

### When and where is the walk?

Our Walk for Down Syndrome is Oct. 29, with pre-walk activities starting at 9:30 and the opening ceremony at 11:00. We will once again be holding our walk in downtown Lexington at Heritage Hall, located at 430 W Vine Street, Lexington, KY. This year's theme will be Halloween, so feel free to wear your family-friendly Halloween costumes for the walk (Please no scary costumes, weapons or inappropriate costumes. This is a family event.) . We are going to have a blast this Halloween!

### What time should we arrive?

Pre-walk activities will begin at 9:30. There are plenty of activities for kids including inflatable slide and bouncy castle, face painting, limbo, photo booth and much more. This is also a great time to view the many items we have available at our silent auction table and our raffle prizes.

Opening ceremony and live auction for the walk will begin promptly at 11:00 am. Actual walk will begin at approximately 11:30.

### What color are the t-shirts?

That's the million dollar question! Final details have not been decided, but we will announce this soon!

### Will there be enough t-shirts?

We make every effort to have enough t-shirts of every size. However, to be sure you get a t-shirt, please have your team members pre-registered by **October 14**. If a walker is not registered by this date, we will not be able to guarantee a t-shirt on the day of the walk. We place the shirt order promptly on October 15th and we order **ALOT** of extra shirts for those who register last minute or the day of the walk. But, shirts are given out on a first-come, first-serve basis at the walk and we usually run out within 20 minutes. Don't risk missing out on this year's shirt- get registered!

### Where can we park?

Plenty of free parking is available in the lot adjacent to Heritage Hall. Heading West on Main Street, turn left on Jefferson Street, then right on Manchester Street, the lot will be on your right. Heading West on High Street, turn right on Jefferson Street, then left on Manchester Street, the lot will be on your right. You will see parking volunteers to direct you. You may also park in the Rupp Arena lot on West High Street. This is normally a paid lot for Rupp Arena events, however, it is doubtful that a fee will be charged this early in the day. Please note, we cannot guarantee free parking in High Street lot. If parking in High Street lot, you may enter through Rupp Arena doors, and volunteers will direct you to our event.

### Will there be handicap parking available?

Handicap parking is available in front of Heritage Hall, facing West Main Street. There are a limited amount of spaces. However, accommodations can be made for guests to be dropped off at the door, if all handicap parking is taken. Just ask the parking volunteers to help with that when you arrive.

### How long is the walk and what is the route?

We are still waiting to finalize our walk route with Lexington Police Dept, but it is approximately 1 mile long.

### What if I am unable to walk?

For those unable to walk the one mile route, you are welcome to remain in Heritage Hall and rejoin your party there after the walk.

### Will there be the long wait to begin the walk as teams get line up?

In years past, we tried to have everyone lined up to begin the walk together. However, due to our tremendous growth, we realize that this takes too much time. This year, teams will continue onto the walk route as they exit the building. Please have your team meet in a central location, if you expect a large turnout. To keep the traffic flowing, please plan to take team picture before or after the actual walk. We will have areas available in Heritage Hall marked off for team pictures.

### **Where do we go after we finish the walk route?**

There are several different options. We realize families are very busy this time of year, especially on Saturdays. If you need to leave immediately, feel free to do so. Parking volunteers will be in the lot to make sure you can exit as needed. If you want to take team photos, you can return to Heritage Hall. Want to just hang out and visit with friends and family for a bit? Go right ahead, no problem at all. There is a possibility that we may have some post-walk entertainment, but we don't have that confirmed yet. There is a food court in the complex, if you are hungry. Just know, that you can do whatever suits you best.

### **Where can I get a sign for my team?**

Some teams choose to have a walk professionally made by a sign company. Other teams make their own signs out of poster board or foam board. You can be as simple or elaborate as you choose. If you need the DSACK logo, just email us at [dsack.org@gmail.com](mailto:dsack.org@gmail.com).

### **Is a sign for my team required?**

It is totally up to each team. We enjoy seeing the creativity of our teams along the walk, especially with this year's superhero theme; however, it is not required. We do have a contest for "best sign", and the winning team will lead off our 2017 Walk for Down syndrome.

### **This is our first time attending. What can we expect?**

Expect a ton of fun, smiling faces and beautiful people! While our walk is our major fundraiser of the year, it is also a huge time of celebration for our friends and family with Down syndrome. There will be many family-friendly activities, exhibitors, new family area, silent auction tables, raffle prizes and information area to learn more about DSACK. If you are a new family or new to our area and would like to be paired with another family from DSACK, just email us at [dsack.org@gmail.com](mailto:dsack.org@gmail.com), and we will make those arrangements.

### **Can our team sit together?**

YES! Now that we are at Heritage Hall, there is plenty of seating. We will have a seating chart and volunteers to help your team find your area. The key to having enough room for your entire team, is to have as many pre-registered as possible so that we can plan accordingly. If you have an unusually large team, good for you! You may want to have a meeting place for everyone to gather before the actual walk, such as the DSACK table or the t-shirt area.

### **Can I pick up my team's shirts in advance?**

We do have a t-shirt pick up date so that team captains can pick up their team shirts in advance. The date for this will be announced. Pick up location will be at the DSACK office, 340 Legion Dr., Lexington, KY.

### **What if our team has designed their own t-shirt?**

Great! Many teams choose to do this. We love creativity, so have fun with it!/ Registration fee of \$18.00 includes a walk t-shirt, but this year we do have the option of declining your t-shirt in favor of donating the funds to DSACK.

### **Do I have to join a team?**

That is up to each individual. We have many folks come to support DSACK on their own. We all walk together, so if you choose not to join a team or form a team that is just fine.

## Are there team contests for most money raised, most walkers, etc.?

We run several contests for our walk to encourage teams. We are working on some new contests for this year, so be sure to check the Facebook page and read your emails! The contests and prizes are also listed on the walk website home page. Winners of each contest can expect some great prizes, and it's never too early to plan your strategy! This year we have some exciting new prize levels, including a third billboard for 2017. Be sure to look at the team level graphic on the back of the registration form.

## What if I can't attend but want to join a team or donate?

You will be missed! However, you can still join a team and get a t-shirt, even if you are unable to attend. Of course, donations are always welcome too. We hope to see you next year!

## How can I volunteer?

It takes many volunteers to make our walk fun and safe. Each year we recruit approximately 75 volunteers for the day. If you or your group is interested in volunteering, email DSACK at [dsack.org@gmail.com](mailto:dsack.org@gmail.com). We usually ask volunteers to be there by 8:00-8:30 and wrap it all up by noon. Volunteers do anything from assisting in activity areas, directing parking, lining the route and cheering on the walkers, set-up, clean-up, etc. Volunteers must be 18 years or older.

## What are some ideas to help my team raise money for DSACK?

-Ask your employer, local businesses, doctor's office, etc. to sponsor your team. There are several different levels of sponsorship and a sponsorship form can be found on our website homepage, [www.dsack.org](http://www.dsack.org). Be sure to let us know if you have a gold, silver or bronze sponsor, so we can make sure they get the benefits of their sponsorship package. You can email us at [www.dsack.org](http://www.dsack.org) to let us know. Even if a company chooses not to sponsor at the levels listed on our brochure, they may still be able to donate a smaller amount for your team.

-Ask your employer or school if you can have a dress-down day or jeans day. Everyone who wants to participate can pay \$1 (or whatever you determine).

-Ask your school or employer to do a change drive. Employees or students bring in their loose change of any amount. Ask if you can have a visible spot at the entrance as people arrive for them to drop their change. Of course, cash is always accepted. Be prepared to make a trip to a bank that has a change counter. One elementary school raised over \$1300 dollars doing this!

-Have a bake sale or better yet, offer your homemade specialty via social media and offer to deliver to those who purchase. With fall season upon us, there are lots of yummy ways to make this work!

-Ask employer to match any funds raised by their employees for your team.

-Put your personal story on social media. List your child's accomplishments. How has your family grown through this experience? How have you grown? What are some challenges ahead? How has DSACK supported you in the past? Mention what the funds will be used for as DSACK finds new ways to celebrate, educate and support our families. This is also a great way to educate others about the amazing potential and advancements of people with Down syndrome.

-Announce our walk and your team on social media with a link to register and/or donate.

-Ask employers to allow extra time for lunch or bring in lunch for those who join your team.

-Have a contest at your school to raise money. The class that raises the most money will get a pizza party or whatever you decide to give.

Have fun with this! You will find that most people want to give but just need to be asked.

## How are funds raised from the walk used by DSACK?

We have several ongoing projects that are funded mainly from our annual walk:

1. We offer new parent packets to families that have received a diagnosis of Down syndrome whether prenatally or postnatally. These packets offer educational and inspirational information for new parents, as well as contact information for DSACK and a small gift.
2. We regularly speak to students from kindergarten through college about what it means to have Down syndrome. Offering facts vs. myths and letting them know that individuals with Down syndrome are accomplishing great things that were never thought possible.
3. We host four annual DSACK social events each year for our families. These include a World Down Syndrome Day celebration, summer picnic, fall activity and Christmas luncheon.
4. We have a yearly speaker series addressing various topics relating to Down syndrome. These presentations are also made available via webinar and are archived on our website.
5. We provide information to medical professionals and educators regarding best practices when giving a diagnosis on Down syndrome and best practices for teaching students with Down syndrome.
6. DSACK offers a job skills program to prepare teens and adults to enter the work force and become productive members of their community. This project has been partly funded by a grant through Toyota Motor Manufacturing, and DSACK will fund a portion of the costs for this program through our walk proceeds.
7. The Learning Program will be offered this fall to children in preschool and kindergarten. This is a supplemental curriculum enhancing learning in areas of math and literacy.

These are just a few examples of the way we reach out to our families, friends and community.

#### **How can I learn more about the Down Syndrome Association of Central Kentucky?**

You can visit our website at [www.dsack.org](http://www.dsack.org) which also includes a short video of who we are and what we do. You can also contact us at 859-494-7809, [dsack.org@gmail.com](mailto:dsack.org@gmail.com), or find us on Facebook or twitter.