

Walk for Life - FAQ

What time is the Walk?

Registration opens at 9 AM, the Walk itself begins at 10 AM, and that is followed by a free hot dog roast. All festivities conclude at 12 PM.

How long is the Walk?

The full Walk is a two mile circuit through the neighborhoods adjacent to Highland Park that are just brimming with spring flowers at this time of year. Using a short-cut halfway through the Walk, the distance can be reduced to about 1 mile.

Where exactly is the Walk and where do we park?

Walk registration and other family festival activities take place at the Bowl in Highland Park just south of Highland Hospital. Parking is free at the Highland Hospital parking garage on the west side of South Ave. There is also on-street parking in the surrounding neighborhoods but be sure to obey No Parking signs.

Where do I turn in my pledge form and get my rewards?

Bring pledge forms with pledges and payments to the Walk Registration, which opens at 9 AM, and collect your rewards from the Rewards Tent.

What if it's raining on the day of the Walk?

The Walk is a rain-or-shine event. Dress appropriately and bring an umbrella if need be.

I'm volunteering. Where do I go that morning?

Arrive at the Highland Bowl a few minutes before your volunteer work shift is scheduled to begin. Check in at the Volunteer Registration table for further directions.

I can't make the Walk that day. Can I still participate?

Yes, you can be a "Ghost Walker!" Set a goal, ask for sponsors, and simply pick a time and place to Walk that works for you. You can drop off any money raised at the CompassCare's office at 300 White Spruce Blvd. and collect your rewards.

How much does it cost to participate in the Walk?

There is no cost/fee for registration, family activities, CompassCare Café, or the hot dog roast. Just come and enjoy. It's CompassCare's way of saying thank you for all the work you do raising funds for CompassCare.

How do I get a Walk for Life T-Shirt?

Walkers who raise \$150 or more get a free CompassCare T-shirt when they submit their pledge form and payments at Walk Registration. Walkers who raise more receive other incentives and all Walkers receive a gift for raising funds for CompassCare.