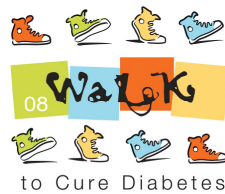


# 2008 VA WALK TO CURE DIABETES IMPORTANT WALK DAY INFORMATION



## **When**

Sunday, June 1, 2008

## **RAIN OR SHINE!**

## **Time**

Registration begins at 8:30am,  
5K Walk begins at 10:00am

## **NEW Location**

The National Conference Center (former Xerox training center)  
18980 Upper Belmont Place  
Lansdowne, VA 20176

<http://www.conferencecenter.com/directions.cfm>

## **Parking**

Parking will be available at the National Conference Center for Walkers.  
A closer handicap parking area will be available. There is a path that will lead from Lot A to the Walk area. Please note this path does have 4 sets of 5 stairs.  
A shuttle will be provided for those who need assistance to the Walk area. If you plan on using the shuttle, please park in Lot B. If you have a stroller, you must close the stroller before loading it onto the shuttle.

## **Walk Route**

The Walk is approximately a 5K (3.1 miles) and will trace the National Conference Center.  
A "Family turn around" spot is available at the halfway point of the route for families with small children or walkers who cannot complete the entire 5K.

## **Suggested Items to Bring**

Walk Donations! - Drop off your donations at the Registration booth!  
Walking shoes, layers, comfortable clothing  
Camera, An extra T-Shirt to enter into our T-Shirt Contest  
Water bottles  
Sun screen

### **Signing Autographs – Washington Redskins DT – Kedric Golston**

Please bring any special Washington Redskins gear that you would like Kedric to sign. We will also provide JDRF Walk Brochures for those that do not have something special to sign

### **Food & Snacks**

There will be **free food** before and after the walk!  
Please join us early for breakfast and stay after the walk for lunch.  
Thank you to our wonderful food and beverage donors!

While some food and snacks are provided, please bring any necessary items for your loved ones with diabetes.

### **Pets**

All walkers are welcome to bring pets to the Walk to Cure Diabetes.  
Please be polite and make sure that you clean up for your pet as we will not have pet cleaning facilities

### **Registration**

All walkers who have not registered should report to the Registration booth upon arrival  
Registration opens at 8:30 am. Any Walk donations must be dropped off at this booth.

**Teams of walkers who have already registered online before Walk day do NOT need to bring the whole team to the registration table. The team captain is allowed (and encouraged) to register the whole team on Walk day to cut down on congestion. They can do so at the Express Check-in table.**

Walkers who raise \$100 or more will receive a JDRF Walk t-shirt ticket from registration. Your t-shirts will be available for pick up at the t-shirt booth.

### **Entertainment**

Kedric Golston, defensive tackle for the Washington Redskins, will be making a special appearance.

There will be a magician with shows at 8:45am and 11:00am!

3 Moon Bounces donated by Loudoun Fun Bounce

including the 40 ft. long Adrenaline Rush!(Please bring socks)

Face-painting & temporary tattoos

Sign Making

Clowns

Cheer Dynasty cheerleaders will perform routines

