

9.23.2023

PARTICIPANT GUIDE





WALK A MILE IN HER SHOES®



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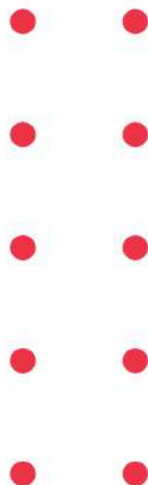
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Go directly to the event website here:



WHY WALK?

The International Men's March To Stop Rape, Sexual Assault & Gender Violence Walk a Mile in Her Shoes® started in 2001 and began by asking men to literally walk one mile in women's high-heeled shoes. It's not easy walking in these shoes, but it's fun and it gets the community to talk about something that's really difficult to talk about: gender relations and men's sexual violence against women.

By wearing women's shoes, participants symbolically put themselves in the place of women for the purpose of raising awareness about the dire effects of sexual violence in our community. Funds raised will help to provide services for survivors of sexual trauma.

Walk the Walk 2023

"You can't really understand another person's experience until you've walked a mile in their shoes."

Walk a Mile in HER Shoes – is a pledge-based, fundraising, and public awareness campaign. The event asks everyone to literally walk one mile in women's high-heeled shoes while the community supports their efforts through pledging funds and joining the walk.

Put Yourself in HER Shoes

Get pumped and register for the Walk a Mile in HER Shoes event! Take the lead this year and register as a Team Captain. Special prizes are available for teams that participate together. It doesn't take much to make an impact. It takes a desire to make a difference, no matter how small.

Your Participation is Important to Us

The fundraising efforts of Walk A Mile in Her Shoes® participants allows STAR to deliver prevention and education programs while providing critical services for Survivors. Our long-term goal is to ensure that all Alaskans live free of sexual trauma. With your help, we can make meaningful steps toward achieving that.

All of us at STAR are extremely grateful for everyone who stands (and walks!) with us at this Walk a Mile in Her Shoes® event to raise public awareness about sexual violence, and to support STAR's mission to prevent sexual trauma while providing critical services for survivors. **Thank You.**



Walk a Mile in Her Shoes®

About Walk a Mile in Her Shoes®

Why men in women's high-heeled shoes? We ask men to walk in women's high-heeled shoes to actively confront gender stereotypes and expectations. In this space of playful confrontation and openness, it's possible to reveal and consider many of the underlying causes of men's sexualized violence.

This will be STAR's 11th Annual Walk a Mile in Her Shoes® Event. Each year we raise funds to provide services for people in our community. Together, alongside our participants and supporters, we can make the 2023 Walk the most successful one yet!



About STAR (Standing Together Against Rape, Inc.)

STAR has been providing services in Anchorage over forty years and offers comprehensive, 24/7/365 critical response to those impacted by sexual assault, child sexual abuse, sexual harassment, human trafficking and stalking.

STAR Services Include:

- 24-Hour Crisis Line (907) 276-7273 or (800) 478-8999
- Immediate Crisis Support & Reporting Options
- Advocacy & Support
- Medical & Court Accompaniment
- Safety Planning
- Individual Counseling
- Support Groups
- Prevention & Education Programs for schools, community groups and workplaces

Learn more about STAR at staralaska.com

"FUN-RAISING"



① Register here: <https://secure.qgiv.com/event/2022wamihs/>



2. Set your Personal and/or Team Goals

The pages are automatically set up for each person to raise \$250 and for each team to raise \$1,000. You can edit them to whatever limits work best for you!

3. Start Asking

Your fundraising pages are easy to share via email, social media and (new this year) text messaging! Let everyone you know that you will be walking in high heels to end sexual violence and ask for their support for this truly worthwhile cause. Then, invite all of your fans to come to the event and cheer you on!

4. Collect Donations

Donations can be given by check, cash, or online. You can bring all of the donations you collect to check-in on the day of the event, or bring/send them to the STAR office at 1057 West Fireweed Lane in Anchorage. STAR's Tax ID is 92-0071466 and is a 501(c)(3) nonprofit organization.

Other Fundraising Ideas

- Put pledge jars in your school, workplace, or a business you frequent (check with the boss first!)
- Set up a "Giving Tree" in a public place to display pledges
- See if you can get a local company to match your fundraising efforts
- Car washes, bake sales... get as creative as you would like!



EVENT DAY INFO

Parking

FREE parking in the Dimond Center Mall. The closest entrance to the Walk will be on the West end of the parking lot.

Check-In

Check-In will open at 11:00 a.m. near the Walk a Mile main stage, where volunteers will be ready to assist you in checking in and turning in paperwork & donations. You must also sign a media release/liability waiver at check-in before you can participate in the Walk.

Shoes

After you check in, you will be directed to the other side of the check-in table to get your shoes. The first 20 participants to raise \$250 or more will be provided with the signature LaDame red high heels. There will also be high-heeled shoes you can borrow at the event, or you can bring your own. If for medical or safety reasons you cannot wear heels, flat shoes can be provided for you.

The Walk

There will be a brief presentation and warm-up prior to the Walk at approximately 11:45, then our emcee will kick off the start of the walk at noon with an announcement and a ten-second countdown. The walk is approximately one mile, and is four laps as shown on the course map. After the Walk, stick around for photo sessions and celebrate your success!

First Aid/Water Stations

Three first aid/water stations will be located throughout the course, so stop by if you need water, ice packs, Band-Aids, and/or a rest.



2023 COURSE MAP



EVENT TIMELINE

- 9:00 a.m. STAR Staff & Volunteers Set Up
- 11:00 a.m. Check-in & Bib Pickup Opens
- 11:45 a.m. Kickoff Ceremony & Announcements
- 12:00 p.m. Walk Countdown & Start
- 1:00 p.m. Closing Celebration & Awards
- 2:00 p.m. STAR Staff & Volunteers Clean Up & Load Out



CONTESTS

While this event is primarily about raising money and awareness, it also includes some friendly competition!



TOP TEAM

TEAM WITH THE MOST PARTICIPANTS

GRAND CHAMPION

INDIVIDUAL WHO RAISES THE MOST \$\$\$

SPEED DIVA

FIRST FINISHER

BEST SHOES

DECIDED BY
CROWD RESPONSE



FREQUENTLY ASKED QUESTIONS

Q: Can our team make signs and/or our own shirts?

A: Yes! You can make your own signs to carry or have your own shirts. However, staff reserves the right to ask you not to carry or wear anything that is deemed offensive or inappropriate.

Q: Do I have to raise money?

A: While you don't have to, it is encouraged. All the money raised goes to STAR to help provide services for clients as well as prevention and education programs.

Q: Can women participate?

A: Yes! Registration is open to everyone who wants to join us.

Q: What do I do with cash donations or checks?

A: You can send or bring them to the STAR office before the event, or bring them to the Check-In at the walk. If you used a donation form, keep that with the money you raised so donors can be thanked by STAR and receive tax receipts.

Q: What should I wear?

A: You can simply dress casually for the walk or wear your uniform or team t-shirt – be sure to ask your Team Captain for details. The Walk a Mile in Her Shoes® signature red high heels will be provided to the first 20 people who raise \$250 or more. Sizes are limited, so we encourage everyone to get creative, decorate your own shoes and enter our BEST SHOES contest.

Q: What if I have other questions?

A: Call Jennifer Brown at STAR (907) 382-1669, email jbrown@staralaska.org or like us on Facebook and send us a message.

10 TIPS FOR WALKING IN HEELS

1. Now that you've got altitude, it's important to accessorize your heels with some attitude! Stand tall and poised, shoulders back, chest out, back straight, butt tucked under. Think Marilyn. Monroe, not Manson.
2. While standing still, place weight on heels using toes for balance. Don't wobble. If you start to fall, fall gracefully and roll, shoes in the air. Do not break a heel. Do not take anyone down with you.
3. Walk with feet positioned straight, toes pointed forward. Heels should be vertical to the ground, not horizontal.
4. Walk placing one foot in front of the other with a smooth, even stepping motion beginning at the heel and rolling to the toe. Primarily walk on the balls of your feet, using the heel for balance. Think runway model, not truck driver.
5. Keep legs parallel and close together. It's more stylish and when one leg starts to slide one way and the other the opposite way, you'll have time to recover or get help before having to return to Tip #2 above.
6. Move your hips and swing your arms for balance. Swing your arms. Do not flap them. You cannot fly, though with shoes like these you'll feel like you can soar.
7. Walk with confidence, stay focused, and be mindful of your steps without watching your feet.
8. When climbing stairs, make sure both sole and heel land together firmly and simultaneously on each step. When descending stairs, only the sole of the shoe needs to be planted on each step. Avoid walking up or down any stairs.
9. Avoid walking on ice, slush, mud, grass, sand, gravel, and grated surfaces. When in doubt, take off your heels and carry them, crossing such treacherous surfaces in your bare feet. Dangle both shoes in one hand, hooked to your index and middle finger. Do not clutch them. They are not a football.
10. Stick together. Use a friend as a crutch. Make sure you leave the proper distance between you and your friend in proper bro hug fashion. Once stabilized, use the bro hug double back tap combo to disengage.



GO SOCIAL WITH US!



Event Logos:



Tag Us! #WAM2023
#StandWithSTAR
@StarAlaska

STAR Logo & Contact Info



Jennifer Brown
Communications & Development Director
jbrown@staralaska.org
(907) 382-1669

Event website:

