

# '09 BUDDY WALK® REGISTRATION

Complete this form - one per family unit

Make checks/money orders payable to PADS

Mail to 1919 Oxmoor Road #416 Birmingham, AL 35209

Registrations received by **October 10th** are guaranteed t-shirt(s) at Early Registration on 10/10 or at the Buddy Walk

Registrations received 10/11-10/17 pick up t-shirt(s) at the Buddy Walk  
- T-shirts will not be mailed -

[Online registrations/donations](http://downsyndromealabama.org)

[downsyndromealabama.org](http://downsyndromealabama.org) by **October 10th**

**Day of Buddy Walk**

Register on 10/18 from 12:30-1:45pm

## Walker/Donor's Name

Individual w/DS \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone( ) \_\_\_\_\_

Email \_\_\_\_\_

I'm walking/making a donation in honor of \_\_\_\_\_

All Walkers - **\$10** each Kids 2 & under - **free**

Total # Walkers \_\_\_\_\_ Total \$ Enclosed \_\_\_\_\_

Registration = T-shirt = Ticket into Buddy Walk

Indicate T-shirt quantities and sizes below

Child S \_\_\_\_\_ Child M \_\_\_\_\_ Child L \_\_\_\_\_ Adult S \_\_\_\_\_

Adult M \_\_\_\_\_ Adult L \_\_\_\_\_ Adult XL \_\_\_\_\_ Adult 2X \_\_\_\_\_

Donation to support individuals with Down Syndrome:

**\$25 \$50 \$100 \$250 Other** \_\_\_\_\_

**Waiver Must Be Signed - One per family unit:** 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 which might be associated with the event. I further waive, release, discharge and covenant not to sue Parent Advocates Down Syndrome and Regions Park Stadium, their 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 in the events and any related activities. I also authorize the use by Parent Advocates Down Syndrome of any photo, film or videotape taken of me or my minor child at the event for any purpose

Signed \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent Advocates Down Syndrome  
1919 Oxmoor Road #416  
Birmingham, AL 35209  
2059880810  
[www.downsyndromealabama.org](http://www.downsyndromealabama.org)




**10th Annual 2009**

**REGIONS PARK BIRMINGHAM**



**October 18th Sun. 2-4pm**

Hosted by **Parent Advocates Down Syndrome**

Register online at [downsyndromealabama.org](http://downsyndromealabama.org) until October 10th



# PADS 10th Annual

# BUDDY WALK® October 18th

# 2-4pm Regions Park

## WHAT IS THE BUDDY WALK®?



The National Down Syndrome Society established the Buddy Walk in 1995. Walkers reach out to friends, family & community, promoting awareness & inclusion for people with Down syndrome while raising funds for advocacy programs.

## INDIVIDUAL FUNDRAISERS

**EVERYONE** raising \$1000 by 10/31 wins a prize

But you could qualify for the

### TOP FUNDRAISER AWARD

Donations must be received by **October 10th**

**3 Categories - Adult (21+) • Teen (11-20yr) • Child (0-10 yr)**

Winners Signal the Buddy Walk Start & Win a Grand Prize!

## BUDDY WALK TEAMS



**Create a Team for October 18th.**

Walk in honor of an Individual with Down syndrome

Invite family, friends & co-workers to sponsor your Team by making a donation

**Make Team Signs** for the Buddy Walk (employers & company sponsors may like to display the sign)

**Team picture** taken at the Buddy Walk

**TEAM AWARD** Team that raises the most money by **October 10th**:

- Grand Marshal for the 2009 Buddy Walk
- Team photo in 2010's Buddy Walk brochure
- Buddy Walk keepsake to Team's honoree

**HOW TO FORM A TEAM—Be a Team Coordinator**

- **Request** a Team Packet on [downsyndromealabama.org](http://downsyndromealabama.org), 205-988-0810 or [downsyndromealabama@gmail.com](mailto:downsyndromealabama@gmail.com)
- **Collect** Team member's registration forms & donations by **October 10th** in order to qualify for Team Awards
- **Deliver** Team Envelope with forms/donations  
Picks up Team Members t-shirts on **October 10th** at  
\*Early & Team Registration (see center panel)

## REGISTRATIONS & DONATIONS

- **Make checks payable to: PADS** (Parent Advocates Down Syndrome)
- **Online Registrations & Donations by October 10th**  
[www.downsyndromealabama.org](http://www.downsyndromealabama.org) Debit/Credit accepted
- **Mail forms & donations to:**  
1919 Oxmoor Rd #416, Birmingham, AL 35209
- **Phone:** 205-988-0810

### Early Bird Registration

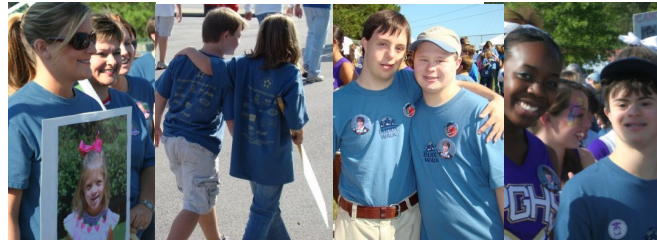
Register online or mail by **October 10th**

### \*Early & Team Registration - October 10th

Turn in registration forms with donations to be eligible for t-shirt pick up on 10/10 & prize selection at the Buddy Walk  
**10am-12pm in the Lighthouse Lobby**  
**Vestavia Hills United Methodist Church**  
 2061 Kentucky Ave, Birmingham, AL 35216  
 - T-shirts will not be mailed -

### Event Day Registration 10/18 12:30-1:45pm

t-shirts available while supplies last



**The Buddy Walk T-Shirt is your ticket to:**

Walk • Jump Zone • Prizes • Celebrities  
Service Providers • DJ & Dancing • Clowns & more



**Can't Attend? - call 205-988-0810 for a way to be represented**

## DONATIONS = LIFELONG BENEFITS



### What is Down syndrome?

Down syndrome occurs at conception. The embryo has 47 chromosomes in each cell instead of the usual 46. One baby in every 800 live births is born with Down syndrome. As the child grows the extra chromosome uniquely impacts how the body and brain develop. People with Down syndrome have a lifetime of potential just like any other person.

### Parent Advocates Down Syndrome (PADS)



*"...believes individuals with Down syndrome will excel, discover a hopeful future and enjoy life in an inclusive and supportive community."*

PADS is a non-profit organization in Central Alabama dedicated to promote awareness & acceptance of, and advocacy for individuals with Down syndrome. PADS offers education & support programs for individuals, their families, caretakers, educators, medical professionals, service providers and the communities where they reside.

### The Adult Down Syndrome Clinic at UAB

funded through the John Mark Stallings Endowed Support Fund

*"...serves as a medical home, attending to the unique health and life issues of adults with Down syndrome."*



Strides in pediatric heart and health care have significantly increased the average life span of individuals with Down syndrome. The clinic offers knowledgeable care for these maturing adults and addresses the concerns of their caretakers. The clinic serves Alabama and the Southeast Region of the United States.

Complete funding of the Endowed Support Fund will become an Endowment for future generations and permanently named,  
**The John Mark Stallings Adult Down Syndrome Clinic.**

Contributions are tax deductible as allowed by law PADS is a 501(c)3 non-profit organization