

# 7TH FRIENDS BUDDY WALK



**AL LOPEZ PARK  
4810 N. HIMES, TAMPA**

**OCTOBER 21, 2023**

**10AM-2PM**

**Register today! <https://www.ds-stride.org/friendsbuddywalk>**

***REGISTER TODAY!***

# 7th FRIENDS BUDDY WALK

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<https://www.ds-stride.org/friendsbuddywalk>



AL LOPEZ PARK - 4810 HIMES TAMPA, FL 33614 SIGNIN AT #310 SHELTER  
OCTOBER 21, 2023 10AM-2PM

## REGISTRATION IS OPEN

- Early Registration starts July 1st and is \$20/person.
- All Special Needs individuals and children under the age of 12 are FREE!
- If you cannot register online, you can register in person on the event day, 10/21/23.
- Registration increases to \$25/person on October 1st.

## ONLY REGISTERED WALKERS

Receive a Buddy Walk T-shirt, Awareness Wristband, and a free lunch.

Sorry, but registrations after 10/1/2023 can not be guaranteed a Buddy Walk t-shirt or size. First come, first served, and quantities are limited.

## ALL SPECIAL NEEDS INDIVIDUALS

Receive a free Buddy Walk Medal and a FRIENDS Cow Bell.

## YOU ARE RAISING MONEY FOR FRIENDS & THE NDSS!

- Ninety-seven percent of the money raised goes back into FRIENDS programs and activities! We give the NDSS 2.5% of the donations raised to go toward their significant national advocacy, education, and inclusion efforts.
- All FRIENDS programs, activities, and events cost approximately \$80,000/year. We are also increasing our fundraising efforts to put money aside for THE FRIENDS CENTER.
- Please help us reach our \$80,000 goal!



# ***BUDDY WALK TUESDAY TALKS***

Join us on Tuesdays to learn about the Buddy Walk!

Let's talk about all things BUDDY WALK!!

- What is the purpose of the Buddy Walk
- Team's, Buddies, Captains, Oh my!
- The Buddy Walk Schedule
- Fundraising Ideas
- Role of Team Captain
- Feel free to listen in or join the discussion!

Every week on Tue, until Aug 29, 2023  
Jul 18, 2023 07:00 PM



Join Zoom Meeting

[https://us02web.zoom.us/j/86962819516?  
pwd=VDZaNE1JT3BYMDBjZWQ0WFBUbWUyZz09](https://us02web.zoom.us/j/86962819516?pwd=VDZaNE1JT3BYMDBjZWQ0WFBUbWUyZz09)

Meeting ID: 869 6281 9516  
Passcode: 321321



# BUDDY WALK TEAM INCENTIVE - JULY

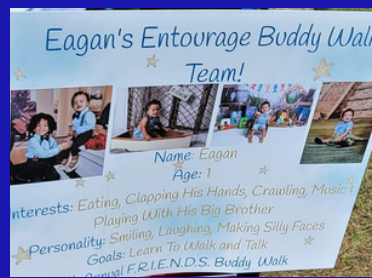


**DEADLINE:**  
AUGUST 1st



ALL TEAMS that add 10+ team members to their team with a valid email address will win a \$15 Target Gift Card

# BUDDY WALK TEAM INCENTIVE - AUGUST



**DEADLINE:**  
SEPTEMBER 1st

## SHOW US YOUR SIGN!

Teams who raise \$250 by September 1st will receive a *FREE* Buddy Walk Team sign.

*You can decorate your sign or we'd be happy to help.*



# BUDDY WALK TEAM INCENTIVE - SEPTEMBER



**DEADLINE:**  
OCTOBER 1st

WIN A  
\$100  
GIFT CARD

Register your Buddy Walk team *and* raise \$500 by October 1st to be entered into a drawing for a \$100 gift card!

# BUDDY WALK TEAM INCENTIVE - OCTOBER

RAISE \$1,000 - Be entered to win APPLE EAR BUDS!

RAISE \$2,500 - Be entered to win a \$250 AMAZON GIFT CARD

RAISE \$5,000 - Be entered to win \$500 GIFT CARD

**DEADLINE:**  
OCTOBER 20TH

**WIN BIG  
PRIZES!**



Teams will be issued a Raffle Ticket for each \$1,000, \$2,500, and \$5,000 they raise. Teams who raise over \$5,000 will be featured on the back of our 2024 Buddy Walk T-shirts!

# SIGN UP TO BE A TEAM CAPTAIN AND RAISE MONEY FOR FRIENDS!

Team Captains, gather your family, friends, and coworkers, and get them signed up for your team! You have a unique opportunity to engage our community and promote the acceptance and inclusion of all people with Down syndrome and Special needs.



- Why you and your team are participating in the Buddy Walk?
- What services you have received from FRIENDS?
- Why you support FRIENDS and our Down syndrome & Special Needs community?

To find out more join us on BUDDY WALK TUESDAY TALKS ON ZOOM!



# OUR WONDERFUL BUDDY WALK TEAMS!

Please send in a picture of your Buddy to be feature in our Buddy Walk information and on social media to [info@friendssupport.org](mailto:info@friendssupport.org). Let us know if you need help setting up your Team Page.

ZACH'S PACK





**DJ**  
**Mark Girdwood**



**MC**  
**Mark Oliver**



**Singer**  
**Ericka Iglesias**



**The 501st Star Wars Legion**



**GhostBusters**



**JOIN IN THE RACE!**



**OR DANCE!**



**Meet a Princess**



**SANTA LOVES THE  
BUDDY WALK!**



**SOUTH SHORE MARADERS KREWE**



**FACE PAINTING BY  
BRITNI**



**BOUNCY HOUSES & DART GAME**

# BUDDY WALK COMMITTEE VOLUNTEERS NEEDED!

VOLUNTEERS NEEDED TO HELP WITH THE FOLLOWING POSITIONS (IN YELLOW)

IF YOU CAN VOLUNTEER, CONTACT ANN FOYT, [info@friendssupport.org](mailto:info@friendssupport.org) or (813)245-2782.

VENDOR/SPONSOR CALLS (paid position). Apply by sending an email to [info@friendssupport.org](mailto:info@friendssupport.org).

BUDDY WALK SIGNS -

BUDDY WALK SET UP/BREAKDOWN-

WATER STATIONS/FOOD -

RAFFLES/SALES -

T-SHIRTS -

TEAM SET UP AND AWARDS -

A BIG FRIENDS THANK YOU TO OUR RETURN VOLUNTEERS & FRIENDS!!

D.J. - Mark Girdwood

EMCEE - Mark Oliver

Singer - Ericka Iglesias

Lunch Baskets - Paul Foyt, Craig Wangberg

Food - Judy Henry

Volunteers - Leidy Villegas

Bake Sale - Tish & Brooke Knotek-Scott and Linda Miller

Registration - Colleen Weimer

T-shirts - Ann Foyt

A BIG FRIENDS THANK YOU GOES TO OUR WONDERFUL VOLUNTEERS THAT SERVE ON OUR  
BUDDY WALK COMMITTEE! THANK YOU! THANK YOU! THANK YOU!

F.R.I.E.N.D.S. Down Syndrome Special Needs - West Florida and The National Down Syndrome Society invite you to join us for our 7th F.R.I.E.N.D.S. BUDDY WALK.

## ***WHAT YOUR DONATIONS PROVIDE FOR OUR SPECIAL NEEDS COMMUNITY***

1. We distribute our "FRIENDS Parent Packets" to parents who receive a diagnosis of Down syndrome or other disability.

2. We provide eight Hospital NICUs our "FRIENDS Parent Packets," and they distribute them to new parents & families.

3. **BABY FRIENDS BRANDON** - A fun playgroup for (birth to 5yrs) parents to gain essential insights and support.

4. **LARGO FRIENDS** (ages birth to 10yrs) meet at We Rock the Spectrum in Largo.

5. **BABY FRIENDS TAMPA/ST. PETE** (birth to 6yrs) meets up at The Barn in St. Petersburg.

6. **AFTER SCHOOL BRANDON** (ages 6 to 14yrs) meets at a Park or Splash Pad for fun.

7. **ADULT DANCES** - Our isolated adults have an outlet to meet up with their peers to socialize.

8. **SCHOLARSHIP FUNDS** - For those families in need

9. **MEMORIAL FUNDS** - For those who have experienced a death in the family.

### **10. FUN ACTIVITIES, EVENTS, & CELEBRATIONS**

- NEW! FRIENDS 321 Gasparilla Krewe
- NEW! 2024 World Down Syndrome Day & World Autism Day Celebration at ZooTampa 3/23/23.
- New! "Dinner With FRIENDS". We invite our adults to join others for a dinner out.
- Mom's Celebration Bingo
- Dad's Pancake Breakfast
- FRIENDS End of Summer/Back to School Splash Party
- FRIENDS Buddy Walk
- Halloween Parties - Riverview and Clearwater
- BABY FRIENDS BRANDON - BOO Party
- Christmas Party & Dance - Riverview and Clearwater
- Breakfast with Santa - Riverview

**THANK YOU FOR YOUR SUPPORT!**

# BUDDY WALK T-SHIRT PICKUP

PICK UP YOUR BUDDY WALK T-SHIRTS AT OUR BUDDY WALK HEADQUARTERS

**OCTOBER 1ST - OCTOBER 19TH IN RIVERVIEW**

11612 Miss Chloe Court, Riverview FL 33579 Please call before coming out to arrange a time for pickup, (813)245-2782.

**OCTOBER 21ST - Pick up your team shirts at the Buddy Walk.**

**LUNCH TICKETS -** If your not wearing a new Buddy Walk t-shirt, check in at registration to pick up your Lunch Tickets at shelter #310 T-shirt table.

**Only Registered Buddy Walkers qualify for a free lunch.**

# BUDDY WALK SCHEDULE

08:00 AM VOLUNTEER, CHECK-IN & VENDORS, SET UP

10:00 AM, EVENT DAY REGISTRATION, IS \$25. SIGN IN AT #315 SHELTER.

10:00 AM - 14:00PM ENJOY THE FESTIVITIES

Enjoy a complimentary lunch prepared by Craig Wangberg and Paul Foyt. DJ Mark Girdwood will be playing the tunes. Mark Oliver, our MC, will get the kids dancing and racing. The little ones can enjoy the playground, bouncy houses, and getting their Face Painted by Brittni. You'll love meeting your favorite Star Wars & GhostBusters characters. Bring your 10x10 tents, chairs, and any food you wish to bring.

"SORRY, NO ALCOHOL ALLOWED"

TENTS - NEED TO BE SECURED WITH ROPE, WEIGHTS, OR WATER BUCKETS. NO STAKES ALLOWED. ANY TENTS NOT SECURED WITH WEIGHTS WILL NOT BE ALLOWED TO STAY UP.

10:00AM - 14:00PM VISIT OUR SPECIAL NEEDS RESOURCE VENDORS!

11:00 Grab a lunch with chips and a drink! Lunch is free for registered walkers. Stop by the SELF-ADVOCATES BAKE SALE and get a delicious treat.

12:00PM - Go to the Buddy Walk Banner Backdrop and get your team pictures taken.

12:30 pm - THE TOP 5 TEAMS & THE LARGEST TEAM AWARD. Receive a F.R.I.E.N.D.S. Appreciation Plaque, a tent to use during the event.

12:45 pm - BUDDY WALK MEDAL AWARDS - We celebrate and honor all Special Needs individuals. They will receive a Buddy Walk medal, Awareness Wristband, and a FRIENDS Cow Bell. We are going to make some noise!!

1:00 pm ADVOCACY WALK - The incredible Ericka Iglesias will sing the National Anthem. The Top Five and the Largest Team will lead the walk as our Grand Marshalls. Hold up your Team signs! Grab your noisemakers! We will walk around AL Lopez Park Nature Trail. L.E.T.'S MAKE SOME NOISE TAMPA BAY!!

1:00 pm - 2:00 pm TEAM PICTURES - Stand before the BUDDY WALK backdrop to get your free pictures taken! Photos will be collected digitally and downloaded onto our Facebook page.  
2:00-2:30 pm RAFFLE TICKETS - Remember to buy raffle tickets! No need to be present to win.

***THANK YOU FOR SUPPORTING F.R.I.E.N.D.S. AND OUR DOWN SYNDROME & SPECIAL NEEDS COMMUNITY!***

# RAFFLES & 50/50

1 TICKET \$1

6 TICKETS \$5

12 TICKETS \$10

25 TICKETS \$20

60 TICKETS \$50

## Raffle Prize Donations Needed!

Please send in your donation to:

FRIENDS - W. FL

11612 Miss Chloe Court, Riverview FL 33579

THANK YOU FOR YOUR SUPPORT!

## YOU COULD WIN THESE WONDERFUL RAFFLE PRIZES

\$25 RED LOBSTER GIFT CARD



# THANK YOU TO OUR WONDERFUL BUDDY WALK VOLUNTEERS!



## VOLUNTEERS NEEDED FOR:

Registration - 4 Volunteers

T-shirts - 4 Volunteers

Photography - 2 Volunteers at Team Backdrop

For Sale Items - 2 Volunteers

Food Court - 4 Volunteers

Raffles - 4 Volunteers

50/50 - 2 Volunteers

FRIENDS Table - 2 Volunteers

Bouncy House - 4 Volunteers

Bouncy House - 4 Volunteers

Bouncy House - 4 Volunteers

Dart Board & Games - 4 Volunteers

Resource Vendors - 1 Volunteer

Signs/Team Signs - 2 Volunteers

Team Bags - 2 Volunteers

Team Signs & Banners set up - 2 Volunteers

**SIGN UP TODAY!** Be a Buddy Walk Volunteer

<https://www.ds-stride.org/friendsbuddywalk>

Volunteers receive a Buddy Walk t-shirt, Awareness Wristband, and free breakfast and lunch, plus our love and appreciation for you and the time you give to us. Thank you so much!

## CHECK-IN IS 8AM AT SHELTER #310

**8AM CHECK IN**

**8AM UNLOAD THE TRUCK**

**9AM FIND YOUR STATION & TEAM LEAD VOLUNTEER**

**LUNCH - PARTNER UP WITH ANOTHER VOLUNTEER**

Take turns when taking lunch and a break with your Volunteer Buddy

**2PM PACK UP** - Start packing up at 2pm, please pack up your things carefully and do not put trash into the buckets.

**DON'T LEAVE** - Please stay until the end of the event to help load the U-Haul. Your time slips and Profferfish time will be signed when we are all packed up, thank you so much for all of your time and hard work, we are extremely grateful for you and your help.

# 7th FRIENDS BUDDY WALK SPONSORS 2023!

## FRIENDS CORPORATE SPONSORSHIP OPPORTUNITIES

If you are looking for a way to showcase your business or organization while supporting a great cause. For more information contact Ann Foyt our President at [info@frienssupport.org](mailto:info@frienssupport.org) or (813)245-2782

### **\$10,000 BEST FRIENDS SPONSOR**

- Logo on T-shirts (Largest Print)
- Sponsor Recognition Plaque
- Sponsor Logo on Buddy Walk Banner
- Your logo on our FRIENDS website w/link to your page.
- Social Media Posts
- Free Vendors Table

### **\$5,000 FRIENDS CENTER SPONSOR**

- Logo on T-shirts (Larger Print)
- Sponsor Recognition Plaque.
- Sponsor Logo on Buddy Walk Banner
- Your logo on our FRIENDS website w/link to your page.
- Social Media Posts
- Free Vendor's Table

### **\$2,500 PARENT PACKET SPONSOR**

- Logo on T-shirts (Large Print)
- Sponsor Logo on Buddy Walk Banner
- Your logo on our FRIENDS website w/link to your page.
- Social Media Posts
- Free Vendors Table

### **\$1,000 BABY FRIENDS SPONSOR**

- Logo on T-shirts (Medium Print)
- Sponsor Logo on Buddy Walk Banner
- Your logo on our FRIENDS website w/link to your page.
- Social Media Posts
- Free Vendors Table

### **\$500 SELF-ADVOCATE SPONSOR**

- Logo on T-shirts (Small Print)
- Sponsor Logo on Buddy Walk Banner
- Your logo on our FRIENDS website w/link to your page.
- Social Media Posts

### **\$250 IN-KIND, FOOD, & WATER SPONSOR**

- Logo on T-shirts (Small Print)
- Your logo on our FRIENDS website w/link to your page.
- Social Media Post

**REGISTER TO BE A SPONSOR TODAY!**

<https://www.ds-stride.org/friendsbuddywalk>

*THANK YOU FROM THE BOTTOM OF OUR HEARTS. WE ARE SO GRATEFUL FOR YOUR SUPPORT AND GENEROUS DONATIONS!*

**AL LOPEZ  
PARK**

# FRIENDS BUDDY WALK VENDORS

**10/21/23  
CHECK IN 8AM**

**SIGN UP TODAY!** Meet over 2,000 participants at our 7th FRIENDS BUDDY WALK! The \$50 Vendors Fee provides you with a Free Lunch, a Table with 2 Chairs, under a Tent!

*Please send a jpeg of your logo to [info@friendssupport.org](mailto:info@friendssupport.org).*

**REGISTER ONLINE:** <https://www.ds-stride.org/friendsbuddywalk>

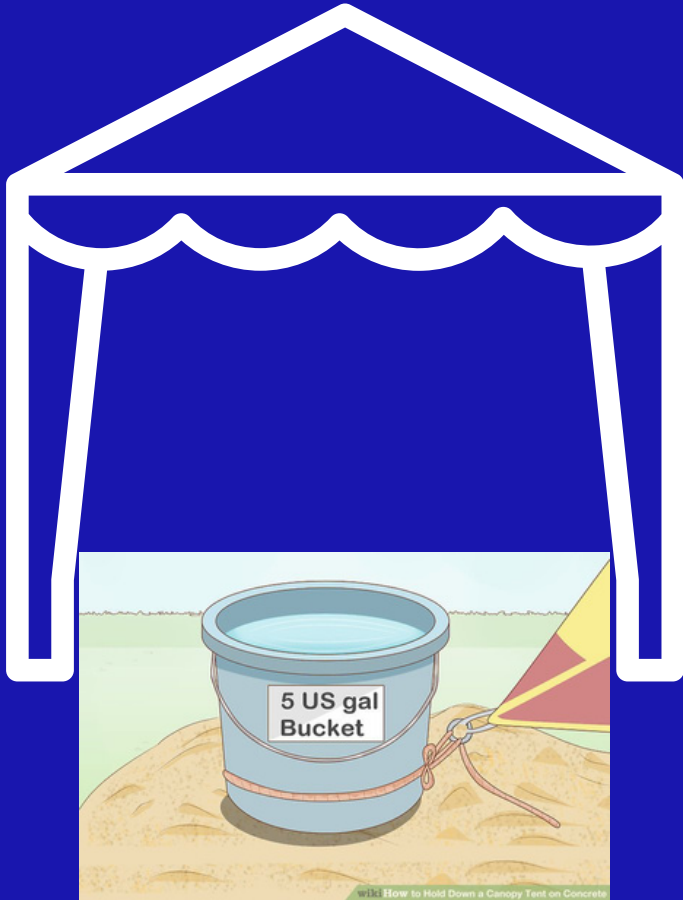


OUR 2023 FOOD SPONSORS ARE PROUD SUPPORTERS OF  
THE 7TH FRIENDS BUDDY WALK!



THANK YOU FOR YOUR SUPPORT! THANK YOU JUDY HENRY FOR ORGANIZING THE YUMMY FOOD!

# ARE YOU BRINGING A TENT??



## TENT REQUIREMENTS

- 10 X 10 tents only
- You will need rope and four 5 gallon buckets.
- All four legs must be weighted down with, 40pound weights or 5gallon buckets filled with water, on each leg.
- Use a 5 gallon bucket - fill them with water at the shelter.
- **NO STAKING ALLOWED**

City of Tampa Park Staff will not allow tents to remain standing if the above criteria is not met.



# AL LOPEZ SHELTER #310 & #315 MAP





# IMPORTANT THINGS TO KNOW

- Online Registration is open; 10/20/21, 6 pm, team totals will be tallied.
- Can't Register Online - In-Person Registration will be available at 10 am on Saturday at the Event. Can't afford Registration, contact us @ [info@friendssupport.org](mailto:info@friendssupport.org).
- Make sure to wear your NEW Buddy Walk t-shirt so you can bypass Registration on the day of the Event. Your T-shirt serves as your meal ticket.
- Gates Opens at 10 am, and the Event will conclude at 2 pm.
- Consider bringing a folding chair to relax, socialize, and enjoy the music.
- Food will be on-site, with food and beverages for purchase for those who still need to register.
- Check out the raffles, bouncy houses, and fun games.
- Bring cash for food trucks, raffle tickets, games, etc. No ATM will be on-site.
- You can bring your food and drink, sorry no Alcoholic Beverages are allowed
- If you bring a tent, you cannot put stakes into the ground; use sandbags or buckets of water.

SHELTER #310 10 TABLES  
REGISTRATION  
VENDOR CHECK IN

VENDORS TABLES - 14 TABLES 2 CHAIRS EACH  
VENDORS 10X50 TENT  
VENDOR SIGNS  
FACE PAINTER SIGN  
SIGNS FOR RAFFLES 50/50  
BUDDY WALK SALES

SHELTER #315  
FOOD SIGNS  
28 GUEST TABLES  
FRIENDS TABLE

STAGE - 12 X 20 TENT, 2 SETS OF STAIRS, BAND SHELL, 1 TABLES  
STAGE BANNER  
MEDALS, TEAM AWARDS, FRIENDS BELLS

TEAM SIGNS  
TENTS – 7 TENTS  
TEAM #1  
TEAM #2  
TEAM #3  
TEAM #4  
TEAM #5  
LARGEST TEAM

COSPLAYERS TENT 10 X 20 TENT W/SIDEWALLS  
PARTIES WITH CHARACTER  
501st LEGION  
GHOSTBUSTERS  
SOUTHSHORE MAURADERS

BALLOON ARCH - START SIGN

BUDDY WALK BACKDROP SET UP - FINISH SIGN

KIDS TABLE - HULA HOOPS, BUBBLES, GAMES, CORN HOLE