

## Be A Buddy!

Whether you have Down syndrome, know someone who does or just want to show your support, come and join us at Crew Stadium with more than 4,000 other walkers! Anyone can be a buddy.

## Who we are and what we do

The Down Syndrome Association of Central Ohio is a network of individuals with Down syndrome, parents, teachers, volunteers, and health care providers. We care deeply for those diagnosed, and provide information, support and assistance to individuals and families living with Down syndrome in 15 Ohio counties.

Throughout our history, we have established a reputation for:

- Providing members with much-needed information and referral services
- Hosting conferences with speakers who address issues that encompass the life-span of persons with Down syndrome
- Hosting social events for families including a summer picnic and holiday party
- Conducting meetings and activities for families featuring the most up-to-date information on Down syndrome
- Supporting a Medical Outreach program, *Changing Lives*

Even with these efforts, those with Down syndrome continue to fight misconceptions and stereotypes that accompany the syndrome. Still, we are working harder than ever to raise awareness and to promote wellness and independence to benefit those who have come to depend on us.

## Walk Details

### Registration begins at 9:00 a.m.

Individual Registration: \$15, includes (1) T-shirt.  
Family Registration: \$25, includes (2) T-shirts.

Please make all payments by check to: The Down Syndrome Association of Central Ohio (DSACO)

Mail forms and checks no later than Sept. 10, 2009 to: Buddy Walk® Registration, Down Syndrome Association, 510 E. North Broadway, Columbus, Ohio 43214.

Customized team shirts must have 24 shirts ordered by August 22, 2009.

Registration forms postmarked by August 29, 2009 will be guaranteed shirt sizes ordered. Others will be able to choose from limited sizes available while supplies last.

### Event Day Schedule

9:00 a.m. .... Registration begins  
10:00 a.m. .... Open start time for one mile walk  
11:30 a.m. .... Fun in Crew Stadium

Open start time means that after the horn blows at 10:00 a.m., teams may walk any time between 10:00 a.m. and 11:30. This will help alleviate congestion.

We will be accepting credit cards the day of the walk.

Picnic food will be available for purchase through Crew stadium vendors.



**Sunday, September 13, 2009**  
**Crew Stadium**

**Registration begins at 9:00 a.m.**



510 E. North Broadway, Columbus, Ohio 43214  
614.263.6020 • 614.263.6094 Fax  
[www.dsaco.net](http://www.dsaco.net)



[www.columbusbuddywalk.org](http://www.columbusbuddywalk.org)

## Walk With Me!



To see why we walk view our DREAMS video at [www.columbusbuddywalk.org](http://www.columbusbuddywalk.org). Then, get involved with the Buddy Walk and make every step count!



Even if you are unable to be in Columbus for the Buddy Walk, you can still be a virtual walker from anywhere. Simply make a charitable donation to help support the Buddy Walk program and the National Down Syndrome Society.

## Directions

### Crew Stadium

One Black & Gold Boulevard  
Columbus, Ohio 43211

Crew stadium is located adjacent to interstate 71, just 4 miles north of downtown Columbus.

#### From the North

- Take 71 South to the Hudson Avenue exit
- Continue straight
- Turn right toward Fradena Ave
- Continue straight onto Fradena Ave

#### From the South

- Take I-71 North through downtown Columbus
- You will merge and then split from I-70 East
- Follow all posted signs to stay on I-71 North
- Exit at 17th Avenue
- Turn left at the end of the ramp onto 17th Avenue

For more detailed directions visit [www.thecrew.com](http://www.thecrew.com)

### Parking

Crew Stadium will be **FREE** of charge for all Buddy Walk® participants and volunteers. Designated parking is available for guests with disabilities. These spaces are reserved for vehicles displaying a current state issued disability placard.

## Meet Our Supporters!



PLAZA PROPERTIES  
Developers / Managers



# Contribution Form

Many employers match their employees charitable donations. Check with your employer to see if your contribution will be matched.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Adult

Child (Under 18)

Team Name \_\_\_\_\_

Team Captain \_\_\_\_\_

**Note:** Walkers please include the name of your Team, Team Captain, to ensure that the money you raise is properly credited.

Contributor's Name	Phone	Address	City	State	Zip	E-mail	Amount
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
15.							
16.							
17.							
18.							
19.							
20.							
<b>Total Turned in today</b>							\$

**Make all checks payable to the Down Syndrome Association of Central Ohio.** All walkers are encouraged to collect their donations in advance and turn them in to their team captain prior to Buddy Walk, or bring them on Walk day. Walkers are also encouraged to convert all cash to a check or money order. Cancelled checks serve as tax-deductible receipts. **Credit card contributions can be accepted. Visit [www.columbusbuddywalk.org](http://www.columbusbuddywalk.org) to find your walker or team.** Any remaining contributions can be brought to registration on September 13, 2009.

# Registration Form

**Register Now!**  
Visit us online at  
[www.columbusbuddywalk.org](http://www.columbusbuddywalk.org)

(A separate form is required for each walker.)

**Yes! I'll walk with Buddy Walk.**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City, State, Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_ **E-mail** \_\_\_\_\_

**Adult**  **Child (Under 18)**

**Team Name (if applicable)** \_\_\_\_\_

**Team Captain (if applicable)** \_\_\_\_\_

**Team Captains (if applicable):** To ensure accurate credit to your team's total, we encourage you to fill in the Team Name and Team Captain lines on all Registration forms and Walker Donor forms before you distribute them to your walkers. Thank you!

**Individual Walker**       **Team Member**       **Team Captain**

**Walk day Volunteer. Please call me.**

**Individual Registration \$15 (choose one shirt)**     AXXL     AXL     AL     AM     YL     YM     YS     YXS

**Family Registration \$25 (choose two shirts)**     AXXL     AXL     AL     AM     YL     YM     YS     YXS

**Additional Shirts \$10**     AXXL     AXL     AL     AM     YL     YM     YS     YXS

**I cannot attend Buddy Walk. I have enclosed my donation in the amount of \$ \_\_\_\_\_**  
**to support the Down Syndrome Association of Central Ohio.**

**Check enclosed**

**Please bill my credit card:**     MasterCard     VISA     American Express     Discover

**Card number** \_\_\_\_\_

**Exp. Date** \_\_\_\_\_

**Each participant must read and sign below.**

**Waiver of Release and Liability:** I hereby waive all claims against the Down Syndrome Association of Central Ohio, sponsors, or any personnel for any injury that I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

**Signature** \_\_\_\_\_

**Parent of Guardian** \_\_\_\_\_

*(if walker is less than 18 years of age)*

## Tips for a Great Walk!

1. Tear off and mail registration form to:  
Down Syndrome Association of Central Ohio  
510 E. North Broadway  
Columbus, Ohio 43214
2. Request sponsorship from friends, family and co-workers.
3. Mark the amount of your donors' contributions on the form.
4. Place checks and Walker Donor Form in an envelope.
5. Give envelope to your team captain or bring to the walk.
6. Mail any post walk contributions to:  
Down Syndrome Association of Central Ohio  
510 E. North Broadway  
Columbus, Ohio 43214

Questions?  
E-mail [buddywalk@dsaco.net](mailto:buddywalk@dsaco.net)