

WALK  **TO CURE DIABETES**



dedicated to finding a cure

JDRF – SAN DIEGO WALK TO CURE DIABETES
Join Us for a Fun Event for a Great Cause!

Saturday, October 1, De Anza Cove at Mission Bay Park

Sunday, October 9, Cannon Park, Carlsbad

Walk Length 5K * 7:30 a.m. Check-in * 9:00 a.m. Start

1. **Sign up for the Walk** at www.jdrf-sandieg-news.org. Just click on the sneaker logo and choose your walk site! Both Walk Sites are a lot of fun.
2. **Organize a Family, Corporate, or School/Organization Walk Team** and walk with family and friends! Call the JDRF Office at 858-597-0240 for help getting started.
3. **Join us for a fun day. Walk Length is an easy 5K.**
 - a. Wear comfortable walking shoes
 - b. Bring Sunscreen or umbrella: We walk rain or shine! In case of inclement weather, join JDRF to turn in your pledges.
 - c. And, if you're walking on a team wear your team t-shirt!
4. **Grab a bite to eat!** Find your teammates and enjoy the complimentary food before the Walk begins. Juice, coffee, bagels and other breakfast items will be waiting for you when you arrive. Along the route there will be fruit, water and glucose tablets. After the Walk there will be a goodie bag, snacks, and plenty of water and soda. Feel free to bring a picnic and relax in the Park and enjoy the activities and company of other Walkers.
5. **Enjoy the entertainment!** We'll have **music and special attractions** for all ages; everyone can have fun with the **clowns**, visit a face-painter, or one of the many vendor tables. We'll have **games**, and even have a **hula- hoop contest!**
6. **Enter the T-Shirt Design Contest.** Each year we have a JDRF Team T-Shirt Design Contest. Winners are selected in four categories and announced after the Walk. Awards are handed out at a Reception in January.
7. **Head home knowing you made a difference!**