

## EVENT SPONSOR



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.**  
13 Sunflower Avenue  
Paramus, NJ 07652  
Phone: 201-444-0337  
Fax: 201-444-5580  
Email: [info@diabetesfoundationinc.org](mailto:info@diabetesfoundationinc.org)  
[www.diabetesfoundationinc.org](http://www.diabetesfoundationinc.org)

**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](http://www.diabetesfoundationinc.org)
- [www.firstgiving.com/DFI](http://www.firstgiving.com/DFI)
- [www.raceforum.com/palisades](http://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

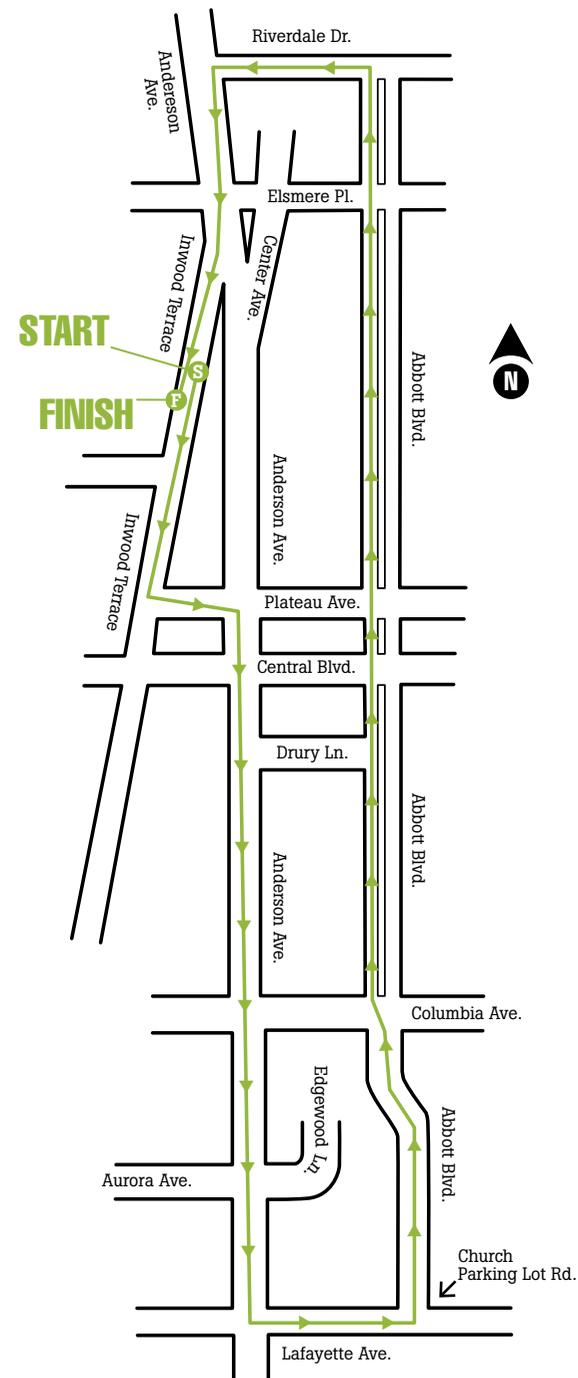
- Top overall M/F 5K participants
- Age group awards
- All Fun Run Participants Receive a Ribbon

*All pre-registered participants receive a t-shirt; as available to sign-ups on day of event*

### REFRESHMENTS AVAILABLE ALL MORNING

*Bag Check Available*

## COURSE MAP



**Run**  
*the*  
**PALISADES**  
**4th Annual**  
**5K Run/Walk**  
**AND HEALTH FAIR!**  
**plus Kids Fun Run**  
**SUNDAY, MAY 20, 2012**  
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 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 are finding themselves with difficult economic choices. When our clients have to decide whether to pay the rent, buy food, or purchase diabetes medication, the decision is quickly made. DFI steps in to lend a hand.

**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.

**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 Campership Program supports Camp Nejedá, 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 Nejedá in a myriad of other ways and believe strongly in its mission.

# Health Fair

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!*

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 to" regular basis, displaying the urgent need for a change in our lifestyle.



**Register Online:** [www.diabetesfoundationinc.org](http://www.diabetesfoundationinc.org), [www.firstgiving.com/DFI](http://www.firstgiving.com/DFI), [www.raceforum.com/palisades](http://www.raceforum.com/palisades)  
 Send entry below with check made payable to: Diabetes Foundation, Inc.

**Entry Fee: 5K Run/Walk: \$20** (USATF members \$18)  
 • Students: \$15 (18 and under) • \$25 Day of Event  
 • Kids Fun Run: \$10

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

EMAIL \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ 2012 USATF # \_\_\_\_\_

TEAM NAME (if applicable) \_\_\_\_\_

AGE ON DAY OF RACE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_

**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     XL     XXL

**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 Fort Lee and the Borough of Cliffside Park 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!**

CREATE YOUR OWN FUNDRAISING PAGE!

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.

**VISIT: [www.firstgiving.com/DFI](http://www.firstgiving.com/DFI)**

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