



Charcot-Marie-Tooth Association

Everything you need to **KNOW BEFORE YOU GO**

Planning to walk, ride, fundraise, or volunteer?

This quick guide covers the most common questions about Walk & Cycle 4 CMT so you can focus on what matters most: **showing up and making an impact.**

About the Walk & Cycle 4 Events

Why do we walk and cycle?

Every step and mile fuels progress toward treatments and a cure, while building a strong, connected CMT community.

How long is the walk or ride?

Routes vary by location and are non-competitive, flexible, and designed with accessibility in mind. Please check the specific event page for distance information.

What if it rains?

Most events are held rain or shine. Any updates will be shared by email and social media.

Are events accessible?

Yes. **Inclusion matters.** CMTA works to ensure event areas and routes accommodate mobility devices whenever possible.

Registration & Participation

Who can participate?

Everyone. People of all ages and abilities are welcome to walk, cycle, roll, volunteer, or cheer in support of the CMT community. Events are dog-friendly, but please check the event page for more information.

Can I participate virtually?

Yes. Wherever you are, you can register, fundraise, and move with us in support of the mission.

Is there a cost to attend?

No. Events are free to attend. Fundraising is encouraged to help advance CMTA's mission, but never required.

How do I register?

Register online through your local event page. Early registration helps us plan and strengthen our collective impact.

Fundraising & Donations

Do I have to fundraise?

There's no minimum. Every dollar raised directly supports CMT research, education, and patient and family programs.

Can I donate without registering?

Absolutely. You can donate to a participant, team, or event and still make a meaningful difference.

Are donations tax-deductible?

Yes. CMTA is a 501(c)(3) nonprofit, and donations are tax-deductible as allowed by law. Having earned a four-star, 100% rating from Charity Navigator, you can give with confidence.

Teams & Volunteering

What is a team?

Teams bring people together — families, friends, coworkers, and communities — uniting their efforts to create greater impact.

Want to volunteer instead?

Volunteers power these events. Your time helps move the mission forward. Please reach out directly to the location event leader.



Additional Questions?

Visit your local event page or contact the CMTA events team through our website. cmtausa.org/4cmt

