



ENDO Step Challenge FAQs

ENDO is going green! What better way to lower your carbon footprint than to participate in the Hormone Foundation's ENDO Step Challenge!

Q: WHAT IS THE STEP CHALLENGE?

A: The Step Challenge is an event created by The Hormone Foundation, The Endocrine Society's public education affiliate, in which individuals and teams compete during the four days of ENDO to see who can walk the most steps.

Q: WHY A STEP CHALLENGE?

A: The Step Challenge is a great way to increase the visibility of the Hormone Foundation among Society members, encourage financial support of public education programs, and make ENDO a little more exciting through some friendly competition!

Q: IS THERE A FEE TO PARTICIPATE IN THE STEP CHALLENGE?

A: Although there is no fee for individuals or teams to participate in the Step Challenge, The Hormone Foundation greatly appreciates all contributions. Your support will help the Foundation reach many more patients through educational programs and publications. To make a donation today visit www.hormone.org and click on "Donate Now," or come by the ENDO booth to make your contribution and support the Foundation's important work.

Q: HOW DO I REGISTER FOR THE STEP CHALLENGE?

A: There are two ways you can participate in the Step Challenge – as an individual, or in a team.

FAQS for Individual Participants

Q: HOW DO I REGISTER TO PARTICIPATE IN THE STEP CHALLENGE?

A: For individuals looking for a personal challenge, come to the ENDO booth on the first day of ENDO to receive your free solar-powered pedometer. The booth opens at **9:30am on Wednesday, June 10th**. Don't wait to come to the booth - supplies are limited!

Q: WHAT PRIZES AM I ELIGIBLE FOR IF I PARTICIPATE IN THE STEP CHALLENGE?

A: By registering, you are eligible to win a prize in the daily raffle. Winners will be announced in the ENDO booth at 3:30 pm each day and in the *ENDO Daily* the following day. In order to be eligible for the grand prize you must submit the **total** number of steps you walked during the meeting. So track your steps carefully – each one of them counts!

Q: WHAT IS THE DEADLINE FOR SUBMISSION OF MY STEP COUNT?

A: Your total number of steps must be submitted by **5 PM on Saturday, June 13th**.

Q: HOW DO I SUBMIT MY STEP COUNT?

A: The easiest way to submit your step total is by visiting one of the *Communication Central* stations in the convention center (click on the Step Challenge icon on the desktop). You can also complete a submission form and drop it off in one of several drop boxes located at the Information Desk, ENDO Store and Registration area. Submission forms will be available at the ENDO booth and by each drop box location.

Q: HOW WILL I KNOW IF I'M A WINNER?

A: If you are picked as a raffle winner your name will be announced at the ENDO booth and in ENDO Daily. The grand prize winner will be contacted via email and announced through *ESN Live* and *Endocrine News* after ENDO.

FAQS for Team Participants: NEW this year!

Q: WHY PARTICIPATE AS A TEAM?

A: Because it's fun! Do you want to show your program director a thing or two? Got a problem with the academic institution that won the last grant you applied for? Now's your chance to even the score! Register a team and challenge the other side to walk at ENDO.

Q: WHO IS ELIGIBLE TO FORM A TEAM?

A: This year, just about anyone! Whether you are a sponsor, trainee, corporation, academic institution or other organization, you are eligible to form a team for the ENDO Step Challenge.

Q: HOW DO I REGISTER AS A TEAM?

A: Teams must pre-register by contacting Anna Meenan at ameenan@endo-society.org or 301-951-2619. Teams are limited to 10 people and each team must have one designated team leader. **The deadline for team registration is May 29, 2009.**

Q: WHAT ARE THE RESPONSIBILITIES OF THE TEAM LEADER?

A: The team leader must pick up the pedometers for their team on June 10th at the ENDO booth (# 533). The team leader is also responsible for collecting the number of steps walked from each team member everyday, providing an average of steps walked (total steps divided by number of team members), and reporting the daily team average to Anna Meenan at ameenan@endo-society.org or 301-801-2337 each afternoon by 3:00pm.

Q: ONCE I ARRIVE AT ENDO, HOW DO I GET STARTED WITH MY TEAM CHALLENGE?

A: Starting at **9:30 am on Wednesday, June 10th**, come to the ENDO Booth (#533) to pick up your teams' pedometers. The team leader is responsible for distributing the podometeres to each team member.

Q: HOW WILL I BE ABLE TO TRACK EACH TEAM'S PROGRESS SO I KNOW WHO'S IN THE LEAD?

A: Team Challenge updates will be announced through a projection outside the exhibit hall, in *ENDO Daily* and in the ENDO booth every day.

Q: HOW DOES MY TEAM SUBMIT ITS STEPS?

A: Team Leaders are responsible for collecting the daily step count from each team member and reporting the team average to Anna Meenan at 301-801-2337 or ameenan@endo-society.org by 3:00 pm each day.

Q: WHAT IS THE DEADLINE TO SUBMIT THE TEAM'S STEPS?

A: Team leaders must report their team's final step count **by 12pm on Friday, June 12th**.

Q: WHEN WILL THE WINNING TEAM BE ANNOUNCED?

A: The winning team will be announced on the exhibit floor before the exhibit hall closes on Friday, June 12th and in the *ENDO Daily* on Saturday, June 13th, as well as through ESN Live, *Endocrine News* and the *CLB Newsletter* after ENDO.

More FAQs

Q: HOW CAN I LEARN MORE ABOUT THE HORMONE FOUNDATION?

A: Visit the ENDO booth (#533) during the Annual Meeting. A staff member can walk you through our website, show you our materials and explain ways in which members can work with the Foundation. Or, if you want to get a jump start, visit www.hormone.org!

Q: WHO ARE THE STEP CHALLENGE SPONSORS?

A: Takeda Pharmaceuticals North America, Inc. (Title Sponsor), Abbott Laboratories, Bristol Myers-Squibb, Genentech, and Wyeth Pharmaceuticals have generously contributed to support the ENDO 2009 Step Challenge.