



JDRF ONE WALK 101

This Fall's JDRF One Walk will be our first nationwide endeavor and our largest goal yet. Instead of holding in-person walks on separate weekends across the country, we will walk together from wherever we are to form the biggest JDRF One Walk this community has ever seen! We're committing to walk 1.6 million miles and raise \$50 million to recognize JDRF's 50 years of progress and impact.

Join us in walking the distance for a community we will always go the distance for at walk.jdrf.org.

WHY JOIN JDRF ONE WALK?



Celebrate Your Loved Ones. Join a community that is dedicated to uniting to support the millions of people living with T1D. Whether you have a direct connection to the disease or not, everyone is invited to make a difference as we celebrate our loved ones with T1D!



Contribute to a Cure. If you want to help put an end to T1D, this is your opportunity. By joining JDRF One Walk you'll support breakthroughs that get us closer to cures — and provide hope to the millions affected by this disease.



Help Change Lives. Each year 40,000 people in the U.S. are diagnosed with T1D. And, less than one third of those with T1D are achieving target blood glucose levels—putting them at risk for complications. Let's bring that number to zero.



Boost Health and Wellness. Families and companies have the opportunity to support their healthy living goals and initiatives while making a difference for those living with type 1 diabetes with the new Strava integration.

MILES TOWARDS MISSION

This year, join fellow walkers across the country to collectively walk 1.6 million miles in support of the 1.6 million Americans living with T1D. The JDRF One Walk is bringing our community together like never before. Lace up your sneakers and walk your way! Whether it's indoors on a treadmill, outdoors in your neighborhood, with friends or on your own. We are excited to see your creativity! You can even count your everyday steps by adding them manually to your participant center, or by using our new fitness integration app, Strava.



FINISH LINE FESTIVAL

On November 1, we will come together virtually as a global community for the One Walk event day! This event will be the largest T1D focused event ever held and will celebrate and recognize teams and individuals for their fundraising and Miles Toward Mission accomplishments. November 1 is also T1D Day and we can think of no better way to celebrate than with our entire JDRF and T1D community! Here's what you can expect:

- Experience the first-ever gaming collaboration with **Roblox**
- Meet with local and national vendors in the **Partner Pavilion**
- Post a selfie in the interactive **photo booth** and wall for our global community to see
- Celebrate with the top 50 teams and individual walkers in the **FEARLE\$\$ 50**
- Share your current or favorite team t-shirts in the **T-shirt Hall of Fame**
- Recognize everyone honored in the **Mile of Hope**

