

Know Before You Go

Directions: If using a GPS, put in Marine Parade Grounds, 4747 S. Broad St., Philadelphia PA 19112.

Parking is available on the street or in the Crescent Lot between Intrepid Ave and S. 13th Street.

Step Out Walk is Rain or Shine – please dress accordingly and keep in mind it will be cooler in the early morning. If the event should be postponed or canceled due to severe weather, you will be notified within 24 hours of the event.

The Route: The 5K route will be well-marked and security will be along the route to assist you in the event of an emergency. Your bib will list an emergency contact number should you need to request assistance. A first aid tent and ambulance will also be on site.

Champions and Red Striders: Champions and Red Striders will receive their shirts in the Champion tent along with other special recognitions.

Team Village: Teams who raise more than \$2,000 can gather in our team village. Special recognitions and food will be available in our team village.

The Health and Wellness Village: The Health and Wellness Village will host over a dozen vendors with resources and giveaways including flu shots and blood pressure screenings. The Health and Wellness Village and other activities including our expanded KidZone will be open from 8AM – 12PM.

Get Social: Visit our Selfie Station for photos with **Heavy Weight Champ “Terrible” Tim Witherspoon.** Post these photos and your team photos using the hashtag #StepOutPhilly.

Please like and follow us on Facebook for updates and more information: [Click Here](#)



Schedule

Registration 7:30 – 8:30AM

Program: 9:00AM, *featuring Leah Uko from NBC 10*

Walk Start: 9:30AM

As always, please feel free to reach out to adaeastpa@diabetes.org with any questions!