



DESIGNER GENES BUDDY WALK QUESTIONS & ANSWERS

Whether it is your first or 50th Buddy Walk, there are always some questions before the big day. Here's a listing of our most frequently asked questions to help you prepare. Feel free to make some copies and share them with family and friends! You can also tell them to check out the Buddy Walk section of our website at www.DesignerGenesND.com.

WHEN IS THE BUDDY WALK?

The walk is on Saturday, September 18th, 2010.

WHERE IS THE BUDDY WALK?

It's on the front (south) grounds of the state capitol.

WHAT IS THE MAIN PURPOSE OF THE BUDDY WALK?

The main purpose of the Designer Genes Buddy Walk is to raise awareness of the potential of individuals with Down syndrome to live, learn, work and contribute to their community. Our main effort is not fundraising, which is why our walk is structured different than many other walks.

WHAT TIME SHOULD I GET TO THE BUDDY WALK?

You can come to the Buddy Walk as early as 10 a.m. (CST). There fun things to do starting at 10 a.m. — listen to the pre-walk entertainment, get a Buddy Walk tattoo, hang out with Meddy Bear and Alex the Cat, check out the resources tent or take some time to organize and register your team!

HOW DO I REGISTER?

10 a.m. – 11 a.m. is the time to register. We want to make sure that we count everyone that is there to walk with us so please make sure that someone from each of the parties joining you take times to visit the registration area and note how many people are with them. If you have lots of people coming to support your family, tell them ahead of time about registration. The registration area will be in the large tented area just south of the steps.

CAN I REGISTER AHEAD OF TIME?

At this time, we are only taking registrations onsite the day of the Buddy Walk.

CAN I RAISE FUNDS AHEAD OF TIME FOR THE BUDDY WALK?

We do not ask walkers to raise a certain amount of money to participate in the Buddy Walk and we welcome everyone and anyone who wants to walk with us. If you'd like to ask for donations for the National Down Syndrome Society or Designer Genes beforehand, please contact Sandy McMerty (425-6518) or Roxane Romanick (258-7421) and we will give you further information on how to do so.

Designer Genes also asks for Buddy Walk sponsors (businesses in the community, and companies that are friends of our Designer Genes families) in the months and weeks before the walk to assist with expenses. If you know of a business or a sponsor, please let Sandy or Roxane know at the numbers above.

CAN PEOPLE MAKE DONATIONS AT THE WALK?

Walkers who have decided to join us on the day of the walk can make a donation when they register. People who donate \$10.00 or more will receive an official Buddy Walk t-shirt.



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WHAT IS THE MONEY USED FOR?

A percentage of the money raised is sent to the National Down Syndrome Society for research and public policy. The majority of the funds are retained locally and are used for supplying information to new parents of babies with Down syndrome, library materials, Designer Genes activities and events.

WHEN DOES THE ACTUAL WALK START?

At 11 a.m., there will be a special program to kick off the walk. The walk will start shortly thereafter.

HOW FAR DO PEOPLE WALK AND DOES EVERYONE WALK AT THE SAME TIME?

Everyone that's there for the Buddy Walk starts and stops at roughly the same time. The walk is one mile long, which is three loops around the south grounds of the Capitol. The three loops are symbolic of Trisomy 21, which is the most common chromosomal diagnosis for Down syndrome. Our goal has been to have enough people at the Buddy Walk to completely loop the grounds – we're getting closer every year.

ARE STROLLER, PETS, AND WAGONS ALLOWED?

Yes. Also, motorized carts or wheelchairs are also easily accommodated on the walk. If it's a device that's needed to make sure an individual can participate, we're open to it. Pets must be on a leash.

IS THERE A BATHROOM AVAILABLE AT THE CAPITOL?

We have a port-a-potty at the Capitol and the Heritage Center bathrooms are also available and accessible.

IS THERE WATER AVAILABLE OR SHOULD I BRING MY OWN?

We will have bottled water available to walkers.

I'M INVITING A LARGE NUMBER OF PEOPLE TO WALK WITH OUR FAMILY THIS YEAR, HOW CAN I MAKE SURE THAT THEY CAN FIND OUR FAMILY?

Teams and large groups can pre-register at www.DesignerGenesND.com to have us designate a spot for your group, or you can simply pick a spot the day of the event. Feel free to set up a tent or cabana of your own on the south grounds to designate a spot. Bring some type of flag or bunches of balloons so people can easily find you.

WHAT DO FAMILIES DO TO DISTINGUISH THEMSELVES AS TEAMS?

A lot of family teams wear something to distinguish themselves such as their own brightly color t-shirts, hats, visors, bandanas. Some families pass out balloons, pins, or ribbons to all their team members. If you know who you're inviting, you may want to pass these out to your invited team before the walk.

DO I HAVE TO HAVE A TEAM OR BE ON A TEAM TO ENTER THE WALK?

Not at all – please come no matter what! Your presence and your support is what matters the most.

WHAT DO WE DO AFTER THE WALK IS OVER?

We serve lunch at the Capitol grounds and families and teams are invited to stay and continue to visit, play frisbee, whiffle ball, etc. right at the Capitol grounds. There is no extra charge for the meal and we would love it if everyone could stay.

STILL HAVE QUESTIONS? Contact Sandy McMerty (425-6518) or Roxane Romanick (258-7421) or visit www.DesignerGenesND.com for more information.