



4th FDSWF 3.21 Fun Run & BUDDYWALK®

national down syndrome society®

EDUCATE | ADVOCATE | CELEBRATE

SHOW YOUR DOWN SYNDROME PRIDE! HELP SUPPORT FDSWF AND THE NDSS.

Saturday
10-26-2019
Raymond
James Stadium

3.21 FUN RUN

Sometimes you have to run before you walk!

3.21 FUN RUN 8AM to 10AM

EARLY REGISTRATION FEE \$35

AFTER 10/17 REGISTRATION FEE \$40

7AM EVENT DAY REGISTRATION \$50

VIRTUAL RUN - Show your support online! \$25

Registration includes a free Buddy Walk t-shirt, finisher medals, overall and age division awards, free photos, Down syndrome wristband and admission to all the Buddy Walk activities.

T-SHIRTS ARE NOT GUARANTEED AFTER 10/2/19 AND SIZES ARE IN LIMITED QUANTITIES. REGISTER EARLY!



THE 3.21 FUN RUN – A timed 3.21K race around Raymond James Stadium with age division awards. For more information call Brenda Wando, 3.21 Fun Run Coordinator at (813)750-3949 or brenda@friendssupport.org.

THE BUDDY WALK - Support your favorite Buddy by organizing a Buddy Walk Team at your workplace, school, or community. The Top Five Buddy Run/Walk Teams will be awarded our FDSWF Appreciation plaque, their own private tent with a Buddy Butler and a cooler full of goodies. All individuals with special needs will be awarded a Buddy Walk medal. The top three will then lead off the walk! Julie Hirsch Photography will be taking your free team pictures by the pirate ship! For more information call (813)245-2782 or email info@friendssupport.org.

THE BUDDY WALK

Show your Down syndrome Pride!

THE BUDDY WALK 10AM-3PM

REGISTRATION FEE \$20

EVENT DAY REGISTRATION \$30

Children 12yrs and under and all special needs individuals are free. You must register them to receive the free t-shirt, Buddy Walk medal and Down syndrome wristband.

Registration includes a free Buddy Walk t-shirt, Down syndrome wristband, team photos and admission to the day's activities.

BECOME A SPONSOR - Sponsors let our families know you support them. All corporate sponsors receive recognition on our Buddy Run/Walk t-shirts, media, event flyers and brochures, website, Facebook page, Instagram & Twitter. For more information call Jamie Santillo, Marketing Director (239) 297-6991 or jamie@friendssupport.org.

VENDORS/EXHIBITORS/CRAFTERS WANTED!

Sign up today! Meet more than 4,000 guests who are anticipated to attend this fun to raise awareness, advocate, and celebrate individuals with Down Syndrome. For more information call Sue Warady-Keene, Vendor Coordinator at (630)914-4114 or sue@friendssupport.org.

WE LOVE OUR VOLUNTEERS! Help promote the acceptance of people with Down syndrome by volunteering at the 3.21 Fun Run & Buddy Walk. Volunteers receive a free Volunteer Buddy Walk t-shirt and Down syndrome awareness wristband! For more information call Sylvia Bosma, Volunteer Coordinator (615)260-0379 or sylvia@friendssupport.org.

EVENT HIGHLIGHTS – Our new *Mayor Jane Castor* is participating in the kick-off and *City Councilman Luis Viera* will be giving FDSWF a commendation. See the **Dancing for Donations** and **Marky Oliver's Specialty Fit** presentations. Meet your favorite Superhero, Princess, Ghostbuster and Star Wars characters from *Costumers with a Cause* and *The 501st Legion*. Welcome back D.J. *Chuck Eckhart* and M.C. *Julie McKenna*. Explore the *Treasure Chest Float* and meet the *arrghsome Krewe of Sir Francis Drake!* *Megan Dix and Ericka Chica Iglesias* will be singing the National Anthems while the *Florida Sunation Cheerleaders* rally us on. The kids will love *Lola The Clown* Face Painting, the *USF Heath Service Volunteers Reading Tent*, and *Sunshine State Superkids* Soap Box Derby rides, plus bouncy houses, giant slides, a *petting zoo and a train ride!* Visit with our *resource and craft vendors*. Don't forget to bring cash for your chance to win raffle prizes, this year among the great prizes we have **(3) three Disney Park Hopper tickets** to give away! Food provided by Panera, Gourmet Deli, & Dunkin Donuts. Check out the Beer Tent provided by 81 Bay Brewing and 3 Daughters Brewing Co.

ONLINE REGISTRATION:

<http://WWW.DS-STRIDE.ORG/FDSWFBUDDYWALK>

F.R.I.E.N.D.S. (Families, Raising, Inspiring, Educating & Networking for Down Syndrome) WEST FLORIDA P.O. BOX 677, BRANDON FL 33509 WWW.FDSWF.ORG (813)245-2782 CONTACT: INFO@FRIENDSSUPPORT.ORG NON-PROFIT 501C3 FRIENDS SUPPORT, INC. EIN #65-1261645.