

## J-P's Story

On December 23, 2004 I was diagnosed with Type 1 Diabetes, a serious disease that also affects other members of my family including my dad and my brother.

I must carefully manage my blood sugar levels through exercise, diet, and medication. I take four insulin injections each day and test my blood sugar by pricking my finger six to eight times a day.

Diabetes has become a huge part of my life, but it does not control my life. The decisions that I, and over two million Canadians with diabetes, make today will affect our health in the future. I have to know that the choices I make are paving the road for my health in the future.

With this in mind, I decided to join Team Diabetes Canada and raise awareness and funds for the Canadian Diabetes Association.

I've committed to raising at least \$6,000 and running the Dublin Marathon on October 30, 2006. All proceeds benefit the Canadian Diabetes Association's programs focusing on research, education, service and advocacy.

In September 2005, I ran the Montreal Half-Marathon in my Team Diabetes singlet and was overwhelmed by the support I received from people along the course. I have been encouraged and inspired by the stories that others have shared with me when I tell them my goal.

I can manage the training required to run the 26 miles but I'm counting on your support to help with my fundraising goal. Please take a moment to read this information and consider supporting me in this objective.

Thank you,

J-P

## How Can I Make A Difference?

### Make a Donation

- You can make a secure donation online at [diabetes.ca](http://diabetes.ca). Click on the Team Diabetes logo on the right, select "Pledge a Participant" and follow the instructions. Under Participant's Name, enter "Jean-Paul Pineau"
- You can complete the attached form and mail your donation to:

**"J-P Runs Dublin"**  
**c/o Jean-Paul Pineau**  
**311-50 Cambridge Avenue**  
**Toronto, ON M4K 2L3**  
**416-461-9199**

### Purchase and Wear a Diabetes Wristband

- We have a limited number of red wrist bands available for \$5 each. Each is printed with the Canadian Diabetes Association's tagline "Get Serious" and the [diabetes.ca](http://diabetes.ca) website



### Join Team Diabetes

- Visit [diabetes.ca](http://diabetes.ca) and get involved.

## The Canadian Diabetes Association

Through its efforts in the areas of research, education, service and advocacy, the Canadian Diabetes Association strives to achieve:

- The elimination of diabetes.
- The attainment of optimal quality of life by persons affected by diabetes.
- The realization by all people in Canada that diabetes is a major health issue.

With the support of its members, volunteers and donors, the Canadian Diabetes Association will continue its commitment to the needs of people with diabetes and their families.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_  
Postal Code \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Please find cheque or money order enclosed   
Please charge my donation to:  Visa  
 MasterCard  
 American Express  
Credit Card #: \_\_\_\_\_  
Signature: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Credit Card donations can also be made online at [diabetes.ca](http://diabetes.ca)

Please Mail to:

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Please accept my donation of \$ \_\_\_\_\_

I would like to purchase \_\_\_\_\_ bracelets x \$5 = \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

Please make cheque or money order payable to  
The Canadian Diabetes Association.

Unfortunately, tax receipts cannot be issued for bracelets.

**Thank you for your support!**