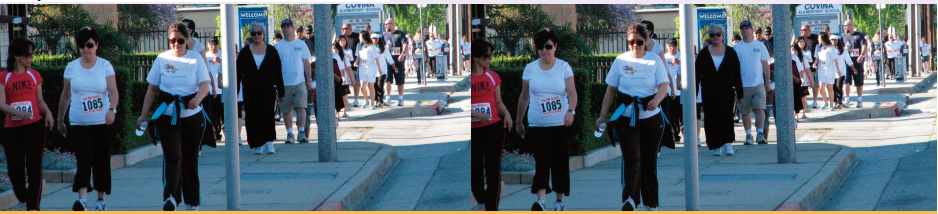


Annual 5K Walk For Monda Walking For A Cure

210 Freeway	
San Bernardino Road	
Badillo Street	Covina Park
10 Freeway	Citrus Ave
Azusa	

Saturday, May 3, 2014
Walk Begins
7:30 A.M.
Covina Park



- Almost 13% of all African Americans have diabetes.
- Nearly 10.2% of all Latinos in the U.S. have diabetes.
- By 2025 it is expected the number of Americans with diabetes will double.

DIABETES

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone secreted by the pancreas needed to convert sugar and starches into energy for daily life. In people with diabetes, the body does not produce enough insulin or the cells do not properly respond to the insulin. An estimated 17 million Americans have diabetes, or approximately five percent of the U.S. population is at risk. Tragically, the incidence of the disease in some ethnic groups is as high as 50 percent. With the rate of diabetes steadily increasing, the need for an aggressive search for better treatments and a cure is readily apparent.

TYPE 1 DIABETES

Formerly known as juvenile-onset diabetes or insulin dependent diabetes, this form is an autoimmune disease in which the body's own immune system slowly destroys the cells in the pancreas that produce insulin. The effects of uncontrolled diabetes can be tragic. Complications stem from damage to blood vessels and nerves throughout the body. As a result, diabetic eye

disease, kidney disease, vascular disease and nerve damage can occur.

SEARCH FOR A CURE

Funds raised at the fun walk will be donated to USC Community Diabetes Initiatives. The USC Community Diabetes Initiatives is dedicated to improving diabetes care by conducting Research that tests new treatments and medications. The staff conducts clinical research to evaluate effectiveness of new therapies that may benefit patients not only at USC, but also across the nation. Patients who meet the requirements of a given trial may be able to benefit from the latest treatments while contributing to the progress of medical science. The USC Community Diabetes Initiatives is part of the Department of Medicine of the Keck School of Medicine of USC. Physicians of the Community Diabetes Initiatives are among the Doctors of USC, a group comprised of more than 450 faculty physicians that not only practice medicine but also are involved on a daily basis in the latest medical advances.



Walk for Monda
5K Non-Competitive Walk
to
Raise Diabetes Awareness
and
Find a Cure for Diabetes

*Help us honor the memory of
Monda Buckley*

**All Funds Raised Will Be Donated to the
USC Community Diabetes Initiatives
to Help Find A Cure**

Covina Lions Breakfast Club
216 South Citrus Street
West Covina, CA 91791



Walk for Monda Registration Form

Waiver and Release of Liability for Walk for Monda

INFORMATION

PLEDGE FORM

First Name

Last Name

Address

City

StateZip

Phone

AgeD.O.B.

EMAIL:

All Entrants Receive A Free T-Shirt
Please Mark Size Desired

SM MED LG XL XXL

Payment Enclosed

Walk Fee

\$

25

Additional pledges to help find a cure for diabetes

\$

Total Enclosed

\$

Please Mail Entry Fee and Registration Form to:
Covina Lions Breakfast Club
216 South Citrus Street
West Covina, CA 91791
Make Checks Payable to: CLBC
For Answers Contact Tawni Patrick
(909) 525-5922

OR:
Register On Active.com

Search Covina or type
<https://enduranceui.active.com/event-reg/select-race?e=6331152>

I wish to participate in the Strides: CLBC 5K Walk for Monda (Event) to find the cure for Diabetes. I understand that my execution of this Waiver and Release is a prerequisite for participation in the Event. I further understand that there are risks and dangers inherent in participating in the Event.

I understand that in order to be allowed to participate in the event, I agree to assume all risks and to release and hold harmless Covina Lions Breakfast Club, Lions Clubs International Inc., Lions Clubs International Foundation, Inc., and their officers, agents, employees, assigns, successors in interest, contractors, vendors (and their agents), agencies, sponsors, officials and volunteers, including walk leaders, participating communities and clubs and all governmental and public entities including, but not limited to, the State, County and local municipalities where the events take place (collectively the "Released Parties").

I intend by this waiver and release to release, in advance, and to waive my rights and discharge all of the persons and entities mentioned above, from any and all claims for damages for death, personal injury or property damage which I may have, or which may hereafter accrue to me as a result of my participation in the Event, en though this liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective property or equipment owned, maintained or controlled by them or because of their possible liability without fault. I understand and agree that this Waiver and Release is binding on my heirs, assigns, and legal representatives.

I understand that I am solely responsible for my health and safety, and I acknowledge that I am physically capable of participating in and completing this Event.

I agree to allow Lions Clubs International, Lions Clubs International Foundation, and their contractors, agencies and sponsors the use of my name and likeness in connection with Strides: CLBC Walk for Monda, To Raise Diabetes Awareness, for any purpose related to advertising or promotion of the event worldwide in perpetuity in all forms of media now and forever known.

Should any portion of this Waiver and Release be judicially determined invalid, voidable or unenforceable, for any reason, such portion of this Waiver and Release shall be severable from the remaining portions herein and the invalidity, voidability, or unenforceability thereof shall not affect the validity, effect, enforceability, or interpretation of the remaining provisions of this Waiver and Release.

I have carefully ready this Waiver and Release and fully understand its contents. If I am under 18 years of age at the time of registration, my parent or legal guardian has reviewed this Waiver and Release, understands and consents to its terms, and authorizes my participation by his/her signature below. I am aware that this is a RELEASE OF LIABILITY and a contract between me and the persons and entities mentioned above and I sign of my own free will.

Signature: Date:

If Participant is Under 18:

Signature of Parent or Guardian:

Date:

Try Forming a Walking Team

Grab some friends, think up a clever name, gather pledges together, have some fun, wear uniforms, matching shirts, comic hats! Use your imagination. Set up two teams at your workplace and compete for most team members, total team pledges, first team to finish the walk.

Who is Monda and Why Did the Covina Lions Breakfast Club Start a Diabetes Walk?

Monda Buckley was the first women to join the Covina Lions Breakfast Club. She served as our first female president (there have been three more since). It was thanks to her efforts that the club raised thousands of dollars for our charities through water conservation projects and our infamous celebrity waiter luncheons. Monda was the best kind of Breakfast Lion, dedicated and irreverent. Our friend Monda died in November 2006 after years of dealing with diabetes. We can think of no better way to honor her memory than working to find a cure for diabetes. The entire club appreciates your participation.

A Word About Safety on Our Route

For your safety and the safety of all of our participants we have placed volunteers at all streetlight crossings. We ask that you obey all traffic rules and be careful crossing streets. Water stops and rest stops are provided along the route. In case of emergency please dial 911 and alert the nearest volunteer if practical.

Participant Name

Address

City State Zip

Phone Number

Sponsor

Pledge per KM or Donation

Name

Phone Number

Total \$

Name

Phone Number

Total \$

Name

Phone Number

Total \$

Name

Phone Number

Total \$

Name

Phone Number

Total \$

Name

Phone Number

Total \$

Name

Phone Number

Total \$

Name

Phone Number

Total \$

Name

Phone Number

Total \$

QR Code for Registration Information

