

# A GUIDE TO WALK DAY



 **AUTISM SPEAKS®**

**WALK**

SPONSORED BY ALPHA XI DELTA

*powered by love™*



**Northern New Jersey**  
**Sunday, May 21, 2017**

# MAY 2017

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
 21	22	23	24	25	26	27
28	29	30	31			

On May 21, I get to go to the **Autism Speaks Walk!**

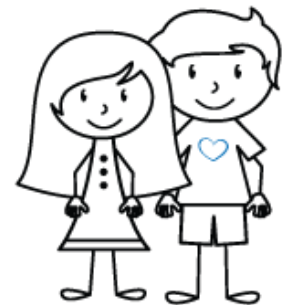
It will be **so much FUN** and **such a SPECIAL day** for my family and me!

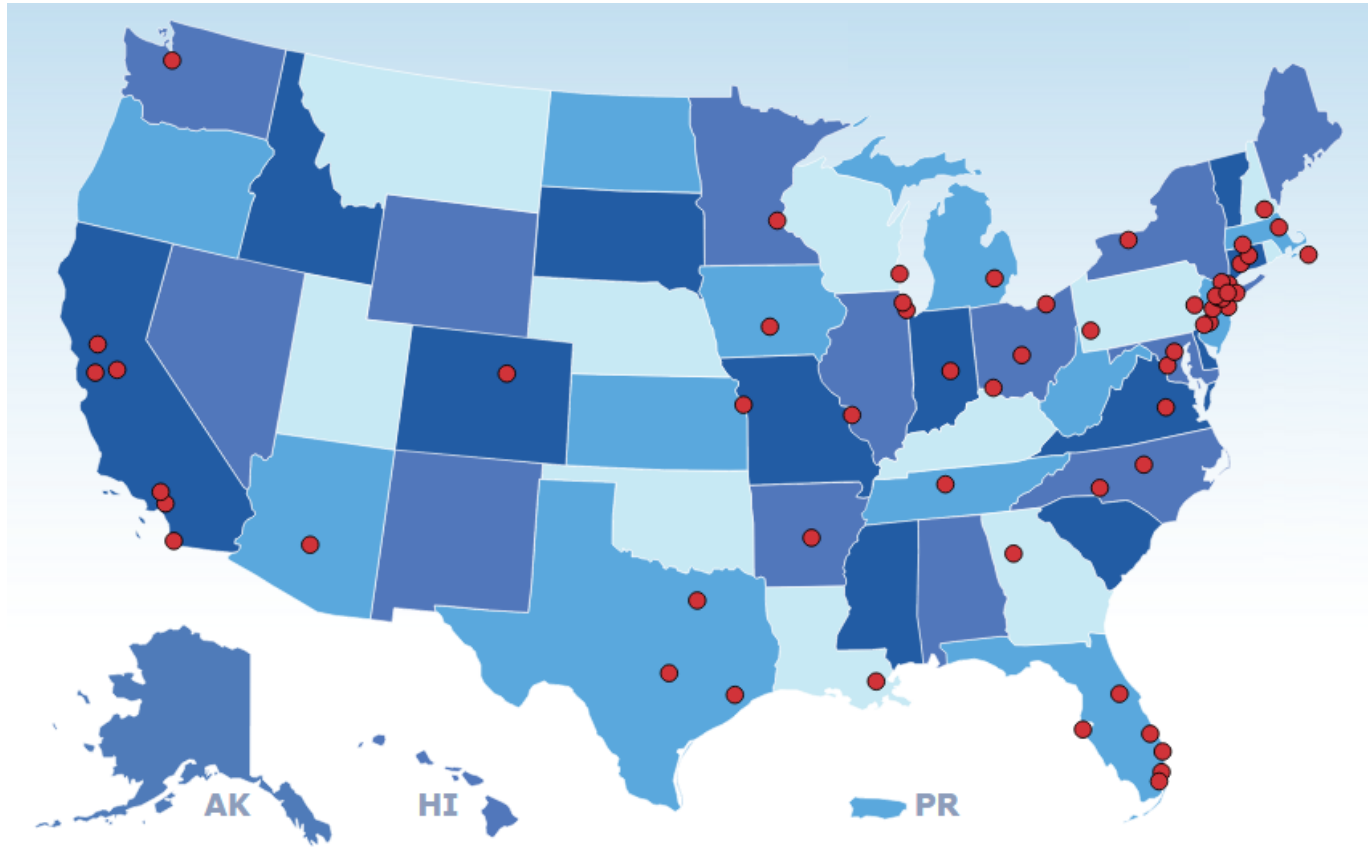
 **AUTISM SPEAKS**  
**WALK** *powered by love™*  
SPONSORED BY ALPHA XI DELTA





**Autism Speaks Walks** bring the community together to have fun and raise money that goes towards helping people with autism of all ages with lots of different strengths and abilities!





**Autism Speaks**  
**Walks** take place all  
across the United  
States – almost 60  
different places!



My **Walk** will take place at MetLife Stadium in East Rutherford, New Jersey.



**AUTISM SPEAKS**  
**WALK** powered by love™  
SPONSORED BY ALPHA XI DELTA



**GIANTS**  
ny



MetLife Stadium is home of the New York Jets and the New York Giants, two professional football teams in the NFL!



AUTISM SPEAKS®  
**WALK** powered by love™  
SPONSORED BY ALPHA XI DELTA



I will drive or take the train to the **Walk** with my family. I will make sure to hold hands with someone when we walk from our parking spot to the event!



**AUTISM SPEAKS**  
**WALK** powered by love™  
SPONSORED BY ALPHA XI DELTA



When I get to the **Walk**, I will see lots of tents, activities, signs and people.

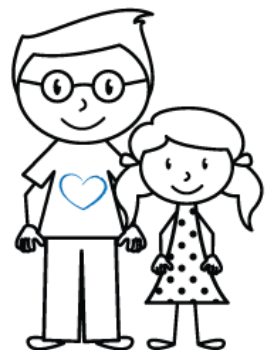




There might be a line at the registration tent because lots of people will be there to turn in the donations they raised to help people with autism. Once we get signed in, it's time to have fun!

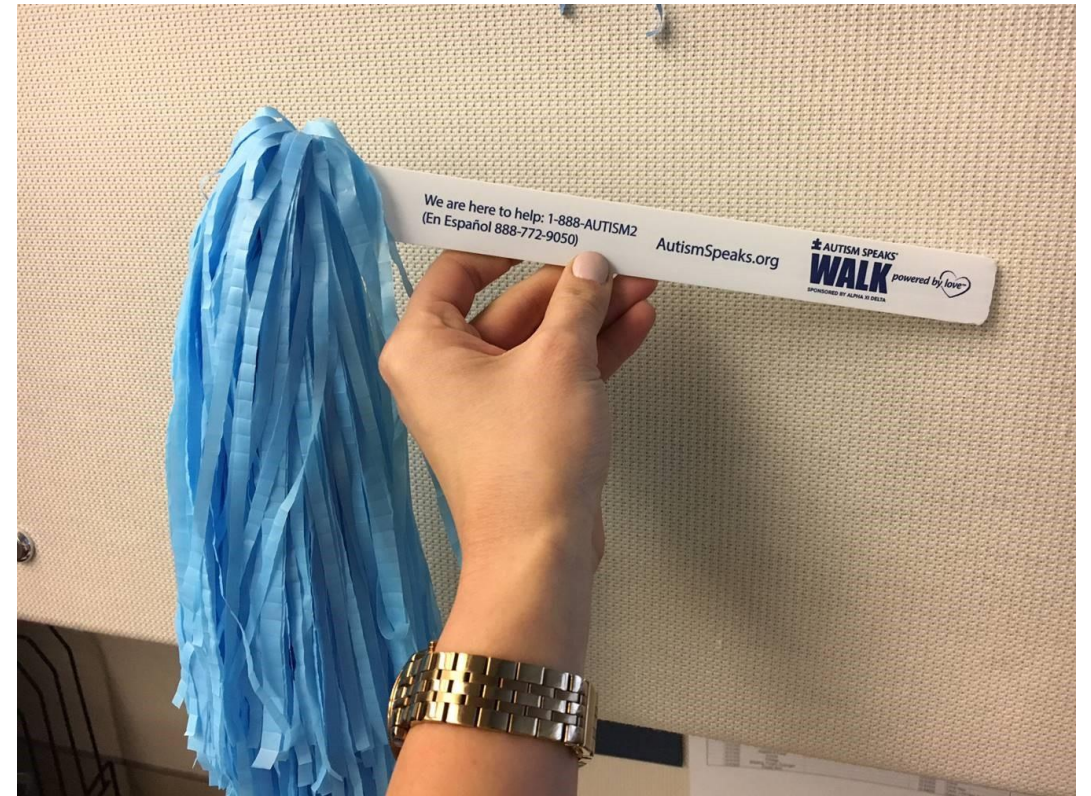


 **AUTISM SPEAKS**  
**WALK** powered by love™  
SPONSORED BY ALPHA XI DELTA



At the registration table, all of the **Walk** participants will get a very cool blue pom pom!

The pom pom is a sensory-friendly way to “clap” and show excitement without the noise!





Some people will get t-shirts in line if they raise a certain amount of money from their family and friends for the **Autism Speaks Walk!**

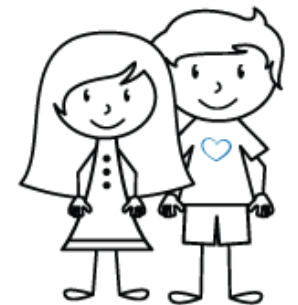
**AUTISM SPEAKS®**  
**WALK** powered by love™  
SPONSORED BY ALPHA XI DELTA



My **Walk** might even have 10,000 people there! That is a LOT of people getting together to have fun and help out.



**AUTISM SPEAKS**  
**WALK** powered by love™  
SPONSORED BY ALPHA XI DELTA



There will be a lot of fun games and activities that I can try if I want to, like board games, dancing and arts and crafts. It's okay if I would rather not play though. I can just rest with my family too.



**AUTISM SPEAKS**  
**WALK** powered by love™  
SPONSORED BY ALPHA XI DELTA



The **Walk** will also have people dressed up in costumes. I don't need to be scared though, even though some might have masks or face paint on.

They are all very nice people who are trying to help everyone laugh and have fun!



I can even take a photo with them if I want to!



There will also be lots of music and announcements.

But I can wear my headphones or go to a special quiet tent where it will be calm and relaxing.





Water and granola bars will be available if I get hungry or thirsty. I can also bring my own snacks or drinks to the **Walk!**





The **Walk** will happen even if it's raining. If it does rain, I might have to wear a raincoat or boots, or hold an umbrella.



**AUTISM SPEAKS**  
**WALK** powered by love™  
SPONSORED BY ALPHA XI DELTA



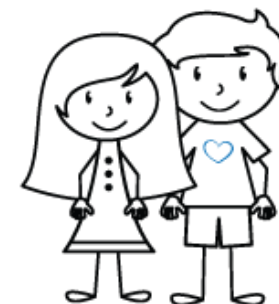
At the **Walk** there will be a big stage where there will be people speaking. There might even be a few people who sing and dance!  
I can sing and dance if I want to!



When the **Walk** starts, we will move to the starting line and walk around the stadium with all of the people. The **Walk** is less than 2 miles and will take about 45 minutes.

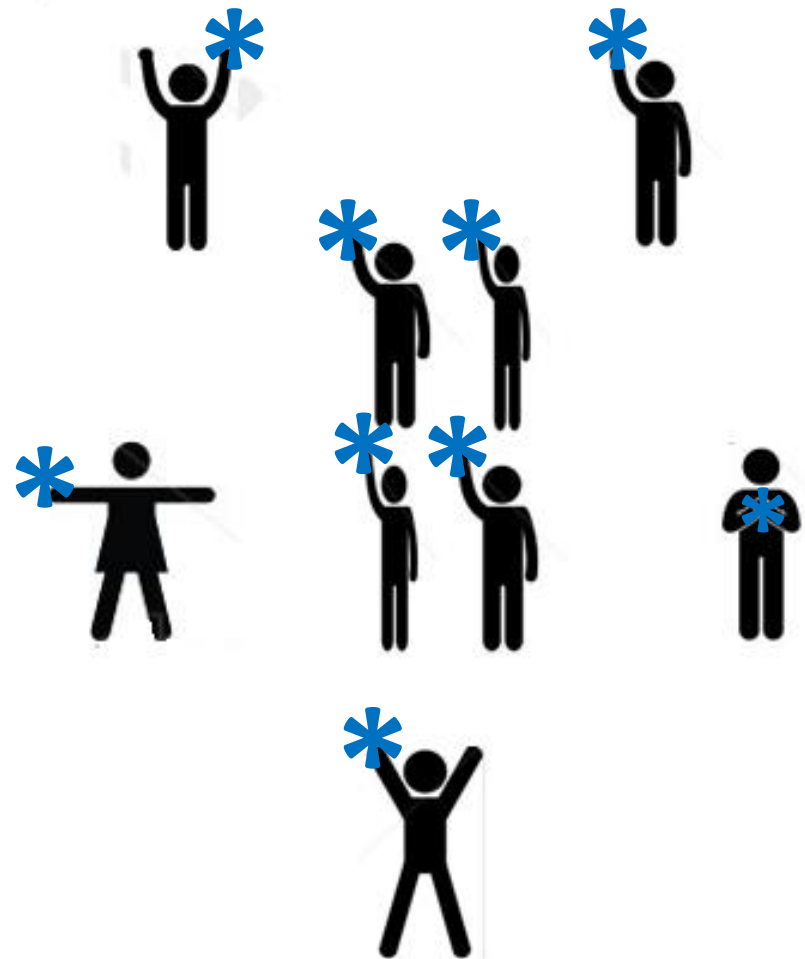


**AUTISM SPEAKS**  
**WALK** powered by love™  
SPONSORED BY ALPHA XI DELTA



Before the **Walk** starts, there will be a mission moment where all of the people will move their **pom poms** in different ways to celebrate how autism is special to us.

Then we will all raise them together before the countdown to the **Walk** begins!



I will hold a grown up's hand and stay close to my family during the **Walk**.

If I get lost, there will be lots of helpers to help me find my family. I will go to the stage or look for people with blue t-shirts and headsets on.



Along the way, there will be lots of people cheering my family and me on as we walk.

At the finish line, there will be a party where lots of people will be celebrating that we have completed the **Walk!**



**AUTISM SPEAKS**  
**WALK** powered by love™  
SPONSORED BY ALPHA XI DELTA





I can go back to the tents and play games or get a snack or a drink if I want. I can also go home after a fun day at the **Autism Speaks Walk!**



I am so excited to go to the **Autism Speaks Walk**.  
It will be a lot of fun!

