one is a mile long and the other is three miles. Click here for the route [Map](#).

Leashed dogs are allowed. No bikes or rollerblades please. Strollers are allowed.

Top Teams Village: Again this year we are offering a **Top Teams Village!** All teams that qualify will be reached out to directly and have their qualified t-shirts waiting at their tent space.

The Pace: The route is either 1mile or 3 miles depending on where you turn around. Expect a relaxed stroll rather than an athletic foot race. Plan to take your time and enjoy your teammates' company.

Families, Kiddos and Pets: Involve the whole family - of all ages and species! Water will also be available at the picnic grove and turnaround points. Visit the **KIDney Zone** for games and coloring and to meet our **face painter**.

Food: Visit the **Food Tent** for fruit, individually-packaged snacks, and water – free of charge! Please bring your water as the Walk may be a hot day.

Festivities: After the Walk, the festivities will continue with music and a cool-down. And make sure to visit our **sponsors, vendors, and Photo Booth**. Join Get a free **Kidney Health Risk Assessment!** Enjoy a picnic lunch with your team.

The Event Concludes at 1:00 p.m.

I hope this answers your questions, but as always, feel free to email or call me if you have any other questions at awidmer, walk@nkfi.org, or 312-321-1500. On Walk Day, please look for any NKFI staff (orange polo) or Walk volunteers (orange t-shirt).

See you at the Walk!