



Event Information

Sunday, October 4th, 2026

Runner/Walker Registration and Check-In @ 8 AM

Opening Ceremonies: 8:45 AM

5K Race Start Time: 9 AM

5K Walk Start Time: 9:10 AM

Awards: 10 AM

Wellness Fair/Activities: 8 AM - 11AM

Northbank Riverwalk Artist Square (RAM)



Welcome!

Join us for the 6th Annual NAMIWalks Jacksonville and be part of an incredible movement! **It's a walk, it's a run, it's a sprint**, but however you tackle it, it's a joyous celebration of support, mental health awareness, and community spirit. Together, we can show our dedication to a kinder, brighter future for mental health. As our largest fundraiser, NAMIWalks helps us offer vital programs and training to our local community free of charge.

We can't wait to celebrate with you during this family-friendly day filled with fun and connection! For all the details and links, check out www.namiwalks.org/jacksonville

Packet Pickup

If you've registered and paid for the 5K race, or want to register on event day, you'll pick up your Chip & Race Bib on site on event day. There is no registration fee to take part in the traditional 5K event without a chip & bib.

On Site Race Registration and Packet Pickup:
Sun, Oct 4th from: 8 AM-8:45 AM

Team Captains or their designee may pick up multiple packets, but it's your responsibility to notify teammates that you've done so. If you're picking up packets for your team, please bring a typed list.

Register Today!

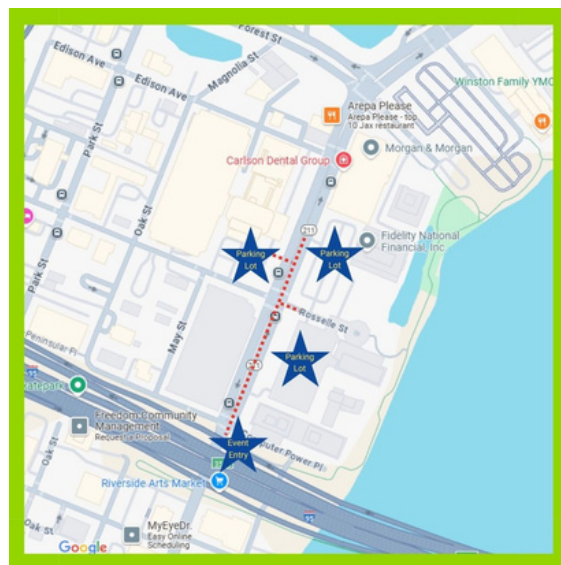
www.namiwalks.org/jacksonville



Parking

Fidelity National Financial (FNF) and Intercontinental Exchange (ICE) have graciously agreed to provide complimentary parking at its surface lots located at **601 Riverside Ave.** (NAMIWalks participants are only authorized to park in the surface lots, not in any of the covered or underground lots.)

Florida Blue has also graciously agreed to provide complimentary parking in its surface lots south of First Coast Service Options, located at **Riverside Ave. and Roselle St.**



The Start and Finish

The race begins and ends inside the park. The 5k run is expected to have a large number of participants, so please line up according to your ability. Walkers, please line up behind the runners. The 5K Run will begin at 9 AM, with the walk starting at 9:10 AM.

Wellness Fair

Visit the Wellness Fair of more than 40 community mental health resources that contribute to our system of care supporting mental health for all. Visit all vendors & fill out your passport to be entered into a raffle for a family prize!

Kid Zone

The Kids Zone is more than just a play area; it's a place where children can explore their own coping and wellbeing skills, including expressions through coloring, musical instruments, face painting, balloon animals, and games.

Entertainment

NAMIWalks is a family event to celebrate our collective mission of Mental Health for All! Warm up with **Yoga4Change** before your walk or run, hear our keynote speaker - **St Johns County Sheriff Hardwick** share his "why", jam with the **Taildraggers**, visit the Food Trucks, and more!

NAMIWalks Route



Directions for the 5K:

- Blast off from the start gate and head up onto the Shared Use Path (SUP). As you exit the SUP in San Marco, make the first turn and run behind Nemours Hospital and along the river. (Don't go straight towards Palm Ave)
- Emerge from the SUP and make a right turn onto LeBaron Ave, where you'll find the On-Course Water Station.
- Turn Left on Cedar St. - Turn Right on Palm Ave. - Turn Left on Lasalle St. - Turn Right on River Rd.
- Take River Rd to Laverne St, make a U-Turn at the intersection of River/ Laverne, then head back along the course, over the river, and back into the NAMIWalks event space to cross the Finish Line.

NAMIWalks

Change the way
the world sees
mental health.



Awards

An awards ceremony for 5K Finishers will be held at approximately 10 AM.

We'll award the Top 3 Overall Male and Female Finishers, along with Top Male and Top Female in each age group:

- | | | |
|----------------|---------|---------------|
| • 19 and Under | • 30-39 | • 50-59 |
| • 20-29 | • 40-49 | • 60 and Over |

Award Ceremony will be held approximately at 9:45am at the Riverside Arts Market Stage.

For Your Safety

Dogs/Pets: This event welcomes friendly, leashed dogs; however, for the safety of everyone, no dogs/pets are permitted during the 5K race portion. Leashed dogs are welcome to accompany you as you walk the course during the 5K walk.

Strollers/ Wheelchairs/ Wagons: For the safety of everyone on the course, please stay to the side and/ or rear of the pack.

We can not guarantee against bumps in the road or sidewalk cracks. Follow the race course and adhere to the route guidance.

Most importantly: **BE SAFE!**



Make sure to Share Your NAMIWalks Photos!



[NAMIJacksonville](https://www.facebook.com/NAMIJacksonville)

