

Frequently Asked Questions

We need your support to conquer arthritis, which attacks more than 50 million Americans, including 300,000 children. With the growing number of people experiencing physical limitations from arthritis, now is a critical time. Research, advocacy, community engagement, and providing life-changing resources for kids with Juvenile Arthritis and their families are not possible without funding. Become a Champion of Yes and help us find everyday victories for people living with the nation's #1 cause of disability.

What is Walk the Cure Arthritis?

Previously called Arthritis Walk, Walk to Cure Arthritis is an event that brings participants together to raise funds to cure arthritis. Teams and individuals raise funds leading up to the event, then come together for a non-competitive, 5K walk. Walk to Cure Arthritis typically takes place during the month of May in conjunction with National Arthritis Awareness Month.

Why should I participate?

Arthritis is costly, painful and debilitating, and it is the number one cause of disability in the United States. It costs the U.S. economy \$128 billion dollars a year and is a more frequent cause of activity limitation than heart disease, cancer or diabetes. Arthritis poses a serious threat to individuals, to businesses and to the economy as a whole. By supporting the Arthritis Foundation, you are helping to make an impact in the lives of people with arthritis and in your community.

What is a team?

A team is a group of participants joining together to raise funds and take part in the Walk to Cure Arthritis. Team members can include coworkers, friends, family, neighbors, clients, etc. – anyone you can think of who wants to participate!

How do I participate?

You can participate by joining a team as an individual or organizing a team of coworkers, friends, family, neighbors, clients, etc., to raise money and participate in the event. Your company can also become a corporate sponsor.

How do I sign up for Walk to Cure Arthritis?

Visit walktocurearthritis.org and click on your state on the map to find a Walk to Cure Arthritis in your area. Then, follow the step-by-step instructions to start a team, join a team or join as an individual. Once you have registered, the site will guide you to all the necessary tools to start your fundraising efforts.

Is it difficult to organize a team?

No, it's easy! Visit walktocurearthritis.org and click on your state on the map to find a Walk to Cure Arthritis in your area. Follow the step-by-step instructions to start a team, and register as a Team Captain. The Arthritis Foundation will work with the Team Captain to provide support to help your team successfully fundraise.

How long is the route?

Walk to Cure Arthritis is a non-competitive, fully accessible course with a one-mile option for those who wish to walk a shorter distance – most routes are approximately 3 miles. The Arthritis Foundation encourages people to move as much as possible. Walking can be a great activity for people with arthritis because it allows them to exercise their joints. However, we recommend people with arthritis consult with their doctor prior to participating in this type of event.

How do I fundraise for Walk to Cure Arthritis?

Your Team Captain will help you get started with fundraising online. Once you register for the event and join a team, you can use the Email Center tool to compose your first email campaign to recruit teammates and raise money. Consult the Fundraising Guide in our [Volunteer Resource Center](#) for more information!

How is the money collected?

For donations made online, the Arthritis Foundation receives these funds immediately. All other donations (cash or checks) should be turned in to your Team Captain. Team Captains are responsible for turning in their team's funds to their local Arthritis Foundation office.

How is the money used?

Our mission is to change lives by fighting arthritis and finding a cure. As the largest private, nonprofit funder of arthritis research in the U.S., we fund and drive innovative and revolutionary research that enables a pathway to breakthrough treatments and drug discovery to prevent, treat and cure arthritis. In addition, we provide the public with information, publications and programs that help them manage their arthritis and get the treatment and care they need. We take the lead in advocating for arthritis-related policies and programs, and lobby for policy change to ensure arthritis is viewed as a serious disease that is addressed with urgency.