

# JDRF ONE WALK 2020

# I WALK FOR:

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**JDRF** IMPROVING  
LIVES.  
CURING  
TYPE 1  
DIABETES.

# 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.

**DATE**

**MILES**

**DATE**

**MILES**

**DATE**

**MILES**



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. Track your miles here and then make sure you log your miles in your participant center manually or by connecting to Strava!