



# Annual Arc Midstate Picnic and 2009 Buddy Walk and Roll



**Sauk Rapids Municipal Park • Saturday, August 8th**

Check in begins at 10:00 AM- Walk begins at 10:30 AM

Arc Midstate annual picnic will immediately follow.

Music! Fun! Games! Exciting Prizes for top pledge winners!

**First Place • Second Place • Third Place Pledge Gatherers  
will choose from gift packages that include:**

A) Flip Video Camera B) Apple iPod C) Portable DVD Player

**Participants with over \$200 in pledges are eligible to win fabulous door prizes!  
\$50 or more in pledges – win one official BWR T-Shirt.**

*Fundraising Tips:*

*Ask if your company matches donations.*

*This is so easy to do!*

*Set your personal goal- **BE BOLD!***

*My goal is \$\_\_\_\_\_*

*Look for sponsors at work, in your neighborhood, friends, family, places that your family visits regularly.*

**To set up your own Buddy Walk and Roll Web Page,  
visit: [www.firstgiving.com/arcmidstate](http://www.firstgiving.com/arcmidstate) - it's fast - easy and fun!**

**Many Thanks to our Buddy Walk and Roll Sponsors:**

- |  |                                    |
|--|------------------------------------|
| • St. Cloud Times                        | • Tillemans Family                 |
| • Rapids VFW Post 6992                   | • Coborn's                         |
| • CRESA Partners                         | • St. Cloud Hospital               |
| • Pathways to Opportunity                | • Jim & Janet Knoblach             |
| • Opportunity Manor                      | • Anderson Trucking                |
| • David Schlough Family                  | • North Crest Gymnastics and Dance |
| • Minnesota Twins                        | • Quality Care Services, Inc.      |
| • Wal-Mart                               | • Cub Foods                        |
| • Spaniol & Good                         | • T.G.I. Fridays                   |
| • Automotive Parts Headquarters          | • Prudential Pladson Realty        |
| • Catholic Charities SILS Waiver Program | • Sexton Family                    |
| • Williams Funeral Home                  | • Target                           |
| • Arise Home Health Care                 | • Dairy Queen                      |
| • Making Memories Photo                  | • Noodles & Co.                    |
|  | • Science Museum of MN             |

When you join the Arc Midstate Buddy Walk and Roll you are helping people with developmental disabilities and their families receive support, advocacy services, and up-to-date information that will help them in their day-to-day lives. **All funds raised remain local** to help support programs of Arc Midstate such as:

- **Opening Doors Program** helping families find child care and respite care for children and teens with special needs.
- **Autism Connections Program** including AuSome Kids and ASD Teen Group, ASD Parent Group, training & advocacy.
- **Down Syndrome Parent Group and Supports**
- **Advocacy Services** for families and individuals.
- **Family Support Activities – Pilot Parents**
- **Civic Engagement** activities to help influence public policies on a local, state and national level.
- **Local newsletter** with up-to-date information.
- **Sibsdays** Programs for siblings of children with special needs.
- **Workshops** for Families and Caregivers.

