

Strides for Diabetes

Diabetes Prevention Fun Walk or Run

WAKE UP AND WALK TO PREVENT DIABETES

Butte County has a higher rate of diabetes than the national average. The good news is that diabetes can be prevented through getting active and healthy eating. If you have diabetes, you can lead a healthier life starting today. Join us for some fun, raising awareness for diabetes and promoting prevention in our community.

EVENT DETAILS

No pre-registration required. We encourage you to show up in your Pajamas or join the kids to try out your Halloween Costume (since this is a family friendly event, no scary masks please). We will be providing apples, chips and water. Plus, the first 50 people who sign-in will receive a free T-Shirt, while supplies last.

Prizes will be awarded for Best Costume and Largest Team. Come join us to celebrate the joy of walking!



EVENT SCHEDULE

9:30 am Sign-In, sign waiver and Pick Up Free T-Shirt (first 50 people)

9:45 am Warm up and welcome

10:00 am Fun Walk and Run Begins (1 mile or up to 3 miles)

11:00 am Awards for Best Costume and Largest Team

Course: The walk starts near the park gazebo and runs uphill towards Bille Road (following the bike path). Be inspired by the beauty and challenged by the gradual incline.

Questions? Call (530) 876-7297.

Sunday, October 28, 2018

9:30 am to 11:00 am

Paradise Community Park on Black Olive & Pearson

**Wear your Pajamas or Halloween Costume.
Bring the whole family!**

**Rain or
Shine!**

Please bring this signed waiver with you to the event:

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 October 28, 2018. I further attest that I am physically fit and have sufficiently trained for participation in this event.

SIGNATURE