

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.

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 400,000 individuals in the United States. Individuals with Down syndrome possess a wide degree of abilities and are active participants in social, educational, occupational and recreational activities in the community.



Download the Buddy Walk brochure
[at \[www.bgcdownsyndrome.org\]\(http://www.bgcdownsyndrome.org\)](http://www.bgcdownsyndrome.org)

Make a general donation at
www.bgcdownsyndrome.org/bw

Broward Gold Coast Down Syndrome Org.
9900 West Sample Road, Suite 339
Coral Springs, FL 33065
954-825-0400 • www.bgcdownsyndrome.org



Please note if you are registering a family or multiple individuals for the BGCDSO Buddy Walk 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



Sunday, October 15th, 2017

**2017 Buddy Walk & 5K Run
Starts 8:30 am**

Markham Park:

16001 W State Rd 84, Sunrise, FL 33326



Broward Gold Coast Down Syndrome Organization

954-825-0400

**Register for Buddy Walk & 5K Run at
www.bgcdownsyndrome.org/bw**

Buddy Walk *We walk/run rain or shine!*

- ◆ Register online at www.bgcdownsyndrome.org/bw by 10:00 pm, Oct. 12, 2017.
- ◆ Check in begins at 7:00 am.
- ◆ Participants receive a Buddy Walk t-shirt, *first come first serve*.
- ◆ **Discount for Pre-registration, Deadline Oct 1, 2017:** \$15 per person. 6-12 years - \$12 per person.
- ◆ **Starting October 2, 2017 Registration:** \$20 per person. 6-12 yrs - \$15 per person.
- ◆ **Day of Walk:** \$25 per person. 6-12 yrs - \$20 pp.
- ◆ Individuals with Down syndrome and children under 6 walk FREE.
- ◆ At 8:30 am the walk begins at Markham Park and is led by individuals with Down syndrome and their Buddies.

5K Run

- ◆ Register online at www.bgcdownsyndrome.org/bw by 10:00 pm, Oct. 12, 2017.

- ◆ Check in begins at 7:00 am.
- ◆ 5K starts promptly at 8:30 am.
- ◆ Participants receive a Buddy Walk t-shirt, *first come first serve*.
- ◆ Pre-Registration is \$25 per person.
 - \$15 for 10-17 years olds.
 - Free for 9 years & under.
- ◆ Day of race \$30, \$20 for 10-17 years olds.
- ◆ Mail: must be received by October 12, 2017.
- ◆ **Scoring:** The 5K Run will be chip timed. All participants will be issued a timing chip and number on race morning which should be picked up least 30 minutes prior to the start. Failure to wear a timing chip during the event will disqualify the participant from being scored in the results. All participants must return their rental timing chip to the volunteers at the finish line or they will be billed \$30.
- ◆ **Awards will be given shortly after race to:**
 - the top 3 overall male/female runners.
 - the top master male/female runners.
 - the top 3 male/female runners in the following age group categories: 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 & 70+.



Fun in the Park

- ◆ Light breakfast
- ◆ Lunch
- ◆ Entertainment, DJ, Rock Wall, Bounce House, Etc.



Raising Money

- ◆ Ask friends, family, neighbors, co-workers to sponsor you.
- ◆ Raise funds online at www.bgcdownsyndrome.org/bw. 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 donations to the office and make checks payable to Broward Gold Coast Down Syndrome Organization (BGCDSO), write *Buddy Walk/5K Run & name of walker on the memo line*.

Start a Team

Teams consist of individuals who collectively raise donations in the name of their team or "buddy." To be eligible for prizes, teams must register by Oct. 2, 2017 and donations must be turned in by Oct. 12, 2017. **All teams must register online at bgcdownsyndrome.org/teams.** For more information, contact Jen Guitars, Team Organizer at buddywalkteams@yahoo.com.



Let your Team Stand Out, be Creative!

Create a team banner or sign in support of your loved one with Down syndrome. Award will be given for best banner.



Registration

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

DAYTIME PHONE _____

EMAIL _____

WALKER/RUNNER #1 _____

WALKER/RUNNER #2 _____

WALKER/RUNNER #3 _____

WALKER/RUNNER #4 _____

Buddy Walk Registration *Must be received by Oct. 12, 2017*

- Individual/Team Member (13yrs & older) - \$15pp (*Before Oct 1, 2017*)
- Individual/Team Member (6yrs - 12yrs) - \$12pp (*Before Oct 1, 2017*)
- Individual/Team Member (13yrs & older) - \$20pp, Day of walk \$25pp
- Individual/Team Member (6yrs - 12yrs) - \$15pp, Day of walk \$20pp
- Individuals with Down syndrome & children under 6 walk FREE

All participants are asked to wear the Buddy Walk T-shirt.

5K Run Registration *Must be received by Oct. 12, 2017*

- 5K Runners - \$25 per person (Day of Race \$30 per person)
- Student Runners (ages 10 - 17) - \$15 per person

Age on Race Day _____

Free for 9 years & under



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

Corporate Sponsors must be received by Sept. 15, 2017.

- 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 donations totaling \$ _____

DATE _____ SIGNATURE _____

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

All contributions are tax deductible as allowed by law.

All registrations are non-refundable.