

Frequently Asked Questions



What if I have diabetes?

Our training program is designed to accommodate individuals with diabetes. Several past participants have type 1 or type 2 diabetes and joined the program to help manage their diabetes and get in better shape. As a TEAM-D participant you will have access to health care/fitness professionals with a wealth of knowledge on diabetes management and exercise. In addition, the TEAM-D coaches and volunteers will be out on the course at group runs/walks to provide support and encouragement. Volunteers on the course are equipped with a Glucometer and Glucotabs.

What if I do not have diabetes?

Approximately 80-90% of TEAM-D participants do not have diabetes. TEAM-D is open to anyone who wants to train with a team and coaches, as well as raise money for a great cause. With TEAM-D you are not running or walking simply for yourself, you are raising funds to help support the more than 20.8 million Americans with diabetes. Run or walk in honor of someone you know with diabetes!

I'm not currently in a fitness program; can I still join?

All participants are required to have their health care provider sign a consent form. Your provider will advise you whether or not it is safe for you to train for a marathon. Beginners may want to consider a half marathon instead of a full marathon and may prefer to walk more than jog, or walk only.

Can I walk a marathon?

Yes! Several of our alumni are walkers. You'll want to consider the 7 hour time limit of the full marathon, and whether or not you'll be able to finish within this time period. If you are not at the half way point by the designated cut-off point, you may be removed from the course. The coaches will be able to help you determine whether to register for the half marathon or full.

I've never run before in my life, but I'd like to try running a marathon!

You will see drastic improvements in your abilities over the five-month training period. However, it is important to keep your goals realistic. If you have never run before, don't set a goal to run an entire half or full marathon. You will want to both run and walk the event. Many seasoned athletes believe in walking intervals to keep their legs fresh. The goal is to have you finish the marathon, not drop out because of injury.

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I'm a little uncertain about raising money ...

You are not alone! It's perfectly normal to be intimidated by the fund-raising before you get started. Don't worry, it's easier than you think it will be. If you follow the easy fundraising strategies in the TEAM-D fundraising packet, you will be well on your way to success! The key is to get started early. Consider the hundreds of TEAM-D participants that have completed our program and successfully met their goal. If they did it, so can you! For more information on fundraising, please click [here](#).

Where will the money I raise go?

In fiscal year 2005, 78% of the money raised by ADA volunteers and staff went towards funding the Association's programs, including research, information, and advocacy and public awareness.

How do I get involved with Team Diabetes ?

It is recommended that everyone considering joining the team attends a [FREE information meeting](#). The meetings are a great place to learn more about the program, meet the coaches and hear success stories from alumni. You do not need to be registered to attend, but we do ask that you RSVP. If you're ready to join Team Diabetes, you can [register NOW!](#)

Please contact Brian Long for additional information at 602-861-4731 or 888-342-2383 ext.7095 or at blong@diabetes.org

Thank you for your interest in Team Diabetes .