

Mr. Ken,

### **It's as Easy as a Walk in the Park**

The American Diabetes Association and LaceUp Running Series have teamed up to fight diabetes. All donations from the Walk for a Cause will directly support people living with diabetes and a percentage of the walk registration fees will also be donated.

**When:** Saturday, September 9

**Time:** 9:30 a.m.

**Where:** [Mike Ward Community Park, Irvine, CA](#)

**Registration fee:** \$25

This is going to be a fun event and everyone who walks for the cause will receive an event t-shirt, finisher medal, aid station and racer bag. [Grab your friends and family and join the walk today.](#)

Thank you for supporting this event as we join together to fight diabetes. Every step you take directly supports, research, education and advocacy for the 30 million people living with diabetes. Your help has never been more important and we look forward to walking with you on September 9.

Thank you,

Donna Lieberman

[DLieberman@diabetes.org](mailto:DLieberman@diabetes.org)

**P.S.** All registered walkers will be invited to Healthy Happy Hour on September 8 from 4:00 – 9:00 p.m.

Here are the details:

Event: OC 5K Walk for a Cause proceeds benefiting the ADA.

Team: **District 4L4 Lions**

Instructions for Registration:

<https://laceuprunningseries.com/race-locations/orange-county-2017/> .

On this web page, click on "Walk for a Cause" (on left side)

Click on Sign Up

Start with Registrant #1 If you have an account from previous walks, sign in - if not fill in all requested information.

\* Disregard "Pricing" at top. Our 5K Walk is \$25.

Click Continue and then Choose your event - 2nd option - OC 5 K Walk for a Cause proceeds benefiting

ADA

Click Continue - When you click on organization, make sure you click on American Diabetes Assoc. If you make a , donation, it will be added to your Registration Fee. Continue with form and payment information.