

STEP OUT | WALK TO STOP DIABETES®

 American Diabetes Association.

Friendly Reminders for Step Out: Walk to Stop Diabetes at Minute Maid Park (Downtown Houston Location):

Pre-Event Packet Pick Up Dates

November 15 & 17—11:30am-1pm at [Home Plate Grill](#)

November 18-19—9am-7pm at the [ADA Houston Office](#)

At packet pick up, you will receive:

- ✓ A numbered event bib
- ✓ A giveaway bag with free goodies
- ✓ A 2014 Step Out T-Shirt

(only those who have raised \$100+)

You may also turn in any offline money raised at this time

• Location & Parking

- Address to Minute Maid Park: 501 Crawford Street, Houston, Texas 77007
 - Health & Fitness Festival takes place on **Texas Avenue**, between Crawford & Hamilton.
 - FREE parking is available in Minute Maid Parking Lot A and marked surrounding lots. Please see below for parking map. We will have volunteers and signage on the day of the event to direct all participants!



• Day of Walk Timeline

- 7:30AM – Check-in Opens
 - You only need to check in on the day of the event if you did not attend pre-event packet pick up (see above), have *not* yet registered, are turning in money and/or have team members that have not registered.
 - If you do not need to do any of the above, you and your teammates do NOT need to check-in

- All walkers/runners with a bib are good to go!
- 8:30AM – Opening Ceremonies and warm up begin
 - Zumba, Red Strider Youth Ambassador Speaker, and Houston Texans Duane Brown to help kick off the walk and run!
- 9:00AM –5K Run
- 9:05AM – 3K Walk
- Visit vendor booths, free health screenings, face painting, kids activities, listen to some music, dance, enjoy My Fit Foods for a post-workout snack, and enjoy the festivities!!!
- 10:00AM – Closing Ceremonies
 - Recognition of all VIP Teams, Champions, & sponsors
 - Winners announced for T-shirt contest & spirit awards (see [October Newsletter](#) for categories)

Other important specifics...

- **Red Striders – Why we walk!**
 - VIP/Priority Check-In
 - Visit the Red Strider Clubhouse located across from the stage.
 - We will have the red carpet rolled out for our Red Striders!
 - Sign the “Why We Walk” board
 - Pick up your Red Strider hat
 - Fun activities for all ages
 - Exclusive vendors and goodies just for Red Striders!
 - You will also be invited to our special Red Strider celebration dinner in March!
- **T-Shirt Design Contest**
 - Bring an extra t-shirt designed for your team and turn it in at the volunteer booth by 9AM. Volunteers will narrow down the top 3 designs. We will announce top 3 contestants and have one team member come to the stage during closing ceremonies at 10AM at Step Out to “model” their designs and 3 Red Striders will decide on the winning t-shirt. Most importantly, have fun with it!!!
- **VIP Teams (teams that raise \$1,700+)**
 - Raise \$1,700 by **November 12th** to receive DOE recognition and a table within the VIP Tent
 - VIP Tent: Located on Texas Avenue between Jackson & Avenidas De Las Americas
 - VIP Team Members will receive a wristband at VIP check-in tent
 - Each team will have tables and chairs, as well as a light lunch provided by ADA
 - Free massages available
 - Feel free to bring your own snacks, drinks, and decorations – make this your team meeting place and make it FUN!! Celebrate your Step Out success!!
 - You will also be invited to our VIP Appreciation Dinner in January 2014
 - DOE priority check- in!
 - If you need to pick up t-shirts, turn in money and/or register any additional team members, skip the lines and go to VIP Check-In!
- **Team Photo Area**
 - Located under the Home Plate Awning
 - Photographers will be present all day taking team photos that will be printed on site

- Coordinate with your team prior to meet under the awning to get a souvenir photo!
- **Fundraising Levels!**
 - \$100 = Official Step Out Short-Sleeved T-shirt
 - \$200 = Eligible to redeem a "Thank You" Gift
 - \$500 = Red Strider Long-Sleeved Shirt (Red Striders Only)
 - \$1,000 = Champion to Stop Diabetes Long-Sleeved T-shirt
 - Champion recognition on day of event
 - VIP/Priority Check-In
 - Special champions bib
 - Invitation to the VIP Appreciation Dinner in January 2015
 - Champion to Stop Diabetes medal awarded at VIP Appreciation Dinner
 - \$1,700 = VIP Team
 - VIP Team recognition on day of event
 - VIP/Priority Check-In
 - Invitation to the VIP Appreciation Dinner in January 2015
 - Awards for top teams will be given to teams at the VIP Appreciation Dinner
 - Visit our [incentive prize page](#) for more weekly giveaways!
- **Need fundraising help?**
 - *Self-Donate!* Show your commitment to your team by taking the first step and donating to your own team!
 - *Send an email!* Send an email to your address book asking for \$5 to help reach your goal! On average, participants who send 10 emails, raise \$230 – wow!
 - *Update your page!* Make it personal and tell your story – those who do raise \$175 more!
 - Visit our [fundraising page](#) for more tips and resources!
- **Frequently Asked Questions**
 - Still looking for more answers visit our [FAQ Page](#) for more! Or, contact your ADA Staff Partner, Danielle Soria-Orozco at dsoriaorozco@diabetes.org or 713-977-7706 x 6012.