



Helping to improve the lives
of people with diabetes
through Medical Assistance,
Education and Camperships
for Diabetic Children.



Make a difference by helping
us to help those suffering
from this devastating disease.

**Create your own
Fundraising Page!**

Visit www.firstgiving.com/DFI to create a pledge page for your family and friends to support your participation.

WHAT

A 5K run/walk through Cliffside Park and Fort Lee NJ to benefit the Diabetes Foundation

WHEN

Sunday, May 17th, 2009
Check-in opens: 7:30 am
Opening ceremony: 9:45 am
Race begins: 10:00 am
Walk begins: 10:15 am
(Rain or Shine)

WHERE

Cliffside Park High School
64 Riverview Avenue
Cliffside Park, NJ

REGISTRATION

Online at:
www.raceforum.com/palisades
or www.firstgiving.com/DFI
or send in the attached application

ENTRY FEE

5K Run/Walk: \$20
\$25 day of the event
(USATF members \$18)

LENGTH

5 Kilometers (3.1 Miles)
through the towns of Cliffside Park
and Fort Lee
USATF Certified Course— Flat & Fast

AWARDS

Top overall M/F 5K participants
Age group awards
All participants receive a T-shirt!

*Refreshments and awards after the race in
the Cliffside Park High School cafeteria.*

Diabetes Foundation, Inc.

13 Sunflower Avenue
Paramus, NJ 07652
Phone: 201-444-0337
Fax: 201-444-5580
diabetes.foundation@verizon.net
www.diabetesinnj.org

Run the Palisades!

**WITH THE CLIFFSIDE PARK RAIDERS
AND FORT LEE BRIDGEMEN**



**1st Annual 5K Run/
Walk and Health Fair**

**Sunday, May 17th, 2009
Cliffside Park High School, NJ**

*All proceeds from the event
will be used for the benefit
of the Diabetes Foundation, Inc.
serving the state of New Jersey*



Currently affecting 24 million adults and children, diabetes is a chronic disease that impairs the body's ability to produce or properly use insulin, a hormone essential for life. Diabetes and its complications—which include heart disease, kidney failure, blindness and stroke—are the third leading cause of death by disease in the United States.

With the rate of diabetes in New Jersey among the highest in the nation, we are mindful of our essential role in helping everyone in the state who has been diagnosed with this chronic disease. Our current programming falls into three categories: Public Education, Medical Assistance, and Camperships for diabetic children.

PUBLIC EDUCATION

Because self-management is so critical to successfully living with diabetes, knowledge about the disease as well as problem solving and coping skills—disseminated at our public education programming—is an absolute necessity. These free seminars are taught by health care professionals who present up-to-date information about diet, nutrition, exercise, updates on health issues related to diabetes and other topics essential to living a healthier life with diabetes. Given that 80% of Type 2 diabetes can be prevented through simple lifestyle changes, our public education programming has never been more important.

MEDICAL ASSISTANCE

Now our most in-demand program, the Diabetes Foundation provides short-term medical assistance to those patients who are unable to pay for diabetes medications or supplies. Applications for medical assistance are accepted from physicians' offices, hospitals, and outpatient health centers. Upon approval, the requested medications and supplies are shipped directly to the patient. This program is critical to bridging a frightening gap between diagnoses and long-term assistance that can occur for many persons due to financial hardship.

CAMPERSHIP PROGRAM

Our Campership Program supports Camp Nejedra, a co-ed diabetes camp for children located in Stillwater, New Jersey. The camp provides an important opportunity for children to live and play among peers who share their disease, enjoy an active and safe camping experience regardless of their medical condition, and learn more about how to take care of themselves in order to lead healthy and active lives. The Diabetes Foundation is proud of our role in sending children from the tri-state area to the Camp who might otherwise not be able to afford it. In addition to scholarship aid, we support Camp Nejedra in a myriad of other ways and believe strongly in its mission.

Health Fair!

in the Cliffsides Park
High School Cafeteria

9:30 am to 1:00 pm

- Blood Pressure Checks
- Diabetes Screening
- Cholesterol screening
- Nutrition
- Diet Plans
- Exercise ideas
- And much more...

ALL WELCOME TO STOP IN



REGISTER ONLINE

www.raceforum.com/palisades or
www.firstgiving.com/DFI

or send entry below with check made payable to: Diabetes Foundation, Inc.

ENTRY FEE

5K Run/Walk: \$20 | \$25 Day of Event
(USATF members \$18)

LAST NAME

FIRST NAME

EMAIL

STREET

CITY

STATE

ZIP

PHONE

Age Group: (Check one)

- 14 & Under 30-39 60-69
 15-19 40-49 70-79
 20-29 50-59 80+

Sex: M F

T-Shirt Size: (Check one)

- S M L XL XXL

2009 USATF# _____

Waiver Release: *In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive and release any claims I may have against the Diabetes Foundation Inc., the Borough of Cliffsides Park and the Borough of Fort Lee for injury or damage which may occur due to my participation in this race.*

Signature _____

Mail To: 13 Sunflower Avenue, Paramus, NJ 07652