JOIN US on a 5K run/walk and Kids Fun Run through Fort Lee NJ and Cliffside Park to benefit the Diabetes Foundation

WHEN
Sunday, May 20, 2012
- Check-in Opens: 7:30 am
- Health Fair Opens: 9:30 am
- Kids Fun Run: 9:30 am
- Opening and Line up: 10:00 am
- Race start: 10:15 am
  (all walkers behind runners)
- Awards: 11:00 am

WHERE
Fort Lee Community Center
1355 Inwood Terrace, Fort Lee, NJ

REGISTRATION
- www.diabetesfoundationinc.org
- www.firstgiving.com/DFI
- www.raceforum.com/palisades
- or send in the attached application

ENTRY FEE
- 5K Run/Walk: $20 (USATF members $18)
- Students: $15 (18 & under)
- $25 day of the event
- Kids Fun Run: $10

LENGTH
5 Kilometers (3.1 Miles) through the towns of Fort Lee and Cliffside Park
USATF Certified Course — Flat & Fast

AWARDS
- Top overall M/F 5K participants
- Age group awards
- All Fun Run Participants Receive a Ribbon
  All pre-registered participants receive a t-shirt; as available to sign-ups on day of event

REFRESHMENTS AVAILABLE ALL MORNING
Bag Check Available
Currently affecting 25.8 million adults and children, diabetes is a chronic disease that impairs the body’s ability to produce or properly use insulin, a hormone essential for life. Diabetes and its complications — which include heart disease, kidney failure, blindness and stroke — are the third leading cause of death by disease in the United States.

The “epidemic” of diabetes throughout the country continues to increase with frightening speed. Numbers went up from nearly 24 million Americans having diabetes just a year ago to close to 26 million this year — that covers 8.3% of the population. There are 79 million people diagnosed with pre-diabetes and people with this condition have an increased risk of developing Type 2 diabetes, heart disease, and stroke. More than 750,000 residents in New Jersey are afflicted with diabetes, and many of those with Type 2 diabetes will develop heart disease, and stroke — are the third leading cause of death by disease in the United States.

MEDICAL ASSISTANCE: New our most in-demand program, the Diabetes Foundation provides short-term medical assistance to those low income, uninsured and under insured patients unable to pay for diabetes medications or supplies. Applications for medical assistance are accepted from physicians’ offices, hospitals, and outpatient health centers. Upon approval, the requested medications and supplies are shipped directly to the patient. This program is critical to bridging a frightening gap between diagnoses and long-term assistance that can occur for many persons due to financial hardship.

PATIENT ADVOCACY: DFI staff, interns and volunteers connect with patients to provide educational information and resources for them to move forward, letting them know that they are not alone in the process. Follow up with patients receiving DFI assistance is critical to ensuring that long-term assistance is established before their medications run out.

CAMPERSHIP PROGRAM: Our Camp Nejeda, a co-ed diabetes camp for children located in Stillwater, New Jersey. The camp provides an important opportunity for children to live and play among peers who share their disease, enjoy an active and safe camping experience regardless of their medical condition, and learn more about how to take care of themselves in order to lead healthy and active lives. The Diabetes Foundation is proud of our role in sending children from the tri-state area to the Camp who might otherwise not be able to attend. In addition to scholarship aid, we support Camp Nejeda in a myriad of other ways and believe strongly in its mission.

Obesity and lack of exercise is fostering a rise in pre-diabetes and diabetes. All of us associated with the disease continue to provide as much information as possible to counteract this issue. Type 2 diabetes was, in past, associated with older age, but now, sadly, we find teenagers being diagnosed on a “much too” regular basis, displaying the urgent need for a change in our lifestyle.

Join us from 9:30 am - 12:30 pm

- Located at the Fort Lee Community Center
- Providing basic preventative medicine information
- Vendors and exhibitors on all aspects of health, wellness, fitness & lifestyle improvements
- Local hospitals offering information and screenings
- Special focus on living with diabetes as well as preventing the disease
- Opportunity to talk to diabetes specialists
- Nutrition, diet and exercise ideas
- Screenings: Blood sugar, Blood pressure, Cholesterol, Eyes
- And more…

Be sure to stop in!

A cinch to set up, this handy pledge page makes it easy for families and friends to support your participation and help the DFI raise funds.

VISIT: www.firstgiving.com/DFI

Our Sponsors listing is shown on our website and is constantly being updated! Please patronize them.