STEP OUT | WALK TO STOP DIABETES®

American Diabetes Association.

2022 Step Out: SoCal

Step Out 5k Walk
Saturday, September 17, 2022 | 8am
(Registration opens at 7am)

Griffith Park
Crystal Springs Picnic Area
4730 Crystal Springs Dr., Los Angeles, CA



Step Out: Southern California is more than a 5k one-day event; it's a day full of fun and excitement as we celebrate people living with diabetes and fundraise in support of the mission of the American Diabetes Association. 2022 will mark 31 years of being connected and walking for a cure! Funds raised will support lifesaving research happening in Los Angeles County, education, advocacy and support for the over **130+ million Americans living with diabetes or pre-diabetes** and their loved ones.

Register:

Step 1: Scan the QR code above go to **http://main.diabetes.org/goto/wupatientcarecenter**

Step 2: Click the "**Register**" link

Step 3: Follow the easy steps to complete your registration. Living with Diabetes? Don't forget to sign up as a **Living Red Participant** for special day of event incentives!

Step 4: You're ready to start using the online **Fundraising Tools** that include the enhanced **Step Out App**, post to Social Media, recruit your friends, family, coworkers to walk/run with you and **HAVE FUN!**

Check out the 2022 Step Out Recognition Gear!

These levels are NOT cumulative

- $134 ($50 youth) - Participants earn a 2022 Step Out T-shirt. Participants living with diabetes will also receive a Red Strider T-shirt
- $250 ($50 youth) - Participants earn a 22oz Aluminum Sports Bottle
- $500 - Participants earn a Lite Performance ADA branded Crewneck Sweatshirt
- $1,000 - Participants receive an exclusive Champions Helsa Full Zip Hoodie with Champion logo
- $2,500 - Participants receive an exclusive Coleman 42-Can Soft-Sided Wheeled Cooler with Champion logo
- $5,000 - Participants receive an exclusive Coleman Comfort Smart Suspension Chair with Champion logo



Questions? Call 1-888-DIABETES ext. 7426 or email Chris Huyett at chuyett@diabetes.org