



GET INVOLVED, BE INSPIRED.



Trisomy 21 Foundation of NNY

Jefferson and Lewis County Down Syndrome Organization

An affiliate of the Down Syndrome Society and Congress

# BUDDY WALK and 5K FUN RUN

Tell your friends, families, team, co-workers, or organization to join us on:

## Saturday, September 15, 2018

Thompson Park Rotary Pavilion  
(located behind zoo parking lot)

\$10 registration which includes a T - shirt (limited sizes, selection of styles)

Or choose to walk or run for free without registering  
" Buddies " walk for free.

Registration begins at 9:00  
Walk/ 5K fun run begins at 9:30

For more information: 315-773-3437