



# WALK. RUN. INSPIRE.

## Saturday, May 7, 2022

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  
**PAUL COOK**

### FREQUENTLY ASKED QUESTIONS:

#### MAY 7 STEPS FOR HOPE GENERAL INFORMATION:

##### May 7 schedule:

8:30am-10:30am	Steps For Hope check-in and onsite registration opens at the Registration table in the Wellness tent
8:30am – 1:00pm	VIP area open ( <i>red VIP wristband required for entry</i> ) Team tents open for those walking as part of a registered team Paul Cook, media personality, onsite as emcee TKO DJ playing up the fun Kids' tent open
8:30am-1:00pm	Food and Beverage tent open with individually wrapped snacks and bottled water
9:00am – 1:00pm	Steps for Hope walk takes place
9:00am-12:00pm	Raffle tickets on sale
9:00am-9:30am	Louie from the St. Louis Blues onsite to kick off the walk and take pics!
10:00am-10:30am	Rapunzel and Captain America onsite to take pics in the kids' area!
12:15pm	Raffle drawing! ( <i>you do not need to be present to win</i> )
1:00pm	Steps For Hope concludes ( <i>until 2023!</i> )

##### What time is the walk?

Registration/check-in opens at 8:30am and the 24<sup>th</sup> Steps For Hope Walk takes place from 9:00am to 1:00pm. To provide flexibility for all we have staggered the walk start times every 30 minutes between 9:00am and 10:30am. Before or after you walk, be sure to enjoy many of our fun activities.

##### What time should I arrive?

Registration/ check-in opens at 8:30am and the walk concludes at 1:00pm. We hope you'll join in the fun the entire time!

##### 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**

**Rapunzel and Captain America** will be onsite to take pics in the kids' area from **10:00am-10:30am**

**Paul Cook, media personality**, will be onsite as emcee **8:30am-12:30pm**

**TKO DJ** will be playing up the fun from **8:30am-1:00pm**

**Kids' tent** open from **8:30am-1:00pm** with bubbles, and a grab-n-go craft project

**Raffle tickets** sales end at 12:00pm and the winners will be drawn at 12:15pm (*you do not need to be present to win*).

## **REGISTRATION**

### **My plans changed and I need to walk at a different time**

No Problem! Staggered start times were offered to provide flexibility for everyone but you can walk at any time. Just be sure to check in at the Registration table in the Wellness Tent.

### **I previously registered but don't remember my walk time**

Please email Taiya at [twright@cancersupportstl.org](mailto:twright@cancersupportstl.org), or show up to walk anytime between 9:00am and 10:30am (walk groups kick off every 30 minutes). Be sure to check in at the Registration table in the Wellness tent before you walk.

### **Can I register at the walk on May 7?**

Yes! Just stop by the Registration table in the Wellness Tent to pay the registration fee. Please note that t-shirts are not guaranteed for onsite registration.

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

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

### **Will I receive a t-shirt?**

All participants paying the \$45 registration fee by April 12 will receive a commemorative Steps For Hope t-shirt (adult sizes only). We will make every effort to provide a t-shirt for registrations made after April 12.

### **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 12 are guaranteed a commemorative Steps For Hope t-shirt (adult sizes only). We will make every effort to provide a t-shirt for registrations made after April 12.

### **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; t-shirt guaranteed with registration by April 12), and access to individually bottled/canned drinks and snacks in the Food and Beverage tent. We will make every effort to provide a t-shirt to registrations made after April 12.
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?**

1. \$45 per person registration includes a Steps For Hope t-shirt (adult sizes only t-shirt guaranteed with registration by April 12), and access to individually bottled/canned drinks and snacks in the Food and Beverage tent. We will make every effort to provide a t-shirt to registrations made after April 12.
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](#)

## How do I get my t-shirt?

There are 2 options to receive your t-shirt:

1. Advance pickup – If you register by April 12, we will have your t-shirt 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 May 4 and Thursday May 5. Please email Taiya at [twright@cancersupportstl.org](mailto:twright@cancersupportstl.org) to make arrangements to pick up your registration packet at any other time.
2. May 7 pickup – We will have your registration packet in an envelope marked with your name available for pick up at the Registration table in the Wellness Tent at Creve Coeur Park in Sailboat Cove on Saturday May 7 from 8:30am to 1:00pm. Please note that t-shirts are only guaranteed if you register by April 12.

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

Unfortunately, we will not have an official virtual Steps For Hope event but you can always take your own Steps for Hope and tag us in your social media posts!

## THINGS TO BRING WITH YOU ON MAY 7

### What do I need to bring/wear on May 7?

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

- **Weather-appropriate attire** (*the walk will take place, rain or shine!*)
- **Steps For Hope t-shirt** (*available to all walkers with a paid \$45 registration by April 12*)
- **Comfortable shoes** for walking
- **Sunscreen**
- A **hat** or visor
- A bottle of **water** or other hydrating drink (*we will also have individual bottles in the Food and Beverage tent*)
- A **credit card to purchase raffle tickets**. Raffle tickets can be purchased at the walk until 12 noon and the drawing will take place at 12:15pm (*you do not need to be present to win*)
- **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.
- A **face mask/covering** if you choose

## WALK TEAMS

### Top Teams Area

Teams who raise \$2,500 or more prior to April 25 can take advantage of their own dedicated tent located in the Wellness Village.

### Do my team members have to register?

Yes, if they want to attend Steps for Hope on May 7 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](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 [click here](#) or 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 and socializing before and after you walk, 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](mailto:sclark@cancersupportstl.org).

## RAFFLE

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

[Click here](#) to see our 8 fun raffle baskets and buy tickets online through May 4, or onsite at Steps For Hope on May 7 from 9:00am-noon! Raffle winners will be drawn at 12:15pm. You do not need to be present to win.

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

Raffle tickets are only \$5 each or 5 for \$20 and will be available online through May 4, or onsite at Steps For Hope on May 7 from 9:00am-noon! Raffle winners will be drawn at 12:15pm. You do not need to be present to win.

### **Can I buy raffle tickets on May 7 at the Walk?**

Yes! We will sell raffle tickets at Steps For Hope from 9:00am-noon. Raffle tickets are \$5 each or 5 for \$20. Raffle winners will be drawn at 12:15pm. You do not need to be present to win.

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

The raffle drawings will take place at 12:15pm on May 7 at Creve Coeur Park. 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 7 from 12:15pm-1:00pm at the Raffle table in the Wellness tent. If you are not able to claim during that time or are not attending Steps For Hope on May 7 raffle baskets can be picked up in the Cancer Support Community lobby at 1058 Old Des Peres Road, St. Louis 63131. Please email Taiya at [twright@cancersupportstl.org](mailto:twright@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 at Creve Coeur Park on May 7 at 12:15pm.

## 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 of Greater St. Louis. 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.

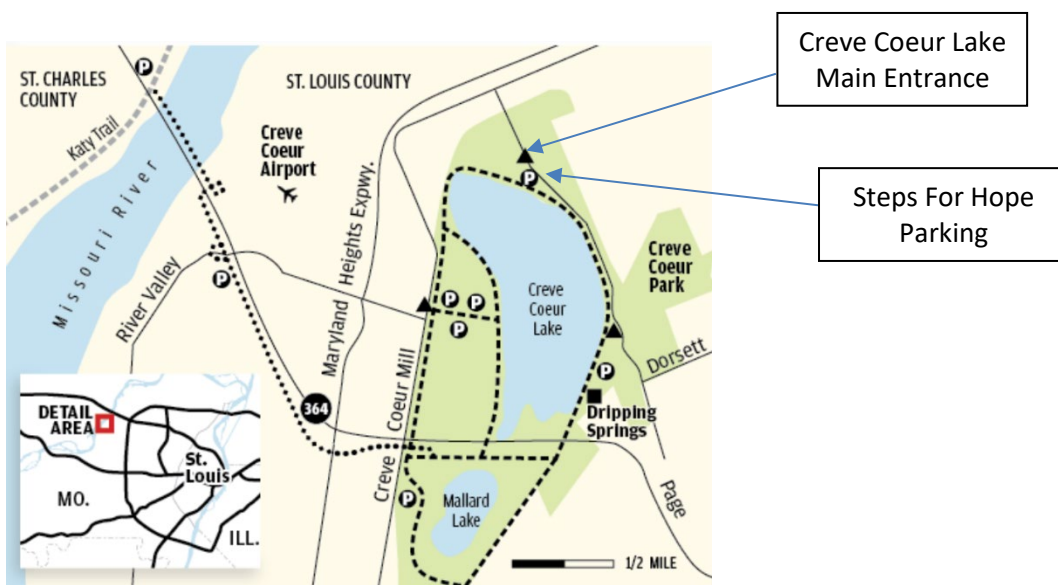
## PARKING

### 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.



## COVID-19 (CORONAVIRUS)

### **How are you addressing COVID-19?**

We reinvented Steps For Hope in Creve Coeur Park to provide a flexible and comfortable environment for all:

- Staggered walk start times are available every 30 minutes from 9:00am to 10:30am
- Pre-packaged snacks and individually bottled drinks are available in the Food and Beverage tent
- Masks are available at the Registration table in the Wellness tent

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

No, St. Louis County Department of Public Health no longer requires wearing a mask in outdoor settings. If you prefer to wear a mask, disposable masks will be available at Registration table in the Wellness Tent.

### **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 Wellness tent, Kids' area tent, Food and Beverage tent, and VIP
- Creve Coeur Park public restrooms have hand washing facilities
- Disposable gloves will be available at the Registration table in the Wellness tent to anyone needing them
- Drinks will be self-serve in individual serving bottles/cans
- Snacks will be self-serve in pre-packaged individual servings

## 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 start/finish line is near 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 always.

### **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.