



REGISTER. FUNDRAISE. STOP DIABETES.

The D6 4-H Council officer team would like to invite everyone in the D6 4-H Youth Development Program, youth and adults, to participate in this year's **D6 ONE DAY 4-H EVENT** benefiting the American Diabetes Association (ADA). You can do so by registering as a member of the **D6 4-H SUPERHEROES** team, raising funds, and participating in the annual Step Out: Walk to Stop Diabetes event taking place on the Midland College campus the morning of Saturday, October 3rd. To-date there are 31 teams representing Far West Texas, and our team is #1 in fundraising under the Club/Organization Team category with \$625 raised. What a start, but just think of the impact we can make with 23 counties participating? Plus, our participation as a team serves as a district-wide 4-H promotion to the community. How cool is that?!!!

Step Out: Walk to Stop Diabetes is the ADA's signature fundraising and awareness walk. The event has been taking place for more than 20 years and has raised over \$200,000,000 to Stop Diabetes! This year is the 75th Anniversary of ADA, but what is most exciting is that the majority of the funds raised in West Texas, stays in West Texas to help improve the lives of people with diabetes through research, advocacy and education.

To register, go to, <http://stepout.diabetes.org/> and click on the "Register" button and complete your online registration form to join the **D6 4-H SUPERHEROES team.** As the D6 4-H Specialist, Charlene Belew is serving in the capacity of team captain. There are three participant types: **Red Strider** (participant with diabetes); **Step Out Walker** (participate on-site the day of the event); and a **Virtual Walker** (cannot attend the day of the event, but pledges to be a virtual team member by raising funds for the effort). *If you are unavailable to register online, you may choose the alternative method of completing the paper form (attached) and turning in at on-site registration, along with any donations received.*

There is no fee to register to be a team member, but you have the option to choose to make an online donation, and/or bring a check(s) to turn in on-site the morning of the event. All checks should be made payable to ADA. **Fundraising can be done on an individual basis, or counties/clubs may choose to do a group fundraiser; both are acceptable.** Two supporting documents are attached. One is a donor receipt to provide to anybody that financially sponsors you, and the second is a deposit slip to complete and turn in with check donations so it can be credited towards the team.

Registration will begin at 8 a.m. in front of the Allison Fine Arts Building at Midland College, with the 5K walk/run (3.1 miles) at 9:00 a.m. The address to Midland College is, 3600 N Garfield, and a campus map is attached. In addition to the walk, there will be educational booths, entertainment and refreshments. Travel to and from the event is the responsibility of the participant.

A team t-shirt order form is attached. It is this year's D6 4-H t-shirt. It is not mandatory to purchase a shirt to be a team member and participate in the event, but those that do should plan on wearing them to the Step Out walk to help promote the D6 4-H Youth Development Program to the public. Otherwise, you can wear any 4-H shirt. All participants should wear comfortable, athletic wear and shoes. The mornings in October are usually cool, so you may choose to layer your clothing accordingly.

If you want to learn more about Step Out: Walk to Stop Diabetes and the ADA, more information can be accessed on diabetes.org/stepout and www.diabetes.org.

Contact Charlene Belew at the D6 Extension office with questions at 432-336-8585, or via e-mail at c-belew@tamu.edu. Use her cell phone number, 432-268-3937, for emergencies the day of the Step Out walk.