



Manitoba Down Syndrome Society 3rd Annual Buddy Walk Sunday, September 26, 2010

Canadian Mennonite University, North Campus, 500 Shaftesbury Blvd.
Registration, Picnic & Entertainment 12noon-2:00pm | Walk at 2:00pm



The Buddy Walk is a fun filled afternoon for the whole family that helps raise awareness of people with Down syndrome. No matter what your age, all you have to do is put on your walking shoes and have some fun! By participating in the 3rd Annual 3km paved walk (shorter walk available), you are giving people with Down syndrome in Manitoba a chance for a brighter tomorrow. Won't you help make a difference?

Registration:

- Pre-register by emailing mdssevents@gmail.com or contact the office. Give us your name, who you're walking for, the number of adults and the number & ages of all participating children
- There is no registration fee charged to participate in the Buddy Walk. We do, however, ask that you consider collecting pledges or make a donation.

Pre-Walk Activities (12 noon – 2:00pm):

- Registration open – sign in, hand in pledges, receive door prize ticket
- Consider bringing a picnic lunch to enjoy with your family (optional)
- A vendor will be onsite, providing the option to purchase a hot lunch
- VanHoutte's special events van will be onsite with complimentary coffee
- Family entertainment including: magic show, musical entertainer, mascots, face painting, inflatable maze (watch the website for details)

Walk Activities (2:00):

- Warm-up exercises
- Walk begins immediately after warm-up (strollers, wagons, etc. welcome)
- Motivational stations along 3km route and a few on the shorter route
- Cake and beverages available after the walk; prizes awarded

Pledges:

- Line up your pledges and collect your pledge money before the Walk
- Make any cheques payable to: Manitoba Down Syndrome Society
- Tax receipts issued for pledges of \$20.00 or more (unless specifically requested)
- Consider writing & handing in one cheque to cover all cash you receive
- Total the "Total Pledged" column and bring the sponsor sheet, along with your pledge money, with you to the Registration Table at the Walk

Challenges:

- "Most buddies" challenge – bring as many buddies as you can
 - Creative challenge – find a creative way to identify your group of buddies
 - Prizes – most buddies (top 3) & team pledge collectors (top 3); door prizes
- Be sure to stop by the picture station & take a group picture of your buddies!

Please call: (204)992-2731, email us at mdssevents@gmail.com, or visit our website at www.manitobadownsyndromesociety.com for pledge sheets or for more information.

Where does my money go?

Most of the money raised remains with the Manitoba Down Syndrome Society and supports our annual education conference, public awareness campaigns, resources, social activities and much more. A portion of the funds support the Canadian Down Syndrome Society and their efforts for advocacy for people with Down syndrome across Canada.

