



2023 Step Out: LA County

Step Out 5K Walk
Saturday, September 30, 2023 | 9am
(Registration opens at 7:30 am)

Rainbow Lagoon
400 East Shoreline Drive
Long Beach, CA 90802

Step Out: Southern California is more than a 5K one-day event; it's a day full of fun and excitement as we celebrate people living with diabetes and fundraise in support of the mission of the American Diabetes Association. 2023 will mark 32 years of being connected and walking for a cure! Funds raised will support lifesaving research happening in Los Angeles County, education, advocacy, and support for the over **130+ million Americans living with diabetes or pre-diabetes** and their loved ones.



Register:

Step 1: Scan the QR code above with your smartphone to sign up for Team LA County or go to: www.diabetes.org/StepOutSoCal

Step 2: Click the "Register" link.

Step 3: Follow the easy steps to complete your registration. **Living with Diabetes?** Don't forget to sign up as a **Living Red Participant** for special day of event incentives!

Step 4: Start using the **Fundraising Tools** online or through the enhanced **Step Out App**, to post to socialmedia, recruit your friends, family, and coworkers to walk/run/ride, and **HAVE FUN!**

Check out the 2023 Step Out Recognition Gear!

Gifts starting at the \$250 level are not cumulative.

- \$100 (\$30 youth) - All Participants who raise \$100+ will receive the 2023 Step Out T-shirt and Red Striders will receive the 2023 Red Strider T-Shirt.
- \$250 - Participants will receive the Step Out Lunch Cooler.
- \$500 - Participants will receive the Step Out Sherpa Blanket.
- \$1,000 - Participants will receive the Champion Quarter Zip Fleece Pullover.
- \$2,500 - Participants will receive Champion H2O 1.5L Hydration Pack.
- \$5,000 - Participants will receive the Champion Herschel Duffel Bag.



Questions? Call (703) 253-4827 or email Graham Allebaugh gallebaugh@diabetes.org