

St. Louis Walk to End Lupus Now, Saturday, May 18, 2019

Walk Day Information & Commonly Asked Questions

Where Does The Walk Take Place?

Chesterfield Central Park next to the Chesterfield Amphitheater
16365 Lydia Hill Drive
Chesterfield, MO 63017

[Map and Directions](#)

[Walk Route Map](#)

[Parking & Activities Map](#)

What Time Should I Arrive?

- Walk festivities begin at 8:30 a.m.
- Day of Registration and Check-in begin at 9:00 a.m.
- The Walk begins at approximately 10:30 a.m.

Where Should I Park?

There is free parking in designated areas (please see parking map above). There is **NO** parking at the St. Louis County Library and YMCA. If you arrive late and parking is full, there is more parking available across the street at Chesterfield Mall.

How Do I Get a Walk T-Shirt? How Do I Get Other Incentive Prizes?

Walk t-shirts are only for INDIVIDUAL walkers who donate or raise \$100 or more. Donate/raise \$25 or more and receive the **Cooling Towel**. Donate/raise \$500 or more and receive a **Lupus Hero Cape**. Donate/raise \$1,000 or more and receive a **Trailblazer To End Lupus Medal**. All other incentive prizes are based on individual fundraising levels and will be mailed to each walker after the Walk.

Where Do I Go When I Arrive?

Go to the “Pre-Registered & Team Check-In” Tent Only If:

- You are pre-registered and raised \$25 or more. Cooling Towel, t-shirts, and 2019 Lupus Hero Capes can be picked up here.
- You are pre-registered and have funds to turn in.
- **If you pre-registered and raised less than \$25 or have no funds to turn in, there is no need to check in.**

NOTE:

- If you raised \$100 or more **BEFORE May 3, 2019** your t-shirt in the size you indicated when you registered will be available for you to pick up at this tent.
- T-shirts for walkers who raised \$100 or more **AFTER May 3, 2019** will be available at this tent on a first come first-served basis. If we run out of t-shirts at the Walk, your shirt will be mailed to you 30-45 days after the Walk.

Go to the “Register Today” Tent Only If:

- You or anyone on your team has not pre-registered for the Walk (EVERYONE age 5 and over must register for the walk and sign a waiver)

NOTE:

- Walkers who register the day of the walk and turn in \$100 or more will get a t-shirt voucher.
- After the Walk, stop back by the “Register Today” Tent with your voucher to see if we have t-shirts still available. If not, your t-shirt will be mailed approximately 30-45 days after the walk.

What Should I Bring?

- We will have a very limited amount of seating. **Please bring lawn chairs.**
- **NO GRILLS ALLOWED.**
- Pop Up Canopy tents are allowed only if weighted down and **cannot be staked down in the grass. They must be weighted.**
- **NO BOTTLES OR GLASS.**
- Strollers and well-behaved pets on short leashes are welcome. NO retractable leashes. Pick up after your pets.
- Bring along cash for food trucks and activities.

- You may want to bring a cooler and picnic basket with sandwiches, snacks and drinks for your team.
- There is a covered pavilion at the park with a limited amount of picnic benches. First come, first served.
- **This year we added a 20 x 40 shade tent.** Bring lawn chairs and you can bring portable tables.
- Rain or shine, bring your umbrella and your sunscreen.

Where & When Does the Walk Start/End and How Long is the Route?

- A brief opening ceremony takes place at the stage at 10:15 a.m. (*Trailblazers to End Lupus should be at the stage at this time to pick up their medals.*)
- The Walk begins at approximately 10:30 a.m. at the start line by the stage.
- The walk trail loops around the lake and returns to the start. The route is approximately 1 mile. There is a cut off at the bridge if you prefer a shorter route or you can make a second or third loop if you prefer a longer route. You don't have to walk.
- In case of emergency, call 911. For the safety of our walk participants and others, walkers must stay on the sidewalks.
- **NO LITTERING!** Please be courteous and place all trash in trash cans.
- The trail is open to the general public so please be courteous of others on the trail.

What Activities Are Available at the Walk?

8:30 – 11:30 a.m.

Bring the family and get ready for a fun day!

- Balloon Artist & Face Painting - \$5 donation
- Bubble Bus
- Large accessible playground with rubberized surface
- Music DJ'd by D2ThaC
- Visit the Exhibitor Booths:
 - GSK/Us In Lupus, Allsup, Clayton Medical Associates, Home State Health, & Washington University Lupus Clinic
 - Learn more about lupus & purchase Lupus Foundation merchandise.

Is There Food & Water at the Walk?

8:30 – 11:30 a.m. (approximate times)

A portion of all food sales will be donating back to the Lupus Foundation!

Kona Ice
Rowan's Lemonade Stand
Right On -Q-

There will be bottled water available for walkers by the start line, courtesy of **Pepsi**. We suggest you also bring water and a cooler with you. **THERE IS NO WATER available along the route.** Please be certain you **carry water with you** along the route.

Is There a First Aid?

We will have basic first aid supplies. For medical emergencies, please call 911.

Still Have Questions?

Contact Beka Rich at 314-644-2222 or 800-958-7876 or brich@lfaheartland.org

