



# WALK. RUN. INSPIRE.

social distance style

## Sunday, July 12, 2020

At Creve Coeur Park in Sailboat Cove

13725 Marine Ave, St. Louis, MO 63146

1 mile or 3.7 miles walk or fun run

Emceed by Y98's  
**JULIE TRISTAN**

### FREQUENTLY ASKED QUESTIONS:

**THE CANCER SUPPORT COMMUNITY STEPS FOR HOPE WALK HAS BEEN RESCHEDULED FOR SUNDAY, JULY 12 AT CREVE COEUR PARK. IF YOU PREVIOUSLY REGISTERED, YOUR REGISTRATION AND FUNDRAISING DOLLARS WILL TRANSFER TO THE NEW DATE.**

#### 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 July 12, 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 July 7
- Contactless distribution of registration packets via USPS or pickup at CSC
- Staggered walk start times
- Pre-packaged snacks, and lunch options from New York Toms Food Truck
- Extra spacing of the event layout

We will continue to follow recommendations for combating COVID-19. Updates will be provided [here](#) in the event additional modifications are necessary in order to comply with guidelines.

##### ***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 maintaining social distance. Disposable masks will be available at the check-in 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:

- The St. Louis County Department of Public Health recommends bringing individual hand sanitizer to use before and after restroom trips. Hand sanitizer will also be available at the check-in/raffle tent, Wellness tent, Kids area tent, Eating Area tent, and VIP area
- Creve Coeur Park public restrooms have hand washing facilities
- Disposable gloves will be available at the check-in/raffle tent to anyone needing them
- At the direction of the St. Louis County Department of Public Health a mask should be worn other than when walking and maintaining social distance. Disposable masks will be available at the check-in/raffle tent for anyone needing one
- All drinks will be self-serve in individual serving bottles/cans
- Snacks will be self-serve in pre-packaged individual servings

- A Health Screening form is required to be completed by every walker and turned in at the check-in tent prior to walking. Health Screening forms will be included in registration packets. Additional copies will be available at check-in. To receive another form by email please contact Gabby at [gfish@cancersupportstl.org](mailto:gfish@cancersupportstl.org)

### **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 kick-off on July 12 from 8:55am-9:05am, and for the walk conclusion and raffle drawing from Noon to 12:05pm.

## **JULY 12 STEPS FOR HOPE SCHEDULE**

### **What is the schedule on July 12?**

8:30am	Check-in opens
8:30am – 1:00pm	VIP area open (red VIP wristband required for entry) Team tents open for those walking as part of a registered team
8:30am-10:30am	Chris' Cakes onsite providing pancakes and sausage (food voucher included in registration packet is required)
8:55am – 9:05am	<a href="#">Facebook Live</a> Steps For Hope kickoff
9:00am-9:30am	Louie from the St. Louis Blues onsite to kick off the walk and take pics!
9:00am – 12 noon	Steps for Hope walk takes place (wristband included in registration packet indicates designated walk time – please plan to walk only at your designated time)
9:00am-1:00pm	Julie Tristan with Y-98 onsite as emcee TKO DJ playing up the fun Wellness tent open Kids area tent open Pete's Popsicles available for purchase
9:30am-10:00am	Superman and Wonder Woman onsite to take pics in the kids area!
10:30am-1:30pm	New York Tom's Food Truck on site providing lunch options (food voucher included in registration packet is required)
11:00am	Raffle ticket sales end
Noon – 12:05pm	<a href="#">Facebook Live</a> of the raffle drawing and send off of the last group of walkers
1:00pm	Steps For Hope concludes (until 2021!)

### **What time is the walk?**

To help ensure social distancing we have staggered the walk start times between 9:00am and Noon. **Prior to July 8 you need to select a walk time.** If you have registered but not yet selected a start time please email Gabby at [gfish@cancersupportstl.org](mailto:gfish@cancersupportstl.org). We ask that you walk only at your registered walk time. Included in your registration packet is a wristband that notes your walk time. Please plan to arrive ½ hour prior to your scheduled walk time in order to allow time to check-in and turn in your Health Screening form.

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. Included in your registration packet is a wristband that notes your walk time. **Please plan to arrive ½ hour prior to your scheduled walk time** in order to allow time to check-in and turn in your Health Screening form.

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!

[Facebook Live](#) Steps For Hope kickoff at 8:55am

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

**Superman** and **Wonder Woman** 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-1:00pm!

**TKO DJ** will be playing up the fun from 9:00am-1:00pm

**Wellness tent** open from 9:00am-1:00pm

**Kids area tent** open from 9:00am-1:00pm with hula hoops, bubbles, and a grab-n-go craft project

**Chris' Cakes** will be onsite from 10:30am-1:30pm providing pancakes and sausage (food voucher required)

New York Tom's **food truck** onsite from 10:30am-1:30pm (food voucher required)

**Pete's Popsicle's** available for purchase from 9:00am-1:00pm

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

## **REGISTRATION**

### ***I previously registered - how do I select a walk time?***

To select a walk time please email Gabby at [gfish@cancersupportstl.org](mailto:gfish@cancersupportstl.org)

### ***Can I register at the walk on July 12?***

No. In order to minimize face-to-face contact we are requiring advance registration by July 7, 2020. To register and select a walk time [click here](#)

### ***What is the deadline to register?***

Registration deadline is July 7, 2020. To register and select a walk time [click here](#)

### ***Who will receive a t-shirt?***

All participants paying the \$45 registration fee by June 30 will receive a commemorative Steps For Hope t-shirt (adult sizes only). To register and select a walk time [click here](#)

## **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), a registration wristband, and a food truck voucher for 1 breakfast or lunch item (up to \$7). Individually bottled/canned drinks, granola bars, and single serve bags of chips will also be available on-site.
2. \$25 per person registration includes a registration wristband, and a food truck voucher for 1 breakfast or lunch item. Individually bottled/canned drinks, granola bars, and single serve bags of chips will also be available on-site.

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), a registration wristband, and a food truck voucher for 1 breakfast or lunch item (up to \$7). Individually bottled/canned drinks, granola bars, and single serve bags of chips will also be available on-site.

\$25 per person registration includes a registration wristband, and a food truck voucher for 1 breakfast or lunch item (up to \$7). Individually bottled/canned drinks, granola bars, and single serve bags of chips will also be available on-site.

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

## **How do I get my registration packet?**

*If you register by June 30 there are 2 options to receive your registration packet:*

1. USPS – Register by June 30, 2020 and we will mail your registration packet to you via USPS and the address entered at time of registration; OR
2. Contactless 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 8am to 4pm Monday through Thursday and 8am to noon on Friday. To make arrangements to pick up your registration packet at any other time please email Gabby at [gfish@cancersupportstl.org](mailto:gfish@cancersupportstl.org). *Registration packets must be picked up no later than 6pm on Thursday, July 9.*

*If you Register between July 1 and July 7 your registration packet will be available for pickup only at the address and times noted above.*

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

Absolutely! Just pay the \$45 registration fee by June 30 and we will mail your registration packet to the address entered at registration, OR you can pick up your registration packet in the Cancer Support Community lobby at 1058 Old Des Peres Road, St. Louis 63131 from 8am to 4pm Monday through Thursday and 8am to noon on Friday. To make arrangements to pick up your registration packet at any other time please email Gabby at [gfish@cancersupportstl.org](mailto:gfish@cancersupportstl.org).

*Registration packets must be picked up no later than 6pm on Thursday, July 9.*

## **I didn't receive my registration packet - what should I do?**

If you register by June 30 your registration packet will be mailed via USPS on July 2. Please allow one week for delivery. If you do not receive your registration packet by July 9 please contact Gabby at [gfish@cancersupportstl.org](mailto:gfish@cancersupportstl.org) to make arrangements to receive a new packet.

## THINGS TO BRING WITH YOU ON JULY 12

### **What do I need to bring/wear on July 12?**

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

- **Registration wristband** - Included in your registration packet is a wristband that notes your walk time. Please plan to arrive ½ hour prior to your scheduled walk time in order to allow time to check-in and turn in your Health Screening form.
- **Food voucher** – included in your registration packet
- Completed **Health Screening form** – a Health Screening form will be included in your registration packet. **Temperature must be taken on July 12, 2020 and must be below 100.4 degrees to participate.** Health Screening forms should be completed prior to arriving at Creve Coeur Park and turned in at the check-in tent prior to walking. In the event you forget your form at home blank forms will be available at the check-in tent. To receive an emailed form prior to the event please contact Gabby at [gfish@cancersupportstl.org](mailto:gfish@cancersupportstl.org).
- **Comfortable shoes** for walking
- A **face mask**/covering
- **Sunscreen**
- A **hat** or visor
- Individual **hand sanitizer**
- **Weather-appropriate attire** (the walk will take place, rain or shine!)
- A bottle of **water** or other hydrating drink
- A **credit card to purchase raffle tickets or additional food.** Raffle tickets can be purchased at the walk until 11am and the drawing will take place at noon
- **Creative signs** to show off your team's style
- **Cameras or smartphones** to take and post plenty of pictures

## WALK TEAMS

### **Top Teams Area**

Teams who raise \$2,500 or more prior to July 8 can take advantage of their own dedicated tent located to the East of the Tremayne Shelter. To join a team or form a team click [here](#).

### **Do my team members have to register?**

Yes, if they want to attend Steps for Hope on July 12th at Creve Coeur Park they need to register. To register email Gabby at [gfish@cancersupportstl.org](mailto:gfish@cancersupportstl.org).

## 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 email Sharon at [sclark@cancersupportstl.org](mailto: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 email Sharon at [sclark@cancersupportstl.org](mailto:sclark@cancersupportstl.org).

### **What is included in the VIP area?**

The sponsor VIP area includes soft seating areas for relaxing, a variety of fruit and snacks including individually wrapped granola bars, bags of chips, bananas and oranges, 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 email Sharon at [sclark@cancersupportstl.org](mailto:sclark@cancersupportstl.org).

## **RAFFLE**

### **What are the raffle items?**

Click [here](#) to see our 10 fun raffle baskets and buy tickets online through July 8, or onsite on July 12 until 11am!

### **What is the cost of a raffle ticket**

Raffle tickets are \$5 each or 5 for \$20 and will be available online through July 8, or onsite on July 12 until 11am!

### **Can I buy raffle tickets on July 12?**

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

### **When is the raffle drawing?**

The raffle drawings will take place at noon on July 12 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.

### **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 July 12 or virtually on [Facebook Live](#) at noon.

### **What if something in my raffle basket is no longer available because of COVID-19?**

We want to be sure that winners receive all the fun of their raffle basket! Therefore, we have made the following adjustments:

Hamilton theater tickets – If you added a \$100 donation to your registration and were registered to win Hamilton theater tickets, unfortunately we were recently informed by The Fabulous Fox Theater that the Hamilton tour is no longer coming to St. Louis in 2020. A \$200 Fabulous Fox Theater gift card is being substituted. The gift card can be used for any Fox Theater production, including a potential 2021 Hamilton tour.

Dinner and a show – Unfortunately, The Muny cancelled its 2020 season due to COVID restrictions. 2 Muny tickets (box seats) and VIP parking pass to a 2021 show are being substituted. The winner will coordinate directly with the ticket donor to select a show from the 2021 season.



## 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's 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.

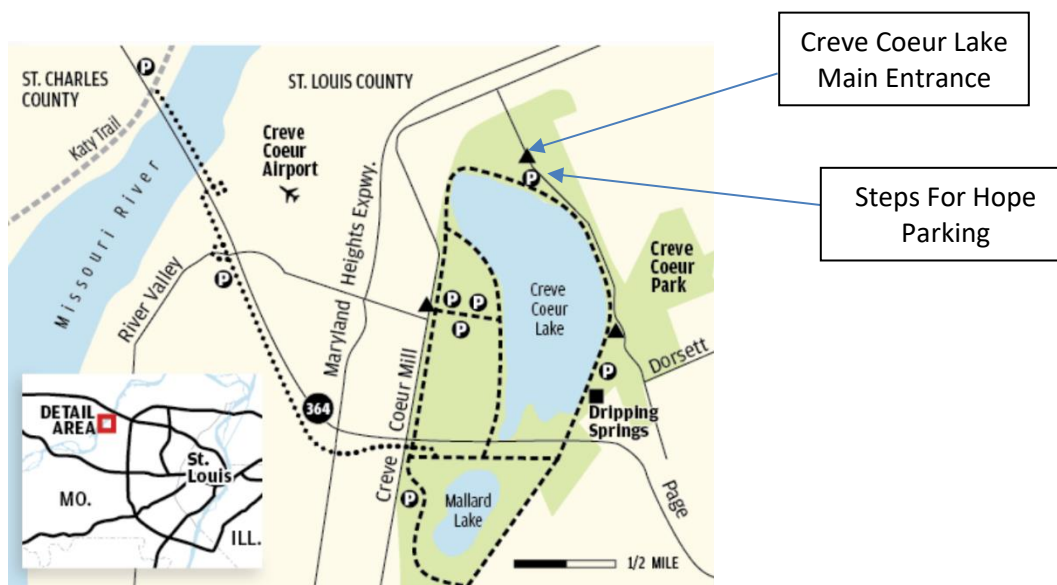
## PARKING

### **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. 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 pet 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.