

LINCOLN NEBRASKA BUDDY WALK FREQUENTLY ASKED QUESTIONS

When and where is the walk?

DSAA Ne is excited to be bringing back the Buddy Walk to Lincoln, Nebraska on March 14th 2020 at Gateway Mall, located at 6100 O Street, Lincoln, NE. The purpose of the walk is to promote positive awareness of Down syndrome while promoting a healthy life style within our community. The walk is held in March in honor of World Down Syndrome day on March 21st. Participants who take part in the walk wearing Buddy Walk t-shirts \$15 will receive one raffle ticket for each lap they complete at the mall. Those who walk wearing a Buddy Walk Button \$5 will receive one free raffle ticket for participating. This is a fun family event and we encourage everyone to attend



What time should we arrive?

You can walk any time between 9 am and noon, at your own pace, using any route you choose. Those who wear walk shirts and buttons will be spreading positive awareness around the busy mall, while getting healthy exercise at the same time. You can choose a time for your team to meet and walk together, or have them walk on behalf of your loved one with Down syndrome at a time that works for each team member. As a group we will try to do one big lap around 10:30. We will be concluding the walk and drawing raffle prizes at 11:30, so plan to have your laps completed by that time if you want to participate in the raffle.

How long is the walk and what is the route?

How far you walk, and where you go is entirely up to you. We recommend making laps of the mall.



What if I am unable to walk?

For those unable to walk we encourage you to come to the mall and wear your Buddy Walk shirt or Button to spread positive awareness.

Where do we go after we finish our laps?

After you complete your laps, and if you are wearing Buddy Walk t-shirt or Button, come to the check in table to receive your raffle tickets. You are welcome to shop as you walk or complete your laps quickly. There is a food court and many dining options available if you are hungry before, during or after the walk.

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

Expect a ton of fun and smiling faces! 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 and the upcoming World Down Syndrome Day (3-21), and we will have some random acts of kindness ideas for those planning to celebrate WSDS 2020.

What color are the t-shirts?

The t-shirts will be.

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 March 1st. If a walker is not registered and requested a shirt by this date, we will not be able to guarantee a t-shirt on the day of the walk. Don't risk missing out on this year's shirt – get registered!

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

T-shirts will be available for pick up at 6425 Taylor Park Drive in Lincoln, March 12th & 13th. Call 402-413-0199 to arrange a pick up time if you want to get your team shirts early. Otherwise shirts can be picked up at the DSAA NE table at the walk.

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

Teams are welcome to design and wear their own shirts for the walk, but in order to be eligible to receive a raffle prize, teams will need to wear a Buddy Walk Shirt which can be ordered when you register.

Do I have to join a team?

That is up to each individual. We have many folks come to support DSAA NE on their own. Walking is done at your convenience at your own pace, 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.?

The first 5 teams that raise \$500 will receive a prize and special recognition at the walk. Teams raising the most money and registering the most walkers can choose to have their loved one with Down syndrome featured in next year's walk materials. We are working on some new contests for this year, so be sure to check the Facebook page and read your emails!

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 or button, even if you are unable to attend. Of course, donations are always welcome too. You can even have a team of "virtual walkers." We hope to see you next year!

How can I volunteer?

It takes many volunteers to make our walk fun and safe. If you or your group are interested in volunteering, there will be multiple shifts of volunteers. Those signing up to volunteer may be asked to do anything from assisting in activity areas, 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 DSAA NE?

-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.dsaane.org. Be sure to let us know if you have a multiple star donor so we can make sure they get the benefits of their sponsorship package. You can email us at www.dsaanfne@gmail.com 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.

-Have a bake sale or better yet, offer your homemade specialty via social media and offer to deliver to those who purchase.

-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? Mention that the funds will be used by DSAA NE 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.

-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 DSAA NE?

Funds raised by the walk will help us offer more programs and services to the Nebraska Down syndrome community. 95% of all money raised at our walk is used here in Nebraska to continue programs like: new parent packets, medical outreach, parent coffees, Ball Night and more. Walk funds are also used to host our social events such as the teen holiday party, annual picnic and participation in ONE Coalition events like Husker Heroes and the Valentines Dance. A % of the funds raised go to our National Organization NDSS who is our advocating voice on a national level. You can learn more about everything DSAA NE offers at www.dsaane.org

How can I learn more about the Down Syndrome Advocates in Action NE?

You can visit our website at www.dsaane.org to find out more about who we are and what we do. You can also contact us at 402-413-0199, dsaanfne@gmail.com, or find us on Facebook or twitter.