



Connected **for Life**

2019 CHICAGOLAND STEP OUT:

STEP OUT | WALK TO STOP DIABETES®

 American Diabetes Association.

SEPTEMBER 21, 2019

Diversey Harbor,
2601 N. Cannon Dr. Chicago, IL 60614

8:00 AM–12:00 PM

Our annual Step Out Walk to Stop Diabetes campaign brings **3,500** walkers and runners together to walk 1, 3 and 5 mile routes as well as a run portion along the beautiful Chicago lakefront and through the charming neighborhoods with inspirational speakers at the starting line, fully stocked rest stops and water stations, and incredible volunteers to cheer walkers on along the way. Each mile covered and dollar raised supports the American Diabetes Association's vision: a life free of diabetes and all its burdens. Our Step Out Walks serve as turnkey events year after year, fostering tradition and hope to all who attend.

WEBSITE: diabetes.org/stepoutchicagoland

VOLUNTEER WITH US:

RECEIVE A FREE STEP OUT T-SHIRT

when you sign up to volunteer for one of our volunteer shifts at either Walk! Please see shift times and volunteer tasks below, and contact Kayla Carter at kcarter@diabetes.org or 312-346-1805 x6562 if you have any questions.

FIRST SHIFT: 6 AM-11:30 AM

Set-Up/Festival Volunteers will be responsible for any of the following: setup duties, registration needs, festival activity needs, rest stop duties, walking the routes for assistance, and cheering at different sections of the routes.

SECOND SHIFT: 11:15 AM-2:00 PM

Festival/Clean-Up Volunteers will be responsible for various tasks around the event site, and festival breakdown/teardown, and clean up duties.

Volunteer positions are subject to change based on needs.

CHOOSE YOUR EVENT & SIGN UP TODAY!
Search American Diabetes Association on

<https://signup.com/go/rKWvDCp>

CONTACT: Kayla Carter
Associate Manager
kcarter@diabetes.org
(312) 346-1805 x6562

Amanda Mener
Manager of Development
rhese@diabetes.org
(312) 346-1805 x6564