



What is the Buddy Walk?

The Buddy Walk was established by the National Down Syndrome Society in 1995 to celebrate Down syndrome Awareness Month in October. It is a walk that anyone can participate in without special training.

The Buddy Walk has three primary goals: to promote acceptance and inclusion of people with Down syndrome; to raise funds locally and nationally for education, research and advocacy programs; and to enhance the position of the Down syndrome community, enabling us to positively influence local and national policy and practice.



What is NDSS?

The National Down Syndrome Society envisions a world in which all people with Down syndrome have the opportunity to realize their life aspirations.

NDSS is committed to being the national leader in supporting and enhancing the quality of life, and realizing the potential of all people with Down syndrome.

Down syndrome is a chromosomal abnormality affecting more than 350,000 individuals in the United States. People with Down syndrome possess a wide degree of abilities and are active participants in the social, educational, occupational and recreational activities in the community.



What is Broward Gold Coast Down Syndrome Organization?

Broward Gold Coast Down Syndrome Organization is a non-profit parent support group working to enhance the lives of individuals with Down syndrome. Gold Coast offers a variety of services in many areas, such as... newsletters, meetings, guest speakers, workshops, social events, advocacy, new parent visits, playgroups, teen youth group and more.



ONLINE

Download the Buddy Walk / 5K brochure & pledge forms at www.bgcdownsyrndrome.org

Make a general donation at www.firstgiving.com/bgcds

Help us make a difference.

Register for the Buddy Walk / 5K Run today!
Broward Gold Coast Down Syndrome Org.
10250 NW 53rd Street, Sunrise, FL 33351
954-577-4122 • www.bgcdownsyrndrome.org

Special Thanks:



NINO'S WHOLESALE, Inc.
Italian Foods Distributor



Global Maritime Transportation Services, Inc.



Photography by Chris Cutro

Please note if you are registering a family or multiple individuals for the BGCDs Buddy Walk or 5K Run that all participants are agreeing to the following waiver.

**Waiver of liability. In consideration of me and/or my minor child being permitted to participate in the Buddy Walk, I hereby-for myself, my heirs, and personal representatives-assume any and all risks that might be associated with the event. I further waive, a release, discharge and covenant not to sue the Broward Gold Coast Organization (a.k.a. BGCDsO), its officers, employees, sponsors, organizers, volunteers, or other representatives or their successors and assigns, for any and all injuries or damages of any kind whatsoever suffered by myself and/or my minor child as a result of taking part of the events and any related activities. I also authorize the use by BGCDsO and NDSS of any photo, film, or videotape taken of me and/or my child at the event for any purpose.*



15th Anniversary



2010

BuddyWalk & 5K Run

Sunday, Oct. 24th, 2010

5K Starts 7am, Buddy Walk Starts 9:00am
N. Beach Park • 3501 N. Ocean Dr. • Hollywood, FL



Broward Gold Coast Down Syndrome Organization

954.577.4122

www.bgcdownsyrndrome.org

Register for Buddy Walk, www.firstgiving.com/bgcds
Register for 5K Run, www.accuchiptiming.com



Buddy Walk

- ◆ Register online at www.firstgiving.com/bgcds by **Oct. 19, 2010**.
- ◆ Check in begins at 7:45 am.
- ◆ Participants receive a Buddy Walk t-shirt.
- ◆ Pre-registration is \$20.00 per person, must be mailed by October 15, 2010.
- ◆ Day of walk \$25.00 per person.
- ◆ Individuals with Down syndrome and Children under 6 with walk FREE.
- ◆ At 9 am the walk begins at North Beach Park and travels along the Beach front boardwalk.
- ◆ The walk is led by individuals with Down syndrome and their buddies. *We walk rain or shine!*

5K Run *NEW this Year!*

- ◆ Register online at www.accuchiptiming.com by **Oct. 23, 2010 until 3pm**.
- ◆ Check in begins at 6 am.
- ◆ Race starts promptly at 7am.
- ◆ Participants receive a Buddy Walk t-shirt.
- ◆ Pre-Registration is \$25.00 per person, must be mailed by Oct. 15, 2010.
- ◆ Day of race \$30 per person.
- ◆ In-Store Registration Oct. 8 - Oct. 21, 2010.
Runner's Depot, 2233 S. University Dr., FL
 M-F, 10am-7pm, Sat. 10am-6pm, Sun. 12pm-4pm.
Runner's Depot, 1489-1E SE 17th St. Cswy, Ft. Laud., FL
 M-F, 10am-7pm, Sat. 10am-6pm, Sun. 12pm-4pm.
- ◆ Registered 5K Runners can also participate in the Buddy Walk for FREE.
- ◆ Awards will be given shortly after race.

Fun in the Park

The day kicks off with a light breakfast, then after the walk stay for a picnic lunch and entertainment and more. Pets are not allowed in the park.

Raising Money

- ◆ Ask friends, family, neighbors, co-workers to sponsor you.
- ◆ Raise funds online at www.firstgiving.com/bgcds. Follow the directions to create your own page. It's secure, easy and a very effective way to reach out to family and friends everywhere.
- ◆ Mail pledges/donations to the office and make checks payable to Broward Gold Coast Down Syndrome Organization (BGCD SO), *write Buddy Walk/5K Run & name of walker on the memo line*.
- ◆ Downloadable pledge sheets and brochures available at www.bgcdsyndrome.org.

Start a Team

Teams consist of 10 or more individuals who collectively raise pledges in the name of their team or "buddy." To be eligible for prizes, teams must register by Oct. 10, 2010 and pledges must be turned in by Oct. 20, 2010. *For more information, contact Christina Schulz Team Organizer at 954-577-4122 or schu3262@aol.com.*



Teams Get Creative!

Create a team banner or sign in support of your loved one with Down syndrome. Ribbons will be awarded to teams. Must be a registered team with schu3262@aol.com.

All contributions are tax deductible as allowed by law. All registrations are non-refundable.

Registration

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

DAYTIME PHONE _____

EMAIL _____

WALKER #1 _____

WALKER #2 _____

WALKER #3 _____

WALKER #4 _____

Buddy Walk Registration *Must be mailed by Oct. 15, 2010*

- Individual/Team Member - \$20 (*Day of walk \$25 per person*)
- Family Pack of 4 - \$65, Family Pack of 6 - \$75
- individuals with Down syndrome & children under 6 walk FREE

5K Run Registration *Must be mailed by Oct. 15, 2010*

- 5K Runners - \$25 per person (*Day of Race \$30 per person*)
- Student Runners (*ages 9 - 18*) - \$15 per person
- Age on Race Day _____

Corporate Sponsors (*Silver and up...name on T-shirt*)

Corporate Sponsors must be received by Sept. 15, 2010.

- Bronze \$250 Silver \$500 Gold \$1000 Platinum \$2500+
- I cannot participate in the walk, but I have enclosed a donation.
- I will be walking as part of a team _____
- I enclose pledges totaling \$ _____

DATE _____ SIGNATURE _____

This registration is not valid unless signed and you are agreeing to the waiver on back.*