



2010 Fact Sheet

REGISTER AT: www.StepOutTucson.org

- WHAT:** **Step Out: Walk to Fight Diabetes** is the signature walk benefiting your American Diabetes Association.
 Step Out is a whirlwind day for the entire family. The walk is packed with energy, fun and support for others. Anyone can take part in Step Out — your participation isn't measured by the speed you walk, but by the level of your enthusiasm and your commitment to ending diabetes.
 This is a dog friendly walk!
- WHERE:** **Historic Rillito Downs, 4502 N 1st Avenue, Tucson AZ**
- WHEN:** **Sunday, October 3, 2010**
Distance: 5k
Check-in: 8:00 a.m.
Start Time: 9:00 a.m.
- WHO:** Over 1,500 walkers and volunteers are expected!
- WHY:** Diabetes is America's fastest growing disease and is reaching near-epidemic proportions, affecting 23.6 million Americans. Consider these statistics:
- Every 20 seconds someone in the US is diagnosed with diabetes (3 per minute)
 - 1 in 3 children born today will develop diabetes in their lifetime if present trends continue
 - An additional 57 million people have pre-diabetes, putting them at great risk for developing type 2 diabetes
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