

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 to get in better shape. As a participant, you will have access to health care and fitness professionals with a wealth of knowledge on diabetes management and exercise. In addition, our coaches and volunteers will be out on the course at group runs and walks to provide support and encouragement. Volunteers on the course will be equipped with glucose tablets.

What if I do not have diabetes?

Approximately 75-80% of Team Diabetes' participants do not have diabetes. Team Diabetes is open to anyone who wants to train with a supportive team and experienced coaches, as well as raise money for a great cause. With Team Diabetes, you are not running or walking simply for yourself, but you are also raising funds to help support the nearly 26 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 health care provider will advise you whether or not it is safe for you to train for a marathon or half-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 (4 hours for the half-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 full- or half-marathon.

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 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 full- or half-marathon safely.

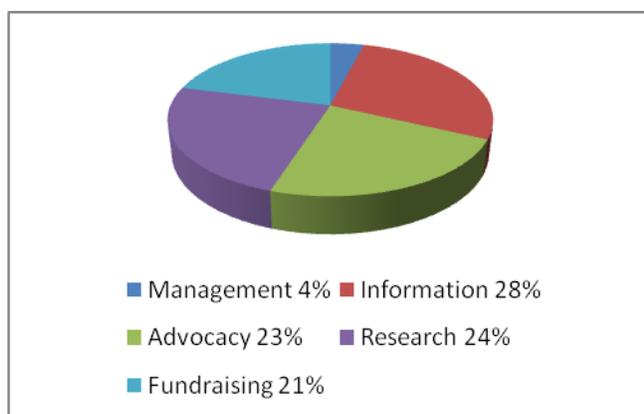


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I'm a little uncertain about raising money.

It's perfectly normal to be intimidated by the fundraising before you get started. But don't worry – it is easier than you think it will be. The key to successful fundraising is to start early! Your Team Diabetes fundraising page will also provide you with some great tools to kick-off and maintain your fundraising. If you ever need ideas or support, we're there to help you! We'll support you every step of the way!

Where will the money I raise go?



In 2008, the American Diabetes Association invested \$42.5 million in research, information and advocacy. In Arizona, the American Diabetes Association is currently funding more than \$1.5 million in diabetes research projects.

How do I get involved with Team Diabetes?

Register today online at www.diabetes.org/teamdphoenix or contact Lynda Brown for additional information at 602-861-4731 x7102 or at LBrown@diabetes.org

Thank you for your interest in Team Diabetes.
Join us in the movement to **Stop Diabetes®!**

