



# Move for Diabetes

## A Virtual Event

Walk, Run or Ride

Ask your friends, family & coworkers to support you while you move for diabetes.

Your goal is 1,009 miles before January 31, 2025.

Why 1,009? That's the distance between our California Amaranth Courts.

### When?

October 1, 2024-January 31, 2025

### Why?

To raise funds for diabetes research

### How does it work?

Participants will solicit donations from sponsors. Donations may be one-time, or a pledge for the miles "moved".

Sponsors will make donations through this secure online link <https://donors.diabetes.org/page/Amaranth> or QR code below with "Move California" in the *Dedicate this donation* box.

Keep track of your activity using a log sheet or any fitness app on your phone, tablet or computer.

Turn in your move log sheet to our coordinator by February 15, 2025.

Final move report will be given at Grand Court in February 2025.

100% of the proceeds will benefit the Amaranth Diabetes Foundation for diabetes research.

For more information contact Will Wollard (310) 527-1293 [woolard13@gmail.com](mailto:woolard13@gmail.com)

