



“SICANGU OYATE DIABETES PREVENTION AND AWARENESS WALK”

Rosebud Sioux Tribe Diabetes Prevention Program

4 day walk, 2010

DAY ONE- May 4 2010

8:00-8:45am Registration at Tribal Building.
8:45-9:00am Welcome, Prayer, and Road Rules.
9:00am- Walk starts at Tribal Building heading toward St. Francis.

STOP #1. Two Strike community building parking lot
#2. Little Sioux parking lot
#3. Lunch at Old Arcoren Rd.
#4. Spring Creek old dump turnoff

End 1st Day at Spring Creek School parking lot. (Participants will be bused from Spring Creek to Tribal Building parking lot.)

DAY ONE will be a total of 17.0 miles!

DAY TWO- May 5, 2010

8:30am- Depart from RST Diabetes Prevention Building, bus to Spring Creek.
9:00am- Walk starts from Spring Creek School, turn on Grass Mountain road.

STOP #1. Valandra Bridge
#2. Grass Mountain play ground
#3. Lunch at bridge after Crow Dogs Paridise
#4. Salt Camp approach

End 2nd Day at BIA 5/HWY 1 & Junction. (Participants will be bused back to Diabetes Prevention Building.)

DAY TWO will be a total of 17.7 miles!



DAY THREE- May 6, 2010

8:30am- Depart from RST Diabetes Prevention Building to BIA 5/HWY 18.

9:00am- Walk starts from junction heading east on HWY 18.

- STOP #1. Blue Horse Flats
#2. Soldier Creek Junction
#3. Ring Thunder New Housing
#4. Lunch at Marshall Stands Turn off
#5. Approach east of Lakeview Rd
#6. Heinert's turn off

End 3rd Day at Ampride parking lot. (Participants will be bused back to Diabetes Prevention Building.)

DAY THREE will be a total of 16.7 miles!

DAY FOUR- May 7, 2010

8:30am- Depart from Diabetes Prevention Building to Ampride parking lot.

9:00am- Walk starts from Ampride heading west on Hwy 18.

- STOP #1. Leneaughs turnoff
#2. Hungers turn off
#3. Myer's trailer court
#4. RST Court parking lot

End 4th Day at RST Tribal Building Campus.

DAY FOUR will be a total of 11.7 miles!

TOTAL WALK MILES 63.1

Come and join us for a mile or two!