

She Still Strides Wellness Walk — FAQs

Q: What time does the event start?

A: Registration opens at 7:00 AM and runs until 7:45 AM. A group stretching session begins at 7:45 AM, and the walk officially starts at 8:00 AM.

Q: Where is the event taking place?

A: The walk will be held at Anacostia Park in Washington, DC (next to the skate pavilion). Look for the “She Still Smiles” flags to guide you to the registration area.

Q: Is parking available?

A: Yes. Free parking is available on-site. Carpooling is encouraged to help reduce congestion. You may also take the Metro to Anacostia Metro Station. Anacostia Park is about a 0.03 mile (7 minute) walk from the Anacostia Metro Station.

Registration & Check-In

Q: How do I check in for the event?

A: When you arrive, visit the Registration Zone to check in.

Q: Can I register the day of the event?

A: Yes. There will be a walk-up line for same-day registration. However, completing the registration prior to the event is strongly encouraged.

Stretching & Yoga & Fitness

Q: Is there stretching before the walk?

A: Yes. There will be a 15-minute stretch conducted by the yoga instructor at 7:45AM. There will also be a certified personal trainer who will conduct stretching sessions throughout the event. A sign-up sheet will be at the registration table.

Q: Are there yoga sessions during the event?

A: Yes. There will be three yoga sessions: 9:15-10AM, 10-10:30AM, and 10:30AM-12Noon.

Q: Do I need to bring a yoga mat?

A: Yes. Please bring your own yoga mat and any props or materials you prefer to use. There will be a few yoga mats for use (please sanitize with provided wipes after use).

Q: Will there be a fitness class during the event?

A: Yes. A certified fitness instructor will lead the class. This is open to all participants.

Walk Details

Q: Where will the walk take place?

A: The walk will take place along the water at Anacostia Park. There will be volunteers on the route to direct you.

Q: What if I arrive late?

A: You can still join the walk after it begins. Just check in, stretch, and jump in at your own pace.

Memorial & Tribute

Q: Is there a memorial planned for survivors we've lost?

A: Yes. There will be a special tribute to honor the four pink sisters from our support group and others who have passed from breast cancer.

Safety & Medical

Q: Will there be medical support on site?

A: No. Medical staff will not be on site. Volunteers will be available to help to direct or assist if needed. In the event of an emergency, call 911 immediately. We will have a first aid kit at the information table.

Q: Will there be a lost & found?

A: Yes. lost & found will be located at the information table.

What to Bring

Q: What should I bring to the walk?

A: Comfortable walking shoes, weather-appropriate clothing, if applicable, a yoga mat and any yoga props, water, and most importantly — wear PINK to show your support!

Special Engagements

Q: Will there be any contests or team competitions?

A: No. This event is focused on wellness, community, and survivor support.

Q: Are there any giveaways or raffles?

A: Yes. A raffle ticket will be given to each guest. Everyone will have a chance to win free giveaways, as there will be several drawings.

General Rules

Q: Are there any park rules I should know about?

A: Yes. Please:

- Respect the park grounds and dispose of trash properly.
- No unauthorized vending or solicitation.
- Be courteous to fellow participants and volunteers.
- Participate at your own risk; the organizers are not responsible for injuries or loss.

Communication

Q: How will information be shared during the event?

A: Our team and station leads will use walkie-talkies for coordination, and announcements will be made throughout the event.
