



2016 NAMIWalks Mercer County Walk Day Contests Team T-shirts (Local and National Contest)

1. NAMI Mercer **encourages** teams to unite by designing and wearing a team t-shirt. Good t-shirts are **bright and colorful** so that the team wearing them **stands out**.
2. The designs, logos and slogans on them should be as creative and unique as possible so they are a conversation piece both during and after NAMIWalk. This year's theme of the NAMIWalks hosted by NAMI Mercer is *Stronger than Stigma*.
3. Good team T-shirt designs almost always include the company, organization or team name and the NAMIWalks logo. (High Resolution Logos are available for download at www.namimercer.org and through www.namiwalks.org/mercercounty walk fundraising website)
4. Team t-shirts are paid for by the team. Sometimes the captain provides them, sometimes each team member buys their own shirt. Vendors can be found online; if you need some suggestions for local vendors, please contact the Walk manager
5. Another important thing to remember about team T-shirts is that they are a very effective Walker recruitment tool if publicized and promoted by the team captain prior to the NAMIWalk. NAMIWalks team shirts are also conversation starters and give the wearer a way to start a conversation about NAMI.
6. The NAMIWalks Mercer County team t-shirt contest will occur on Walk Day. If you would like to participate, please bring an extra t-shirt to the Walk and turn it in at registration. The winner will be announced at the Walk with a \$50 Visa Giftcard awarded and be entered into the NAMI National Walk T-shirt contest!

Team or Individual Superhero Cape Contest (Local)

1. NAMIWalks Mercer County has a local theme of "Stronger than Stigma" for 2016. In line with this theme of the strength and resiliency required to treat and recover from mental illness, the committee is sponsoring a Superhero Cape contest.
2. Capes may be submitted by teams or individuals. The cape should be turned into registration on Walk Day.
3. Capes will be judged on creativity and in alignment with the theme "Stronger than Stigma".
4. Be creative! You can use a commercially made cape and decorate it, or you can make your own using ideas you find on the internet, Pinterest, etc.
5. The winner will be announced on Walk day and receive a \$50 Visa Gift Card!