



STRIDES FOR DIABETES

Diabetes Prevention Fair Sunday, October 13, 2013

- 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
(Park Gazebo) T-shirt & packet pick up
- 8:00am** Warm up and welcome
- 8:15am** 5K Run Begins
- 9:15am** 3K and 5K Walk Begins
- 9:00 - 11:30am** Fitness Demos & Exhibits

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 near 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.

- **Youth Fun Zone**
- **Fitness demos**
- **Weight loss strategies**
- **Free vision screenings & foot exams**
- **Giveaways & healthy food samples**
- **Raffle items (bring cash!)**
- **Prizes for top runners!**
- **Free Flu shots**

Event Sponsors

This event is provided by:



in cooperation with:



**Lions Clubs of the
Paradise Ridge**

Registration Options:

Mail in application and payment (see back)

Register online at www.active.com

Call (530) 876-7297 to register by phone.

More info at www.frhosp.org/strides

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 Oct 13, 2013. I further attest that I am physically fit and have sufficiently trained for participation in this event.

Signature

Registration

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

Sign me up for the Strides for Diabetes

RUN - A free T-Shirt* is included. Enclosed is my payment for \$25. Prizes awarded to top runners.

WALK - My \$15 is enclosed.

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

Small Med Large XL XXL

Children under 12 free with adult walk/run registration.*All entries received by 10/7 are guaranteed a T-shirt on race day.

Please indicate your age group:

18 yrs & under 19-29 30-39 40+

Please make all checks payable to:

Feather River Health Foundation
Mail to - Diabetes Education Program
6009 Pentz Rd., Ste. D; 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 three or more get a discounted registration fee and have the chance to win team prizes for best team costume, biggest team and best average time. **Call us at 876-7297 or email caroline.carey@ah.org for a team packet and to get started.**

Feather River Hospital
Diabetes Education Program
6009 Pentz Rd., Ste. D
Paradise, CA 95969

 Adventist Health
Feather River Hospital

STRIDES FOR DIABETES

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



October 13, 2013

8:00 a.m. – 11:30 a.m.

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

Bring the Family!