



Helping to improve the

care and quality of life

for people with diabetes

through Medical Assistance,

Education and Camperships

for Diabetic Children.



Diabetes Foundation, Inc.

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

WHEN

Sunday, May 16, 2010

- Check-in opens: 8:00 am
- Opening ceremony: 9:45 am
- Race begins: 10:00 am
- Walk begins: 10:15 am
- Kids Fun Run begins: 11:00
(*Rain or Shine*)

WHERE

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

REGISTRATION

Online at: www.raceforum.com/palisades
or www.firstgiving.com/DFI
or send in the attached application

ENTRY FEE

- 5K Run/Walk: \$20 (USATF members \$18)
- \$25 day of the event
- Kids Fun Run: \$10

LENGTH

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

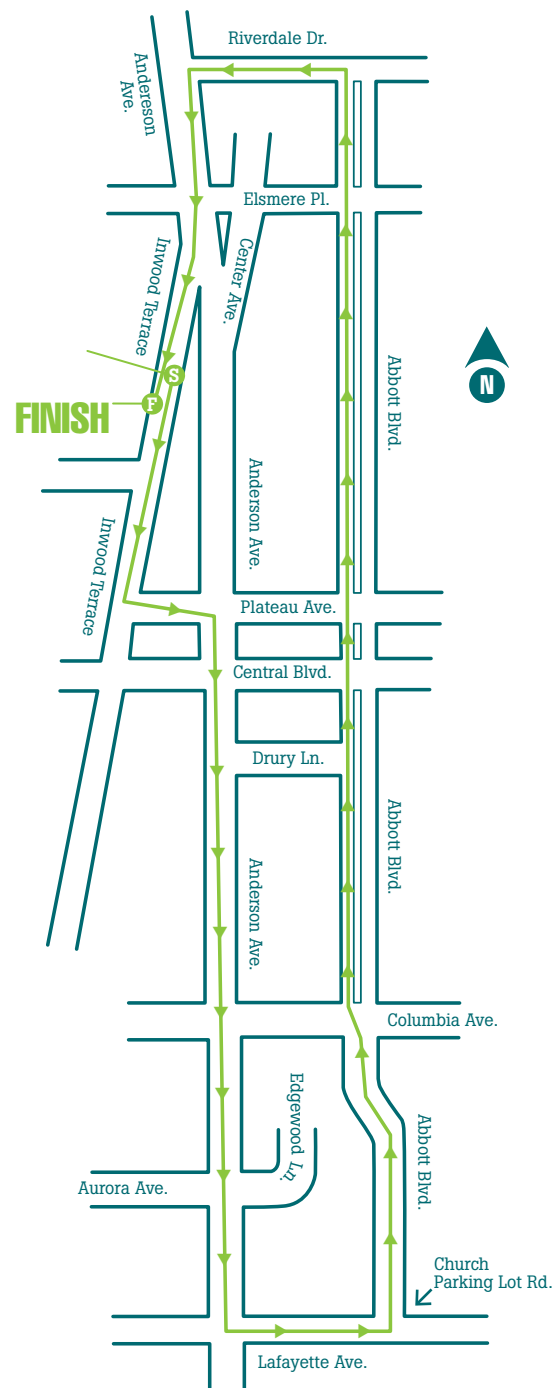
AWARDS

- Top overall M/F 5K participants
 - Age group awards
 - All Fun Run Participants Receive a Ribbon
- All participants receive a T-shirt!*

BAG CHECK AVAILABLE

REFRESHMENTS AND AWARDS
AFTER THE RACE AT THE FORT LEE
COMMUNITY CENTER!

Course Map



Run *the* PALISADES

2nd Annual 5K Run/Walk AND HEALTH FAIR

plus Kids Fun Run

SUNDAY, MAY 16, 2010
FORT LEE & CLIFFSIDE PARK



All proceeds from the event will be used for the benefit of the Diabetes Foundation, Inc. serving the state of New Jersey

CURRENTLY AFFECTING 24 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.

With the rate of diabetes in New Jersey among the highest in the nation, we are mindful of our essential role in helping everyone in the state who has been diagnosed with this chronic disease. Our current programming falls into three categories: Public Education, Medical Assistance, and Camperships for diabetic children.

Public Education

Because self-management is so critical to successfully living with diabetes, knowledge about the disease as well as problem solving and coping skills—disseminated at our public education programming—is an absolute necessity. These free seminars are taught by health care professionals who present up-to-date information about diet, nutrition, exercise, updates on health issues related to diabetes and other topics essential to living a healthier life with diabetes. Given that 80% of Type 2 diabetes can be prevented through simple lifestyle changes, our public education programming has never been more important.

Medical Assistance

Now 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.

Campership Program

Our Campership Program supports 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 afford it. In addition to scholarship aid, we support Camp Nejeda in a myriad of other ways and believe strongly in its mission.

Join us from 9:30am - 1:00pm

The 2010 Health Fair will be located inside the Fort Lee Community Center at 1355 Inwood Terrace. The Fair is designed to provide basic preventive medicine information and screenings to people throughout the community.

There will be a variety of vendors and exhibitors to educate on all aspects of health, wellness, fitness and lifestyle improvements. Local hospitals will be in attendance offering health screenings and information.

Special focus will be given to people with diabetes and raising awareness of the incidence of diabetes in the New Jersey/New York metropolitan area. Over 18 million people across the United States are affected by diabetes, plus another 6 million that have gone undiagnosed. With 57 million people now diagnosed with pre-diabetes, the disease is rising to epidemic proportions.

The 2010 activity-oriented health fair is designed to inspire more learning about coping and living with diabetes as well as preventing the disease. Several of the event's exhibitors will provide hands-on teaching activity in their booth. Participants will receive guidance and tips on nutrition, diet plans, exercise ideas and opportunities to talk to diabetes specialists and local agencies.

Be sure to stop in!

- Blood Sugar Testing
- Blood Pressure Checks
- Diabetes Screening
- Cholesterol Screening
- Eye Screening
- Give-a-ways and refreshments



Register Online: www.raceforum.com/palisades or www.firstgiving.com/DFI, or send entry below with check made payable to: Diabetes Foundation, Inc.

Entry Fee:

5K Run/Walk: \$20 (USATF members \$18)
 \$25 Day of Event | Kids Fun Run: \$10

LAST NAME _____ FIRST NAME _____
 EMAIL _____
 STREET _____
 CITY _____
 STATE _____ ZIP _____
 PHONE _____ 2010 USATF # _____
 CITY _____

TEAM NAME (if applicable) _____

Age Group: (check one)

- 14 & Under 20-29 40-49 60-69
 15-19 30-39 50-59 70+

Sex: M F

T-Shirt Size: (check one)

- S M L X L XX L

Payment Method: (check one) Check Enclosed

- AMEX Visa MasterCard Discover

CARD NO. _____ EXP. _____

SIGNATURE _____

WAIVER RELEASE: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive and release any claims I may have against the Diabetes Foundation Inc., the Borough of Cliffside Park and the Borough of Fort Lee for injury or damage which may occur due to my participation in this race.

SIGNATURE _____

Mail To: 13 Sunflower Avenue, Paramus, NJ 07652

MAKE A REAL IMPACT!

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

CREATE YOUR OWN FUNDRAISING PAGE!

VISIT: www.firstgiving.com/DFI

Health Fair