

Three Diabetes Journeys, One Mission: High Strides Against Diabetes Returns November 14

Community 5K and Fun Run brings together health awareness, fresh food access, and healthier futures in Fort Worth.

**4th
Annual**



High Strides Against Diabetes

PRESENTED BY



&



5K



AND

FUN RUN



NOVEMBER 14, 2026

Time: 9am - 11am

Block Party: 11am - 3pm

Opal's Farm

2501 LaSalle St.

Fort Worth, Texas 76111

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Unity Unlimited, Inc. announces the return of the 4th Annual High Strides Against Diabetes 5K & Fun Run, taking place Saturday, November 14, at Opal's Farm in Fort Worth. Founded by Dr. Opal Lee, Kimberly High, and Dione Sims, the event transforms their personal experiences with diabetes into a shared mission to promote healthier lifestyles and build healthier communities.

The event brings together families, runners, walkers, and community members to promote diabetes awareness, healthier food choices, and physical activity while supporting the work of Opal's Farm and Joppy Momma's Farm.

Each founder brings a personal perspective to the mission. Dr. Opal Lee, the nationally recognized Grandmother of Juneteenth, has lived with diabetes for decades while continuing her community service and advocacy, managing the condition with medication. Kimberly High, founder of Joppy Momma's Farm, turned her diagnosis around with healthy eating and lifestyle changes after losing several members of her family to diabetes. Dione Sims, founder and executive director of Unity Unlimited, Inc., brought her Type 2 diabetes diagnosis under control through weight loss, changes in eating habits, and a more active lifestyle. Her A1C has remained in range, and she now manages her health without diabetes medication.

Their experiences reflect a shared belief: **a diabetes diagnosis does not have to define a person's future, and access to healthier choices matters.**

High Strides Against Diabetes connects personal health journeys with a broader community need. Both farms are committed to improving access to fresh, nutritious food in underserved communities. Funds raised through the event will support efforts to establish fresh market stands at both farms, helping residents access healthy produce more consistently.

Participants can register individually or as part of a team for the 5K or Fun Run. The morning race activities will be followed by a community Block Party, bringing neighbors together for an afternoon of connection and celebration.

EVENT DETAILS

What: 4th Annual High Strides Against Diabetes 5K & Fun Run

When: Saturday, November 14, 2026

- 5K & Fun Run: 9:00 a.m.–11:00 a.m.
- Community Block Party: 11:00 a.m.–3:00 p.m.

Where: Opal's Farm - 2501 LaSalle St., Fort Worth, TX 76111

Registration: <https://raceroster.com/events/2026/140938/high-strides-against-diabetes>

Sponsorship: <https://unityunlimited.org/HSAD/>

Walkers, runners, families, and supporters of all ages are encouraged to participate. Whether taking the first step toward a healthier lifestyle, supporting a loved one, or honoring someone affected by diabetes, every stride helps advance the mission.

About Unity Unlimited, Inc.

[Unity Unlimited, Inc.](#) is a non-profit organization that helps communities overcome racial, cultural, and economic division. The programs they produce support their mission of human dignity through education, resources, and opportunities, including initiatives such as Juneteenth Strong, a month-long event series celebrating freedom that includes Opal's Walk for Freedom™

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