

FAQ

When is the Step Out Walk, and where is it being held?

The Step Out Walk will be held on Saturday, November 13, 2010, at the Universal Studios Backlot. Donation Drop-Off and Registration opens at 7:30 a.m. Opening Ceremony begins at 8:40 a.m. and is followed by the Walk at 9:00 a.m.

How far is the Step Out Walk?

The course is 5K (or 3.1 miles). Shuttles are provided along the route if you are unable to complete the course.

Do I have to fundraise or collect donations?

Fundraising is the most crucial part of this event! Collected donations allow us to continue the fight against diabetes. In order to provide education programs in our community, protect the rights of people with diabetes and fund critical research for a cure, we need donations. While fundraising is not required, we ask each participant to set a fundraising goal – \$150, \$500, \$1,000 or more – and to do whatever they can to raise as much money for the cause as possible. Please note that all donations are tax- deductible.

To show our appreciation of the donations you raise, we are offering fundraising prizes at various levels. Check out our website for more fundraising tips and tools.

Where do I turn in donation money?

Donations may be mailed before and after the event, or turned in the day of the Walk at the Registration/Check in area. Be sure that your name is included on each envelope for tracking purposes — and that you keep a copy of your completed donation form(s) for your records.

Please make checks payable to the **American Diabetes Association** and include the name of the walker in the memo portion of the check. ****Please do not mail cash**** Checks may be mailed to:

American Diabetes Association

Attn: Step Out Walk

5200 W. Century Blvd., Ste. 480
Los Angeles, CA 90045

What is a Step Out team?

A team is any group of coworkers, fellow students, religious/civic organization members, friends, or family members who pre-register, raise money, and walk together on the day of the Step Out Walk. They can have anywhere from 6 to 6,000 members! We provide materials, activities, prizes and staff who are available to help when you need it.

What is a team captain and what do they do?

A team captain's role is to recruit, inspire, and motivate people to join the movement as well as raise funds. There can be more than one captain on a team. The most successful teams are those that divide work and conquer. Have more fun and raise more money! Crossing the finish line with your co-workers, friends, and family is a moment to be enjoyed together.

What do I need to bring to the walk?

- Your donation envelope
- Wear comfortable shoes
- Layer items of clothing
- Water. (Although water is supplied at the event, it is a necessity. We have many points of water distribution but it's important that you have it available for you at any time.)
- Favorite snack or food items. (Food is supplied at the event; however, it's important to note that individual tastes range and if there are items that you prefer please bring them. Individuals with special diets are also encouraged to bring food items compatible with their diet.)

Where do I get my t-shirt?

T-shirts will be distributed the morning of the walk to all participants that have \$150 or more in their personal Step Out walk account.

Do we get discounted tickets to Universal Studios Hollywood?

Registered walkers of the Step Out Walk 2010 event with at least \$25 in their fundraising account will be able to buy tickets at the deeply discounted rate of \$39. The tickets will be available for purchase on November 5th.

Will there be refreshments?

Snacks will be available both before and after the race. Water will be provided throughout the event.

What if it rains on November 13th?

The Step Out Walk will take place, rain or shine.

May I bring a stroller?

Yes, you may bring a stroller. However, in an effort to keep all participants safe, it is essential that all strollers line up at the back of the crowd for the start of the walk.

May I bring a bike? Roller blades? Scooter? Pets?

No. For your safety as well as that of all participants, bikes, scooters and roller blades are not permitted at the event. Pets are not allowed, with the exception of guide dogs.

Where do I park on the day of the event?

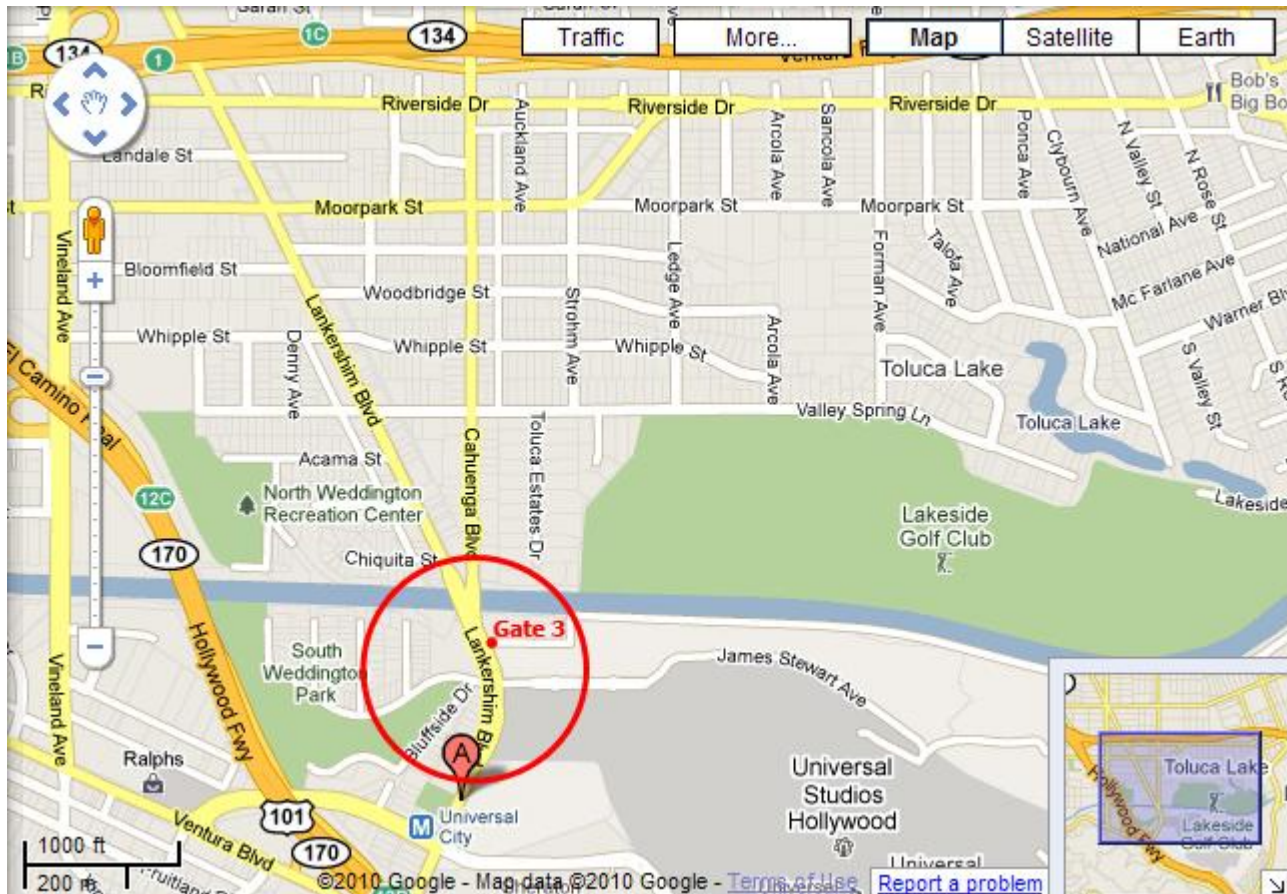
Free parking is provided for our participants. The closest address is 3900 Lankershim Blvd. Studio City, CA. Check below map for location of Gate 3.

You turn in Gate 3 and park at the parking building.

After you park, outside of the parking building you will find our check in/registration area.

After you checked in you will take a tram (will be located across from the check in/registration area) to our start/finish area.

The trams will bring you back to this lot after the event.



If you have any additional questions please call us at 323-966-2890.