

STRIDES *for* diabetes

Diabetes Prevention Fair Sunday, September 24, 2017

- 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	Registration for Runners (Park Gazebo) T-shirt & packet pick up
8:00am	Warm up and welcome
8:15am	5K Run Begins
8:30 – 9:00am	Registration for Walkers
9:30am	3K and 5K Walk Begins
Ongoing	Exhibits & Fitness Demos

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 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:



Feather River
Health Foundation

in cooperation with:



Lions Clubs of the Paradise Ridge

Corporate sponsors:



SIERRA HEALTH FOUNDATION
An Endowment for Northern California



Walgreens



Registration Options:

- **Mail in** application and payment (see back)
- **Register online** at www.active.com
- **Call** (530) 876-7166 to register by phone.

More info at 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 24, 2017. I further attest that I am physically fit and have sufficiently trained for participation in this event.

Signature

Registration

Register at www.active.com or sign up by mail.

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

Virtual Participant

I can't make the event but would like to donate
\$ _____ towards the Diabetes Scholarship fund.

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+

Total Amt. Enclosed: _____

Please make all checks payable to:

Feather River Health Foundation
5794 Pentz Road, 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 3 or more have the chance to win team prizes for biggest team, best team name and most creative costume. Call 876-7297 or email careyc1@ah.org or go to www.strides4diabetes.com

Feather River Health Foundation
Attn: Diabetes Scholarship Fund
5974 Pentz Road
Paradise, CA 95969



Feather River
Health Foundation



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



September 24, 2017

8:00 a.m. – 11:30 a.m.

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

***All proceeds benefit Diabetes
Education Scholarship Fund***