

We can't wait to STEP OUT with you November 4 in Philadelphia!

IMPORTANT DAY OF EVENT INFORMATION

Philadelphia Step Out Walk To Stop Diabetes presented by Merck
Saturday, November 4, 2017

[Philadelphia Museum of Art](#)
[2600 Benjamin Franklin Parkway](#)
[Philadelphia, PA 19130](#)

THIS IS A FUNDRAISING EVENT

It is our hope that everyone who attends this event will be contributing through fundraising to the Association and our mission: ***to prevent and cure diabetes and to improve the lives of all people affected by diabetes.*** There is no minimum to participate, but we do have the expectation that each participant will raise and/or donate money.

WEATHER

We walk and run rain or shine! Please keep updated with the weather forecast and dress accordingly.

PARKING

There are parking garages and street parking available around the Philadelphia Museum of Art for a fee. We encourage teams and families carpool to the event. Champions will receive their parking pass next week before the event.

SOCIAL MEDIA/PHOTOS

Event updates and day of event photos will be posted across a few pages. Make sure to like our [Facebook](#), [Twitter](#), and [Instagram](#) to see all event photos and Association happenings in the area. Also feel free to tag us in any photos from your experiences at Step Out!

CHECK-IN/REGISTRATION

Check-in will open at 7:00 a.m. We ask that every participant stop by our check-in area EVEN IF you registered in advance. We need every person to check in with us before the walk.

If you can't make the walk, please mail your donations to:

American Diabetes Association
ATTN: Philadelphia Step Out
150 Monument Road, Suite 100
Bala Cynwyd, PA 19004

Make sure to include who the donation should be credited to.

T-SHIRTS

All participants who individually raise \$100 or more for Step Out will receive a t-shirt at the event. If you are eligible for a t-shirt, you will be given one at check-in. Check and see what else you have earned through our [recognition program](#).

RED STRIDERS

If you are a registered Red Strider (a participant walking with diabetes) then you are the reason why we walk and we have some extra goodies for you! Stop by our Red Strider tent to pick up your goodie bag!

SCHEDULE

7:00 a.m. - Check-in begins
7:45 a.m. - Yoga on the steps
8:30 a.m. - Timed 5k Run begins
8:45 a.m. - Yoga on the steps
9:15 a.m. - Group photo on the steps
9:30 a.m. - Walk opening ceremony
9:45 a.m. - Walk begins

WALK

As soon as our program concludes the walk will begin. The walk is approximately 1.5 miles down and back along the Schuylkill River. It takes the average walker about an hour to complete the walk. There will be volunteers along the route with directional signs to keep you on track. There will be a rest stop at the turn-around point where you will be able to grab some water, if needed, before turning back towards the Art Museum.

FOOD

Make sure to check out the Step Out Cafe for food and drink. There will be a light breakfast from Nutrisystem, fruit from Riverwards, snacks from GoGo Squeeze, and goodies from Giant Supermarkets and Walgreens. La Colombe will be providing hot coffee and draft lattes, and water is donated

by Walgreens.

ACCESSIBILITY

The walk site and route are stroller and wheelchair accessible.

DOGS

Dogs are welcome at the walk, though we ask that owners keep their dogs on leashes at all times and pick up after them.

ACTIVITIES

The Step Out Walk is a family friendly event complete with a Kid's Zone, Health & Wellness Vendors, 5K Walk/Run, pre-event yoga and warm-ups, and much more!

EMERGENCIES

While we rarely have problems on walk day, we will have an EMT on-site in case of any medical emergencies. If you run into trouble along the walk route, please inform one of our volunteers and they will call back to the walk-site for assistance. Please make sure to bring any medication and/or medical equipment you may need as a precaution.

Let us know if you have any additional questions! We can't wait to see you!

Your Philadelphia Step Out Team

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