

BOISE WALK FOR IBD CURES NEWS

Hi friend,

Boise Walk for IBD Cures is practically here! We are just days away, and we can't wait to celebrate with YOU.

Through our inclusive, interactive festival and ceremony, you'll forge new connections with members of the Idaho IBD community and leave with tangible examples of the impact your participation has in bringing us closer to cures. Our event day experiences include Dedication Ribbons, Journey Badges, and more...

Please check out all of the **important need-to-know information** provided below. We will be emailing the event day information to everyone who has registered. However, **we highly encourage that you forward the event details** to anyone joining you to ensure they receive the details! Additionally, if you missed the email we sent on September 19, you can catch up by [clicking here](#).

Have questions or need more info? We are here to help! Contact our event lead, Jenni, at jennifer.n.perkins@saintalphonsus.org or call/text 208-965-0585. Contact our Crohn's & Colitis Foundation staff lead, Lindsay, at lfujimoto@crohnscolitisfoundation.org or call/text 253-290-9162. Please note: on event day, we will not be monitoring email so please text or call!

Meet our 2024 Honored Heroes!

Our Honored Heroes share their stories to let other patients know they are not alone on their journeys — because no one should face the challenges and uncertainty of IBD in isolation. Meet our Pediatric Honored Hero, Avery Manwaring, and our Adult Honored Hero, Cody Evans. We can't wait for you to meet them and hear their stories on Saturday!



Introducing our Emcee!

We're excited for you to meet our emcee, Rod Surratt! Rod is a graduate from Cal State Fullerton with a dual credential in History and English and a Masters in Education. His mother was a professional public speaker so fearless confidence in presenting runs in the family! Rod is happily married, living and working in Nampa with his wife, Courtney, two sons, and a big fat bulldog.

Event schedule:

- **Event Opens:** 10:00 a.m. – we encourage everyone to arrive as close to 10 am as possible so that you have enough time to enjoy the activities prior to the Ribbon Dedication Ceremony.
- **Dedication Ribbon Ceremony:** 10:30 a.m. – Please make sure you have your Dedication Ribbon in hand and join us for the Dedication Ribbon Ceremony. All activities will pause at this time. The Ribbon Dedication Ceremony will lead directly into the walk/run. Participants can choose from a ~1 mile family-friendly walk course or an untimed 5k course. When you return, enjoy the event space, food trucks, and hang out with new and old friends from our IBD community.
- **Event End:** 1:00 p.m.

Walk Length: Approximately 1 mile

Run Route & Length: Approximately 5k, untimed

Getting there:

Boise Walk for IBD Cures will take place at Veterans Memorial Park. The address is **930 Veterans Memorial Pkwy, Boise, ID 83703.**

Parking: Parking is available on the roadway inside the park and in an adjoining lot located west of the entrance from Veterans Memorial Parkway.

Weather: Our patients can't stop during bad weather, so neither do we! Take Steps will take place rain or shine; however, if there is dangerous weather, the organizers will notify participants of alternate plans.

Bathroom Access: There are restrooms at Veterans Memorial Park. The restrooms are located close to our event space and will be open when the park opens at sunrise.

A map of Veterans Memorial Park can be found on their [website](#).

What To Expect:

- **Registration:** Upon arriving at the walk site, you will be greeted by volunteers who will check-in/register you for the walk. If you are a patient, you will receive a green t-shirt. If you earned a Pathfinder t-shirt, you will receive a blue t-shirt. All participants will receive a swag bag of goodies from our sponsors.
 - **Dedication Ribbons:** Everyone who attends will need a Dedication Ribbon to use in our Dedication Ribbon Ceremony. Write why you walk for IBD cures on your ribbon at the Dedication Ribbons table!
 - **Crohn's & Colitis Foundation Northwest Chapter Table:** Stop by the Northwest Chapter's table to find resources and get connected with the local chapter! This is also where you will find Badges to reflect your commitment and connection to the IBD community.
 - **Water Station:** All participants are invited to stop by for bottled water.
 - **Photo Station:** Don't miss a photo opportunity at our giant IBD balloons and IBD Journey Map with your crew and tag us on Instagram ([@crohnscolitisfoundationnw](#)) and/or Facebook ([@CrohnsColitisFdnNW](#)).
 - **Camp Oasis Kids Corner:** Kids of all ages will enjoy fun activities in the vibe of our own beloved Camp Oasis, a camp created for kids with IBD. We are thrilled to be joined by A New Twist who will be offering balloon animals and Smitten Face Painting & Smiles who will be offering face painting.
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T-Shirts:

All IBD patients will receive a special green t-shirt. **Become a Pathfinder by raising \$100+ or more!** To raise more awareness and funds towards IBD research and patient support, all individuals who have raised \$100+ will receive a blue t-shirt.

Patient Shirt



Pathfinder Sh



What to bring:

We'll have your Patient t-shirt and swag you've earned ready for you when you arrive. Here are a few things to bring:

- **Athletic wear** – We recommend wearing good walking shoes and clothing that you're comfortable walking around in. We also encourage getting into the spirit of the walk and rocking tutus, team shirts, fun headwear, beads, etc. that makes the day extra fun!
 - **Dress for the weather** – The forecast is looking sunny! Bring sunscreen, hats, and any other gear to keep you comfortable.
 - **Water bottles** – We will have bottled water on site, but feel free to utilize your own reusable water bottles to stay hydrated.
 - **Phone or camera** – Make sure to bring your phone or camera to take photos!
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Food

We welcome our IBD community to stay and enjoy the event space following the walk/run. We have the area reserved until 1 pm. We invite you to visit the food trucks, Alchemist Coffee, Bolton Brothers, or The Perking Spot!

Questions? Don't hesitate to reach out!

- Event Lead: Jenni Perkins, jennifer.n.perkins@saintalphonsus.org, 208-965-0585
- Crohn's & Colitis Foundation Lead: Lindsay Fujimoto, lfujimoto@crohnscolitisfoundation.org, 253-290-9162

If you have not yet met us, here are photos of us so you know who to look for (left is Jenni, right is Lindsay)! If we haven't met yet, we can't wait to meet you!



Thank you for all of your hard work to help us reach our \$20,000 goal and moving us closer to cures!

Lindsay Fujimoto, MPA, CVA

Senior Manager, Fundraising Campaigns & Volunteer Engagement

Pronouns: she/her/hers



Crohn's & Colitis Foundation

Northwest Chapter

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Our Mission: To cure Crohn's disease and ulcerative colitis, and to improve the quality of life of children and adults affected by these diseases.

Thank you to our sponsors



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