

# STEP OUT | WALK TO STOP DIABETES<sup>SM</sup>



## Step Out: Walk to Stop Diabetes Information

- Date: Saturday, April 6th, 2013 – **Indoor Event**
- Location: Miller Hill Mall, Duluth - MN
- Distance: Walk as long as you want
- Times: 7:00 AM check-in/registration  
7:45 AM opening ceremony  
8:00 AM walk begins! Walk as long or as far as you can!
- Walk route: Walk inside the Miller Hill Mall, where you don't have to worry about the weather! Then visit our Health and Wellness Expo and Kids Zone.
- Raise \$100 or more to receive the official Step Out: Walk to Stop Diabetes short sleeve t-shirt
- Walk as an individual or form a team of 2 or more members
- Team photos will be taken at the event
- Sign up to win raffle/door prizes – only \$1.00 each!
- Each walker that raises \$1,000 is a Champion to Stop Diabetes! Membership includes: special registration area, medal awarded at the event, "swag bag" of goodies and more.
- If you are interested in volunteering for the event or joining our planning committee, please contact Jennifer Williams at [jwilliams@diabetes.org](mailto:jwilliams@diabetes.org) or call 1-888-342-2383 ext. 6728.

## How to Form a Team!

### **Step One: Organize and Plan**

- Identify a Team Captain
- Team Captain registers and names the team at [www.diabetes.org/stepout](http://www.diabetes.org/stepout)

### **Step Two: Recruiting Team Members**

- Through the website tool, the Team Captain emails colleagues, friends, neighbors the **direct link** to the team website. To join, an interested person just clicks the site icon: **join my team.**

### **Step Three: FUNDRAISE!**

- Each team member has their own website as each member does their own fundraising. Email your personal web link to your contacts and ask them to sponsor you online. For someone to donate they click the icon on the site: **Sponsor a Walker.** They can donate with a credit card online. Checks can be mailed to the participant.
- Ask ADA Staff to come to your work and have a kick off event to create awareness about Step Out: Walk to Fight Diabetes and diabetes education and prevention.
- Conduct your own fundraising events (dress down days, BBQ, yard sales, sports competition, etc) and enjoy raising funds that go towards advocacy, education and finding a cure for diabetes!

**Take your first step and register today!**  
**[diabetes.org/stepout](http://diabetes.org/stepout) or 1-888-DIABETES**