



WALK. RUN. INSPIRE.

social distance style

Saturday, May 1, 2021

1 mile or 3.7 miles walk or fun run

Virtually and in-person at Creve Coeur Park in Sailboat Cove*

13725 Marine Ave, St. Louis, MO 63146

FREQUENTLY ASKED QUESTIONS:

COVID-19 (CORONAVIRUS)

How are you addressing COVID-19?

The health and safety of our participants, sponsors, volunteers and staff is our top priority. We continue monitoring the situation closely and are following national and local health guidelines. This year we are excited to provide 2 participation options:

1. At Creve Coeur Park on May 1, social distance style! To register [click here](#)
2. Virtually by taking your own Steps For Hope at the location of your choice. To register [click here](#). To download our virtual training guide [click here](#).

We reinvented Steps For Hope in Creve Coeur Park to ensure compliance with current guidelines, including:

- Advance registration required by April 28
- Staggered walk start times
- Pre-packaged snacks and individually bottled drinks
- Extra spacing of the event layout
- Masks required when social distance cannot be maintained

Do I have to wear a mask at Steps For Hope?

St. Louis County Department of Public Health requires wearing a mask unless you are walking and/or maintaining social distance. Disposable masks will be available at the Registration tent for anyone needing a mask.

What sanitizing measures will be in place at Steps For Hope?

We will have a number of sanitizing measures in place, including:

- Hand sanitizer will be available at the registration/raffle tent, Kids' area tent, Eating Area tent, and VIP
- Creve Coeur Park public restrooms have hand washing facilities
- Disposable gloves will be available at the registration/raffle tent to anyone needing them
- All drinks will be self-serve in individual serving bottles/cans
- Snacks will be self-serve in pre-packaged individual servings

Can I participate in Steps for Hope if I am not able to attend in person?

Absolutely! We would love to have you participate in person or virtually by taking your own Steps For Hope at the location of your choice. To register [click here](#). To download our virtual training guide [click here](#). Be sure to be part of our [Facebook Live](#) Steps For Hope on May 1 from 9:45am-10:30am, and for the walk conclusion and raffle drawing from 11:30-11:40am.

MAY 1 STEPS FOR HOPE SCHEDULE

What is the schedule on May 1?

8:30am	Steps For Hope check-in opens at the Registration tent
8:30am – 12:00pm	VIP area open (red VIP wristband required for entry) Team tents open for those walking as part of a registered team
8:30am-12:00pm	Food and beverage tent open with individually wrapped snacks and bottled water
9:00am-9:30am	Louie from the St. Louis Blues onsite to kick off the walk and take pics!
9:00am – 11:00am	Steps for Hope walk takes place. Advance registration by April 28 is required.
9:00am-11:30am	Julie Tristan with Y-98 onsite as emcee TKO DJ playing up the fun Raffle tickets for sale Kids' tent open
9:30am-10:00am	Superheros onsite to take pics in the kids' area!
11:00am	Raffle ticket sales end
11:30am – 11:40am	Facebook Live of the raffle drawing
12:00pm	Steps For Hope concludes (until 2022!)

What time is the walk?

To help ensure social distancing we have staggered the walk start times between 9:00am and 11:00am. **Advance registration is required by April 28.** To ensure social distancing we ask that you walk only at your registered walk time.

Before or after you walk, be sure to enjoy many of our fun activities (please keep it safe for everyone and remember to social distance!).

What time should I arrive?

We ask that you walk only at your registered walk time. Advance registration is required, therefore on-site check-in should go quickly. Please arrive approximately 15 minutes prior to your scheduled walk time.

Before or after you walk, be sure to enjoy many of our fun activities (please keep it safe for everyone and remember to social distance!).

What activities will be available in addition to the walk?

We have a full day of fun for everyone!

Louie from the St. Louis Blues will be onsite to kick off the walk and take pics from 9:00am-9:30am

Superheros will be onsite to take pics in the kids' area from 9:30am-10:00am

Julie Tristan with Y-98 onsite as emcee 9:00am-11:30am

Paul Cook will be leading our virtual segment via [Facebook Live](#) from 9:45am-10:30am

TKO DJ will be playing up the fun from 9:00am-12:00pm

Kids' tent open from 9:00am-12:00pm with bubbles, and a grab-n-go craft project

Raffle tickets sales end at 11:00am; Raffle drawing on [Facebook Live](#) at 11:30am.

REGISTRATION

I previously registered but don't remember my walk time

Please email Emma at ewinston@cancersupportstl.org

Can I register at the walk on May 1?

No. In order to minimize face-to-face contact we are requiring advance registration by April 28, 2021. To register and select a walk time [click here](#)

When is the deadline to register?

Registration deadline is April 28, 2021. To register and select a walk time [click here](#)

Will I receive a t-shirt?

All participants paying the \$45 registration fee by April 28 will receive a commemorative Steps For Hope t-shirt (adult sizes only). To register and select a walk time [click here](#)

Do I have to pay for my child to walk?

Children ages 18 and younger are free. Please note that only participants paying the \$45 registration fee by April 28 will receive a commemorative Steps For Hope t-shirt (adult sizes only).

What is the cost to register?

We have 2 registration options:

1. \$45 per person registration includes a Steps For Hope t-shirt (adult sizes only), and access to individually bottled/canned drinks and snacks in the Food and Beverage tent.
2. \$25 per person registration includes access to individually bottled/canned drinks and snacks in the Food and Beverage tent.

To register and select a walk time [click here](#)

What is included in my registration cost?

\$45 per person registration includes a Steps For Hope t-shirt (adult sizes only), and access to individually bottled/canned drinks and snacks in the Food and Beverage tent.

\$25 per person registration includes access to individually bottled/canned drinks and snacks in the Food and Beverage tent.

To register and select a walk time [click here](#)

How do I get my t-shirt?

If you register by April 28 there are 2 options to receive your t-shirt:

1. Advance pickup – We will have your registration packet in an envelope marked with your name available for pick up in the Cancer Support Community lobby at 1058 Old Des Peres Road, St. Louis 63131 from 10:00am to 4:00pm on Wednesday April 28 and Thursday April 29. Please email Emma at ewinston@cancersupportstl.org to make arrangements to pick up your registration packet at any other time.
2. Walk day pickup – We will have your registration packet in an envelope marked with your name available for pick up at the Registration tent at Creve Coeur Park in Sailboat Cove on Saturday May 1 from 9:00am to 11:00am.

If I register to walk virtually will I still get a t-shirt?

1. Absolutely! Just pay the \$45 registration fee by April 28 and you can pick up your registration packet in the Cancer Support Community lobby at 1058 Old Des Peres Road, St. Louis 63131 from 10:00am to 4:00pm on Wednesday April 28 and Thursday April 29. Please email Emma at ewinston@cancersupportstl.org to make arrangements to pick up your registration packet at any other time.

I registered to walk but my plans have changed and I am not able to walk. Can I get a refund?

Unfortunately, we are not able to provide refunds for walk registration.

THINGS TO BRING WITH YOU ON MAY 1

What do I need to bring/wear on May 1?

To make sure you have the best walk experience we recommend bringing/wearing the following:

- **Steps For Hope t-shirt** (available to all walkers with an advance \$45 registration)
- **Comfortable shoes** for walking
- A **face mask/covering**
- **Sunscreen**
- A **hat** or visor
- **Weather-appropriate attire** (the walk will take place, rain or shine!)
- A bottle of **water** or other hydrating drink (we will also have individual bottles in the Beverage tent)
- A **credit card to purchase raffle tickets**. Raffle tickets can be purchased at the walk until 11am and the drawing will take place at 11:30am
- **Creative signs** to show off your team's style
- **Cameras or smartphones** to take and post plenty of pictures
- **VIP wristband** – Sponsor packets include red VIP wrist bands.

WALK TEAMS

Top Teams Area

Teams who raise \$2,500 or more prior to April 19 can take advantage of their own dedicated tent located near the Registration tent.

Do my team members have to register?

Yes, if they want to attend Steps for Hope on May 1 at Creve Coeur Park they need to register. To register [click here](#).

VIP AREA

Where is the VIP area?

To celebrate your dedication to raising money for Steps for Hope we are pleased to offer a VIP area at the Tremayne Shelter. VIP status is exclusively awarded to our corporate and individual Sponsors, and top fundraisers who individually raise \$2,500 or more. A red wristband is required to enter the VIP area. VIP wristbands are included in your registration packet. If you did not receive your registration packet, or if you are interested in becoming a corporate or individual sponsor please [click here](#) or email Sharon at sclark@cancersupportstl.org.

How can I access the VIP area?

VIP status is exclusively awarded to our corporate and individual Sponsors, and top fundraisers who individually raise \$2,500 or more. A red wristband is required to enter the VIP area. If you are not already a sponsor and are interested in becoming a corporate or individual sponsor please [click here](#) or email Sharon at sclark@cancersupportstl.org.

What is included in the VIP area?

The sponsor VIP area includes soft seating areas for relaxing, a variety of individually wrapped sandwiches, granola bars, bags of chips, and fruit, and a variety of drink options including coffee and individually bottled drinks and juices. A red wristband is required to enter the VIP area. VIP wristbands are included in your registration packet. If you did not receive your registration packet, or if you are interested in becoming a corporate or individual sponsor please [click here](#) or email Sharon at sclark@cancersupportstl.org.

RAFFLE

What are the raffle items?

[Click here](#) to see our 10 fun raffle baskets and buy tickets online through April 28, or onsite at Steps For Hope on May 1 from 9:00am-11:00am!

What is the cost of a raffle ticket

Raffle tickets are only \$5 each or 5 for \$20 and will be available online through April 28, or onsite at Steps For Hope on May 1 from 9:00am-11:00am!

Can I buy raffle tickets on May 1 at the Walk?

Yes! We will sell raffle tickets at Steps For Hope from 9:00am-11:00am. Raffle tickets are \$5 each or 5 for \$20.

When is the raffle drawing?

The raffle drawings will take place at 11:30am on May 1 at Creve Coeur Park. Whether you participate in Steps for Hope in person at Creve Coeur Park or virtually you can join in the excitement of our raffle drawing on [Facebook Live](#). Winners do not need to be present to win.

If I win, how do I claim my prize?

Winners may claim their raffle basket at Steps For Hope on May 1 from 11:40am-noon at the Registration tent. If you are not attending Steps For Hope on May 1 raffle baskets can be picked up in the Cancer Support Community lobby at 1058 Old Des Peres Road, St. Louis 63131. Please email Emma at ewinston@cancersupportstl.org to make pick up arrangements.

Do I need to be present at the drawing to win?

You do not need to be present to win but we hope you can join in the excitement of the raffle drawing – either at Creve Coeur Park on May 1 or virtually on [Facebook Live](#) at 11:30am.

HOW CAN I FUNDRAISE IN ADDITION TO WALKING, OR IF I CAN'T PARTICIPATE IN THE WALK?

Can I still fundraise if I don't attend the Walk?

Yes, thank you! While attending Steps For Hope is the best way to celebrate together, you can still fundraise. At the end of the day, it's about what we make possible together through your fundraising – just follow these simple steps:

1. [Create your fundraising page](#) so everyone knows why you support Cancer Support Community. Share your own story to inspire your team! make sure to share the link to your fundraising page through social media and email.
2. Get creative! We know you may need to change your fundraising plans, but now is a great time to be creative with how you'll hit your goal. Have a virtual party asking people to share their stories and contribute to your fundraiser. We'd be happy for you to share other ideas with us as well! How can we connect as a community in a virtual way? Do you have fun videos to share?

Does the money raised stay right here in our community?

Yes! All proceeds from Steps for Hope directly fund Cancer Support Community of Greater St. Louis' programs and services offered to individuals and families impacted by cancer in our community.

Do you accept employer-matching donations?

Yes, talk to your human resources department to find out if your company participates in a matching gift program.

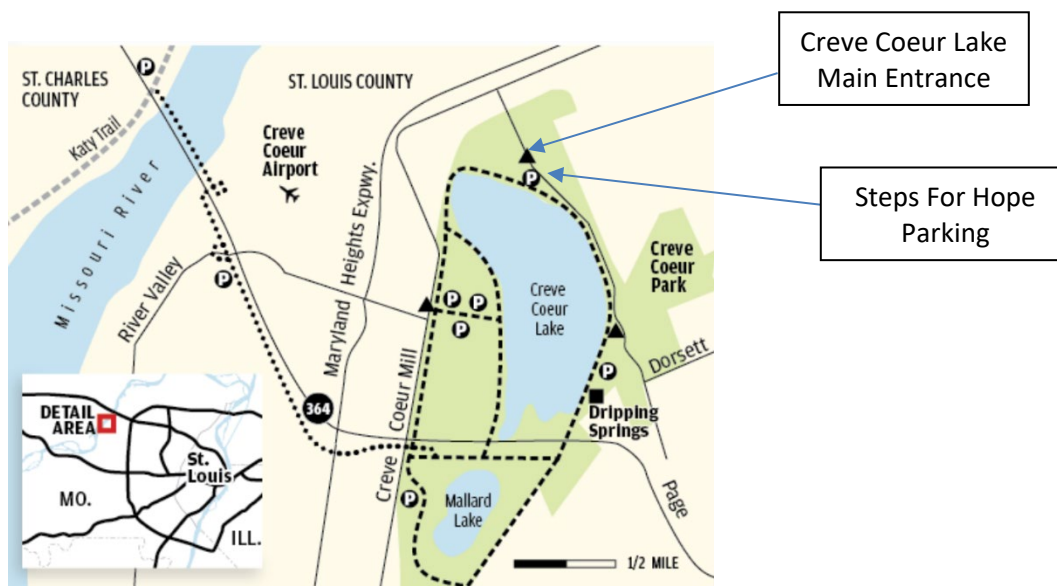
PARKING

Where do I park?

Parking is available near the Tremayne Shelter area at the main entrance to Creve Coeur Park. A Steps For Hope volunteer will guide you to the parking lot.

Is there a charge to park?

No, there is no charge to park. Free parking is available near the Tremayne Shelter area at the main entrance to Creve Coeur Park. A Steps For Hope volunteer will guide you to the parking lot.



OTHER QUESTIONS

How long is the walk route?

We have 2 walk options – 1 mile and 3.7 miles.

Where does the walk take place?

The walk takes place at Creve Coeur Park in Sailboat Cove (13725 Marine Avenue, Maryland Heights, MO 63043). The official starting line is just to the West of the Tremayne Shelter area, and the official finish line is just to the East of the Tremayne Shelter area.

What if it rains?

The walk must go on - rain or shine, we'll be there! In the unlikely event of significant or dangerous weather conditions please [check here](#) or our [Facebook page](#) for updates.

Are pets and strollers allowed at the event?

Absolutely! Bring the whole family – even the furry ones. Please remember that pets need to be current on vaccines, and on a leash under your control at all times.

I forgot my Username and Password. How can I find out what they are?

Remember that your username and password are case sensitive. [Click here to find your password](#). You will receive separate emails with your username and password.