



Dear Lions and Friends,

In the words of Helen Keller, “Alone we can do so little; together we can do so much.” With that in mind, the Suffolk County Lions Diabetes Education Foundation is holding its 1st Virtual Strides 5K Run to raise funds for Diabetes education and awareness. During the pandemic, we feel this is the safest way to hold this annual event.

When diagnosed with diabetes, someone hears the words “You have diabetes” every 23 seconds and their life is changed forever. Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2 and gestational diabetes. More than 100 million Americans are living with diabetes (30.3 million) or prediabetes (84.1 million).

Come join us for the Virtual Strides Run for Diabetes Awareness as an individual or recruit your family, friends, co-workers and club members. Everyone is welcome to join this event with a minimum donation of \$25 per person (\$10 per child 12 and under). Thank you in advance for your support.

If you have any questions, feel free to contact Lion Lorri E Rieger at SuffolkLionsDiabetesFoundation@gmail.com.

Steps to join the 5K run:

1. Go to our website: <https://e-district.org/sites/scldef/>
2. Go to Strides 5K Run page
3. Click on the appropriate Donate button and follow the directions from there
4. Virtual Run will be held the week of October 18 - 24, 2020
5. You have the option of running all in one day or break it up over that particular week.
6. A certificate of completion will be sent to you upon receipt of a picture verifying your run.
7. During the pandemic, please social distance during your run.

Sincerely YIL,
Lorri E. Rieger
Chair of SCLDEF