

Let's Have Fun!

Ready...Set...Walk! It's time to celebrate this fun filled day with family and friends and celebrate all individuals with Down syndrome! We will have activities the whole family can enjoy such as a petting zoo, moon bounces, ice cream truck, fun games, entertainment, food, speakers, and much more. Top fundraiser/teams will be announced shortly following the walk at the Band Shell.

Special Guests — For more details, go to: www.friendsoffredco.org.

Directions

From Washington, D.C. Area and South

- From Route 495 take Route 270 North
- Follow Route 270 to Frederick, where the road becomes Route 15 North
- Exit from Route 15 at Rosemont Avenue
- Cross Rosemont Avenue at end of exit ramp (at traffic light). You will be on 2nd Street.
- Continue on 2nd Street, through 4-way stop, to traffic light at College Avenue
- Band Shell is on 2nd Street

From Baltimore Area

- Take Route 70 West to Frederick
- Exit to Route 15 North
- Exit Route 15 at Rosemont Avenue
- Follow directions above from Rosemont Avenue

From Points North

- Take Route 15 South to Frederick
- Exit Route 15 at Rosemont Avenue
- At bottom of exit ramp, turn right
- Follow Rosemont Avenue (going under Route 15) to first traffic light
- Turn right at light onto Second Street
- Follow directions above from Second Street

Sponsorship Opportunities

You can help support the



2011 F.R.I.E.N.D.S. Buddy Walk

Sampling of Our Sponsors



M&T Shear Magic
Sunrise Lawn Care
Allied Marketing Group

F.R.I.E.N.D.S.
P.O. Box 641
Middletown, MD 21769

[CUSTOMER NAME]
[STREET ADDRESS]
[ADDRESS 2]
[CITY, ST ZIP CODE]



10th Annual Buddy Walk

**Saturday
September 17, 2011**



**Baker Park, Band Shell Area
Frederick, Maryland**

Register and form teams online at:
www.firstgiving.com/frederickfriends/friends-10th-annual-buddy-walk

**Get Involved!
Be Inspired!**



Calling All Buddy Walkers

Register

By August 25th in order to be guaranteed t-shirts. Let us know you want to walk! Go to www.firstgiving.com/frederickfriends/friends-10th-annual-buddy-walk to register yourself or set up your team. If you prefer not to register online, simply fill out this form and mail in no later than 8/25/11 to the following address: **F.R.I.E.N.D.S., P.O. Box 641, Middletown, MD 21769.** Make checks payable to **F.R.I.E.N.D.S.**

Raise Pledges

Use the attached Pledge Form on the right to list all sponsors and donations you collect. You may mail to the above address or bring the day of the walk and turn in to the registration table. You may also set up your own fundraising page by visiting www.firstgiving.com/frederickfriends/friends-10th-annual-buddy-walk.

Spread the Word!

Invite others to walk with you. The more the merrier!

Start Recruiting

Team Captains start recruiting walkers now to join your team. Be creative and have your team stand out. Most creative team will be announced after the walk.

Put on Your Walking Shoes

We will take a one mile fun walk with our buddies and enjoy this fun filled day with family and friends to celebrate all individuals with Down syndrome! We will have activities the whole family can enjoy!



Walk starts at 1 p.m.

Buddy Walk History

The Buddy Walk® was established in 1995 by the National Down Syndrome Society to celebrate Down Syndrome Awareness Month in October and to promote acceptance and inclusion of people with Down syndrome. Today, the Buddy Walk program is supported nationally by NDSS and organized at the local level by parent support groups, schools and other organizations and individuals.

The Buddy Walk program has grown from 17 walks nationwide to nearly 300 expected in 2011. Last year alone, 285,000 people participated in a Buddy Walk! They raised more than \$11.2 million to benefit local programs and services as well as the national advocacy initiatives that benefit all individuals with Down syndrome.

Come join us for the one mile walk at Baker Park on September 17th for a fun filled afternoon with family and friends!

About F.R.I.E.N.D.S.

F.R.I.E.N.D.S. is a Down Syndrome Advocacy Group of parents re-formed in 1999 in Frederick County, Maryland to:

Be a support and resource group for expectant parents, new parents and extended families of babies born with Down syndrome;

Provide age-appropriate activities for our children and their friends;

Advocate for community awareness and acceptance;

Have monthly meetings with professional speakers experienced in issues relative to Down syndrome;

We meet monthly at the Middletown United Methodist Church at 6:30 PM to share the joys and challenges of parenting.

Please come out and join us!



Registration Agreement

Register and form teams online at:

www.firstgiving.com/frederickfriends/friends-10th-annual-buddy-walk

or complete this form and mail by **August 25th.**

Walker's Name _____

Street Address _____

City _____ State _____ Zip _____

Daytime Phone _____

E-mail Address _____

Walking in Honor of _____

I would like to volunteer. Please contact me.

TEAM CAPTAIN: All Donations and registrations must be mailed by **August 25th.** Your T-Shirts will be available for pick up at the registration table at the Buddy Walk.

Available T-Shirt Sizes:

Youth: XS (2-4) YS (6-8) YM (10-12) YL (14-16)

Adult: M L XL 2XL 3XL

Registration Fee is \$15 per walker or \$50 for a family up to 4. Each additional family member is \$5.

A limited number of Buddy Walk shirts will be available on day of the walk and will be given to registrants on first come first served basis.

Please list all Walkers Below. If more space is needed, please attach a separated sheet.

Team Name: _____

Walker 1: _____ Size _____

Walker 2: _____ Size _____

Walker 3: _____ Size _____

Walker 4: _____ Size _____

Walker 5: _____ Size _____

Waiver: Must be signed by a parent or legal guardian if participant is under age 18 or as required by law. I hereby waive all claims against F.R.I.E.N.D.S., sponsors or any personnel for any injury or loss I might suffer by participating in, or as a result of this event. I grant full permission for organizers to use photographs of me and/or quotations from me in legitimate accounts and promotions for this event.

X _____

Send this portion of your form along with pledges to: F.R.I.E.N.D.S., P.O. Box 641, Middletown, MD 21769.

Make checks payable to F.R.I.E.N.D.S.

Pledges

Keep this form to get sponsor pledged donations and turn in the day of the walk to the Registration Table.

Walker's Name _____

Sponsor Name _____ Donation _____

_____ \$ _____

_____ \$ _____

_____ \$ _____

_____ \$ _____

_____ \$ _____

_____ \$ _____

_____ \$ _____

_____ \$ _____

_____ \$ _____

I am unable to walk but would love to donate the sum of \$ _____

If you would like to be part of our e-mail list for future F.R.I.E.N.D.S. events and information, please provide your e-mail here:

_____ @ _____

Thanks to You!

With the funds raised in 2010, we were able to award scholarships to students specializing in Special Education, arrange for educators to receive training in the area of inclusion throughout the Techniques for Success conference, provide financial aid to individuals with Down Syndrome in times of need, support the Special Olympics of Maryland and the Challenger Little League, organize social events, and provide informational packages to new parents.



F.R.I.E.N.D.S.