

# STRIDES *for* diabetes

## Diabetes Prevention Fair Sunday, September 25, 2016

- Rain or Shine -

### Step Out to Combat Diabetes

There is a global epidemic of type 2 diabetes. Butte County has a higher rate of diabetes than the national average. Furthermore, one fourth of those with diabetes don't even know they have it. Diabetes can lead to serious complications and poses a tremendous toll on the health of an individual and the well being of our community.

### Good News

80% of diabetes can be prevented through lifestyle changes. And if you have diabetes, there are lots of steps you can take to keep healthy and avoid complications. Join us to have fun, raise diabetes awareness, promote prevention and support diabetes education in our community.

### Beneficiary:

Proceeds from this event will benefit the Feather River Hospital Diabetes Education and Scholarship fund. Education scholarships will be awarded to those who want to participate in diabetes self care training, but do not have the means to do so. The Diabetes Education Program at Feather River Hospital helps patients thrive and survive through group "diabetes survival" classes, individual training assessments and monthly support group meetings. For more information call 530-876-7297.

## Event Schedule

7:15 – 8:00am	<b>Registration</b> (Park Gazebo) T-shirt & packet pick up
8:00am	<b>Warm up and welcome</b>
8:15am	<b>5K Run Begins</b>
9:30am	<b>3K and 5K Walk Begins</b>
9:00 - 11:30am	<b>Exhibits &amp; Fitness Demos</b>

### Walk / Run Location:

 Paradise Community Park  
5570 Black Olive Road

**Course:** The race starts near the park gazebo and runs uphill towards Bille Rd. (*following the bike path*). Racers turn just above Bille Rd. and head back to finish at the gazebo.

### Bring the Family

Join the fun! We will have activities for the whole family that show how to make simple changes to improve your health – starting today.

Participate in our live fitness demonstrations, groove to music spun by our own DJ, Anthony Villasana, and visit our experts to learn about fun ways to get active.

- **Fitness demos**
- **Free health screenings**
- **Giveaways & healthy food samples**
- **Raffle items (*bring cash!*)**
- **Prizes for top runners & teams!**

## Event Sponsors

This event is provided by:

 Adventist Health  
Feather River Hospital

in cooperation with:



Lions Clubs of the Paradise Ridge

Corporate sponsors:



Registration Options:

- **Mail in** application and payment (see back)
- **Register online** at [www.active.com](http://www.active.com)
- **Call** (530) 876-7297 to register by phone.

**More info** at [www.strides4diabetes.com](http://www.strides4diabetes.com)

**Waiver:** In consideration of you accepting my entry, I intend to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims that I may have against the persons and organizations associated with the Strides for Diabetes: Feather River Hospital, County of Butte and other contributing organizations.; and assign for any and all injuries suffered by me while traveling to or from or while participating in Strides for Diabetes on September 25, 2016. I further attest that I am physically fit and have sufficiently trained for participation in this event.

Signature

# Registration

Register at [www.active.com](http://www.active.com) or sign up by mail.

**RUN** (t-shirt included)     **WALK**

I want to order a T-Shirt for \$10

Men's  Ladies  Small  Med

Large  XL  XXL

**Adult Registration Fees**

Run: \$25    Walk: \$15



**Discounted Registration Fees (Run & Walk)**

- 12 & under: FREE with adult registration.
- 13-18 yrs - \$5

*T-shirts for walk participants or children & teens under 18 yrs. can be purchased for \$10. \*Entries received by 9/8 are guaranteed a T-shirt on race day.*

**Please indicate your age group:**

<12     13-18     19-29     30-39     40+

I would like to make a donation of \$\_\_\_\_ towards the Diabetes Education Scholarship fund.

**Total Amt. Enclosed:** \_\_\_\_\_

**Please make all checks payable to:**

Feather River Health Foundation  
Mail to - Diabetes Education Program  
1933 Peach Lane; Paradise, CA 95969

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email: \_\_\_\_\_

*Please read and sign waiver on back of this sheet*

## Want to start a team?

Teams of 5 or more have the chance to win team prizes for biggest team, best team name and most creative costume. Call 876-7297 or email [caroline.carey@ah.org](mailto:caroline.carey@ah.org), or go to [www.strides4diabetes.com](http://www.strides4diabetes.com) for a team packet.

Feather River Hospital  
Diabetes Education Program  
1933 Peach Lane  
Paradise, CA 95969

 **Adventist Health**  
*Feather River Hospital*

**STRIDES** *for*  
 **diabetes**

**5K Run 3K/5K Walk  
& Prevention Fair**



**September 25, 2016**

**8:00 a.m. – 11:30 a.m.**

**Paradise Community Park  
on Black Olive/Pearson**

*Bring the Family!*