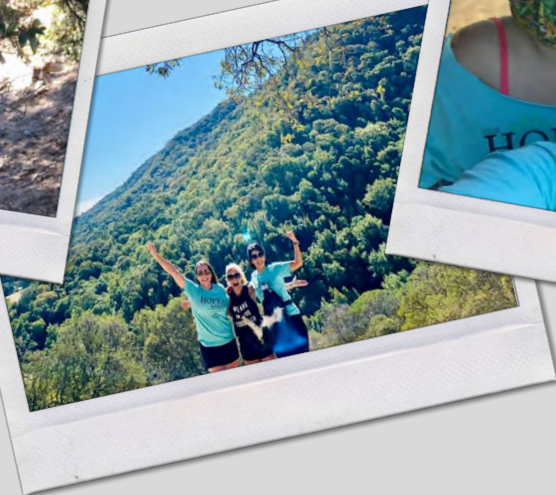


2021 VIRTUAL HOPE WALK GUIDE



CANCER SUPPORT
COMMUNITY™
SAN FRANCISCO BAY AREA

2021
Hope
walk



SUNDAY, MAY 9 - SATURDAY, MAY 15, 2021
WWW.HOPEWALKBAYAREA.NET

OVERVIEW

Our 7th Annual Hope Walk is virtual! Cancer Support Community is inviting you to register, walk, and fundraise in the safety of your own neighborhood or community park. Last year we had people participating from around the world. Please be sure to participate safely by following CDC social distancing and mask protocols.

WHERE, WHEN, HOW, (AND WHY!)

WHERE

Wherever you are! In the safety of your own neighborhood or location of your choosing.

WHEN

Sunday, May 9 – Saturday, May 15, 2021. Walk any distance, on any day(s)!

HOW

Go to www.hopewalkbayarea.net and register. The \$25 registration fee includes an event t-shirt.

The video portion of the event will be shown on the Cancer Support Community San Francisco Bay Area [YouTube channel](#). Tune in Sunday, May 9th for our virtual kick-off celebration and Saturday May 15th as we wrap-up another Hope Walk. [Subscribe now](#) and the videos will be delivered to your inbox.

Virtual Festivities:

Sunday, May 9: 9:00 am (PDT) show begins

Saturday, May 15: 9:00 am (PDT) show begins

WHY

Cancer Support Community (CSC) wouldn't be here without the generosity of our community. For over 30 years CSC has provided help and hope to people facing cancer, completely free of charge. Since the beginning of the pandemic all of our services, including support groups, exercise programs, and educational workshops are all being offered virtually. For more information on how to access our free, virtual programs, please visit www.cancersupport.net.



We may be apart, but we are still facing cancer together.

QUESTIONS?

If you have any questions about how to participate, please contact Carol Louisell at clouisell@cancersupport.net or 925.953.1209.

SHIRTS & SWAG BAGS

Once you are registered, your event t-shirt and swag bag will be available for **curbside pick-up at Sports Basement in Walnut Creek**, during the days and times below.

Thursday, May 6th: 11:00 am - 3:00 pm

Friday, May 7th: 1:00 pm - 5:00 pm

Saturday, May 8th: 10:00 am - 2:00 pm

Friday, May 14th: 11:00 am - 3:00 pm

Sports Basement, 1881 Ygnacio Valley Road, Walnut Creek, CA 94598

Fundraising Incentives: We are offering the following incentives, based on an individual's fundraising efforts. Prizes are cumulative.

\$25 = Hope Walk registration and t-shirt

\$100 = Insulated water bottle

\$500 = Stylus tool for touch screens

\$1,000+ = Travel wine thermos set (thermos + 2 stemless wine glasses)

LET'S GET SOCIAL!

#WHYIHOPEWALK

Add the hashtag #WhyIHopeWalk to your posts on any of the social media channels (Facebook, Twitter, Instagram, etc.) and share with your followers why participating in our Hope Walk is important to you. If your posts are public, we may share them on our Cancer Support Community channels!

Never added a hashtag to your posts on Facebook, Twitter, or Instagram before? Don't worry, it's easy! Adding a hashtag makes it easier for us to find all of the great photos everyone has posted from the Hope Walk. Just type in the hashtag phrase as you see it above (make sure to include the # symbol and don't type any spaces or special characters).

FACEBOOK PROFILE PHOTO FRAMES

Add a fun virtual Hope Walk themed frame to your Facebook profile picture! You can access these by going to update your profile picture, clicking "add frame," and searching "Cancer Support Community" or "Hope Walk 2021."

TAG US!



@cscbayarea



@cancersupportsf



@cancersupportsf



Cancer Support Community San Francisco Bay Area

If you don't use social media, please send photos to hopewalk@cancersupport.net and we can share them on CSC channels.

Please note, sending content to this email address and using the hashtag, gives CSC consent to share the images and potentially use in future marketing materials.

FUN & GAMES

Looking for a little extra inspiration or a fun activity for your Hope Walk team? Try the new Wellness Challenge or Bingo game below.

WELLNESS CHALLENGE

Choose your own activity: walk, run, skip, read, meditate, etc. Whatever you do, be well and have fun! Challenge yourself with how much time you can spend on your activity. Log your hours on your Hope Walk page and watch yourself climb up the leaderboard! Log your hours on your Hope Walk page and watch yourself climb up the leaderboard! Who can rack up the most hours?! This is a fun way to engage with your friends and have a friendly competition with fellow Hope Walkers. Simply login to your page on www.hopewalkbayarea.net and enter your activity through the Wellness Challenge tab. Questions about the Wellness Challenge? Please contact Andy Dunn at adunn@cancersupport.net.

BINGO!

WALK 3 DAYS IN A ROW	READ FOR 3 HOURS IN A WEEK	MEDITATE 3 TIMES IN A WEEK	SEND 3 EMAILS OR SOCIAL MEDIA POSTS ABOUT HOPE WALK	ADD A PHOTO TO YOUR HOPE WALK PAGE
WALK 5 HOURS IN A WEEK	READ FOR 30 MINS. TODAY	ASK 10 PEOPLE TO REGISTER OR DONATE	EXERCISE FOR 3 HOURS IN A WEEK	SEND* US 3 PHOTOS OF YOU WALKING IN THE WILD
ASK 3 PEOPLE TO REGISTER OR DONATE	WALK 30 MINS. TODAY	ASK 20 PEOPLE TO REGISTER OR DONATE	SEND AN EMAIL OR SOCIAL MEDIA POST ABOUT HOPE WALK	SEND* US 5 PHOTOS OF YOU WALKING IN THE WILD
SEND* US A PHOTO YOU'D LIKE US TO SHARE	ASK ONE PERSON TO REGISTER FOR THE HOPE WALK	CREATE A HOPE WALK TEAM	SEND 5 EMAILS OR SOCIAL MEDIA POSTS ABOUT HOPE WALK	CREATE 3 POSTS WITH #WHYIHOPEWALK
TAKE A PHOTO WITH PURPLE FLOWERS	CALL ONE PERSON TO ASK HOW THEY ARE DOING	EXERCISE FOR 30 MINUTES	TAKE A PHOTO IN FRONT OF A TREE	CREATE 10 POSTS WITH #WHYIHOPEWALK

*Send photos to hopewalk@cancersupport.net.

MANY THANKS TO OUR SPONSORS:

CO-PRESENTING:



PLATINUM:



SILVER:



BRONZE:

- BEACON HOME CARE • CONTRA COSTA ONCOLOGY
- DIABLO VALLEY ONCOLOGY • EPIC CARE • EY • INCYTE
- JANSSEN ONCOLOGY • DR. TIMOTHY & TERESA LEACH
- RUDNEY ASSOCIATES • THE TUCKER FAMILY • VITAS HEALTHCARE

MEDIA:



SPECIAL THANKS TO OUR EVENT CHAIR AND COMMITTEE MEMBERS!

The Hope Walk would not be possible without the incredible group of people who volunteer their time and talents--planning a fun event, inspiring others to join the fun, and raising important funds to support people facing cancer in our community. We are so grateful to this great committee of CSC members, sponsors, and volunteers!

2021 HOPE WALK CHAIR

Many thanks to our **2021 Hope Walk Chair, Amy Goodheart**. Amy is a CSC member and breast cancer survivor. We are so grateful for her time, dedication, and leadership!



2021 HOPE WALK COMMITTEE

Joy Arpon	Alyx Guzman	Sara Shafiabady
Megan Ayala	Kathee Hartley	Sara Shirazi
Jeanelle Baldonado	Art Jacobsen	Anjali Sibley, MD
Kathie Bleier	Reshma Karipineni	Pamela Smith-Noel
Edrienne Bangloy	Martha Lear	Emmy So
Monica Bonnington	Carol Louisell	Carol Somerton
Kathleen Brennan	Susan Metzger	Lisa Spivey
Lynette Castiglione	Krystle Myers	Ali Stoddard
Tony de Losada	Dana Chloe Morgan	Angela Triolo
Peter Dudley	Nancy Morse	Grace Troup
Andy Dunn	Cheryl Nobusada	Rob Tufel
Libby Eppinga	Cindy O'Connor	Claire Ulbrich
Avilone Franklin	Rosita Ortega Harvey	Judy Vared
Christine Freitag	Kymerlee Pittman	Gergory Wells
Craig Frost	Carol Pomerantz	Stu Werner
Carolina Godinez	Barbara Robacker	Sonja Wilkin
Mark Gross	Alex Rubin	
Patrick Gutierrez	Andrew Schwartz	