

# Know Before You Go: Participants

We're excited to welcome you to the **Step Out Walk: Texas** on Saturday, September 30<sup>th</sup> at The Water Works at Buffalo Bayou Park!

Here is what you can expect at the Step Out Walk:

- **Venue:** The Water Works at Buffalo Bayou Park - 105 Sabine St, Houston, TX 77007
- **Directions:** Exit Memorial Dr., go just past Sabine St. to Houston St. for parking in City Lot C. You will only be able to access the venue by foot after parking.
- **Parking:** **City Lot C** (see linked map with pin drop), located at the corner of Memorial Dr. and Houston St., just north of the venue. Look for signage and volunteers in bright yellow vests. Officers will be on hand to help with street crossing.
  - **Google map link to Lot C:** <https://maps.app.goo.gl/cM8TAh6Qs2DZQxcR9>
- **Step Out Walk is Rain or Shine – please dress accordingly.** Forecast is currently sunny with a high of 92 degrees... don't forget your hat, sunglasses, sunscreen.
- In the event of severe weather or lightning, the event may be postponed or canceled. You will be notified via email or text at least 24 hours before the event.
- Champions will be celebrated in the Champion/VIP Tent. Champions are walkers who have raised \$1,000 or more.
- Living Red Tent is for Walkers who are living with diabetes and have raised \$100 or more, please proceed to the Living Red tent to pick up your Red Strider Shirt.
- Route Maps will be available at check-in, or you can download the RideWithGPS app to access the route map on your mobile device. <https://ridewithgps.com/events/222962-2023-step-out-texas>
- The ADA Café will offer coffee, water, Gatorade and pre-walk snacks.
- The Kid's Zone will offer games, prizes and fun, hosted by Houston's HPD PALs!
- A First Aid Tent will be on site to assist with minor medical issues. You will be provided with a phone number on your walker bib (given at registration upon arrival) to call if you need assistance along the walk route.
- Get Social! Take photos at our Selfie Station/Team Photo backdrop and share your posts.  
**Use hashtag #StepOutWalk and #ConnectedforLife**



## EVENT SCHEDULE

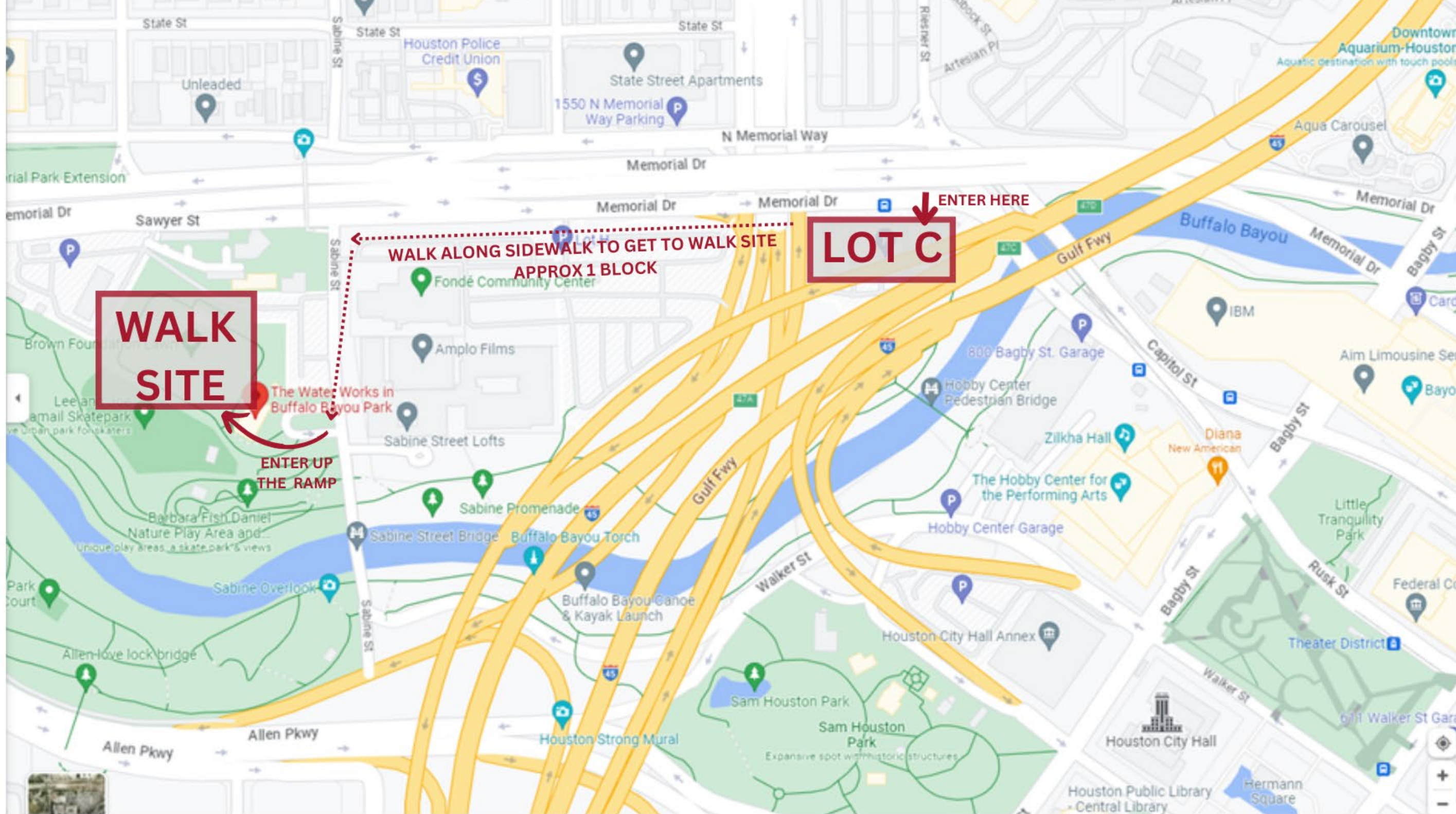
Registration Opens & Festivities Begin.....	8:00 AM
Cafe	
Vendor Village	
Kids Zone	
Champions/VIP Tent	
Living Red Tent	
Walk Program Begins.....	8:45 AM
Warm-up .....	9:05 AM
Line-up at Starting Line.....	9:10 AM
Step Out Walk 5k/1k Begins .....	9:15 AM
Step Out Walk Ends.....	11:00 AM

*Please note that this timing is approximate. We make every attempt to stay to on schedule, however we cannot guarantee delays will not occur. Thank you for understanding. We look forward to seeing you!*

Questions? Please contact Amy Wildt at 703-253-4936.



**Step Out Walk: Texas**  
**Houston, TX**  
**Saturday, September 30<sup>th</sup>**  
**Parking Map – LOT C**



**From Gulf Freeway (IH-45S)**

- Proceed northbound on Gulf Freeway
- Continue past IH-59 split
- Make your way to the right hand lane
- Exit MEMORIAL/HOUSTON AVE - Exit 47B on the right.
- Once exited, proceed to the right hand lane.
- Take the right hand split.
- Turn right at light at Memorial Dr.
- Enter parking lot C immediately on the right

**From North Freeway (IH-45N)**

- Proceed southbound on North Freeway
- Exit MCKINNEY ST. - Exit 47C
- Make a left at first light onto Bagby St.
- Go three lights and make a left on to Capital St.
- The road will curve to the left.
- Make a U under the freeway at Houston St. (1st light)
- Take immediate right into parking lot C

**From Katy Freeway (IH-10W)**

- Take the Katy Freeway eastbound to IH-45 GOING TO GALVESTON/Exit 768B (left exit)
- Follow instructions titled "From North Freeway", exiting at McKinney St., exiting 47C

**From Southwest Freeway (US-59S)**

- Take the Southwest Freeway north
- Look for the IH-45/TO DALLAS exit ramp
- Proceed on IH-45 going north, proceed to right hand lane
- Follow directions titled "From Gulf Freeway", exiting 47B

**From Eastex Freeway (US-59N)**

- Proceed south on the Eastex Freeway to IH-10
- Merge onto IH-10 West toward San Antonio
- Once on IH-10, immediately get in left lane
- Take IH-45 GOING SOUTH/Exit 768B (left exit)
- Follow directions titled "From North Freeway", exiting 47C

**From East Freeway (IH-10E)**

- Take the East Freeway westbound to IH-45 GOING SOUTH/EXIT 768B (left exit)
- Once on IH-45, prepare for a left hand exit.
- Follow directions titled "From North Freeway", exiting 47 C