

# STEP | WALK OUT | TO STOP DIABETES

# The Club at Prescott Lakes OCTOBER HIKE

Join the Club at Prescott Lakes Team on **Saturday, October 18<sup>th</sup>** (**check in at 7:30am – walk begins at 9am**) to walk/hike/run, to stop Diabetes. Your Athletic Director, Marie has signed up as team captain. You can choose to walk/hike/run 0.7, 1.3 , or 4 miles over tribal land. If you prefer you can also register for the 5K fun run. Start and Finish at the Gathering Center of the Yavapai Prescott Indian Reservation, 530 E. Merritt St. Prescott. Breakfast, goody bags, and more will be provided. All routes are child and stroller friendly. You are *not required* to donate in order to walk with the team.

**Registration is easy!** Go to [www.diabetes.org/stepoutprescott](http://www.diabetes.org/stepoutprescott). Once there click on 'Join A Team', then click on 'register', type in *The Club at Prescott Lakes*, click 'Join Team', click 'Step Out Walker', then indicate donation amount or not at all, final step is 'register'. At this point you will be asked to **input your contact information**. I have some brochures at my desk with details. If you have any problems or questions please *contact Marie at 928\_443\_3505* .

For more information feel free to take a brochure or visit [www.diabetes.org/stepoutprescott](http://www.diabetes.org/stepoutprescott).

