



walk

NATIONAL PARTNER ALPHA XI DELTA

## A guide to Walk day

FORT WORTH – TRINITY PARK  
SATURDAY, SEPTEMBER 19, 2020

On September 19 get to go to the [Autism Speaks Walk on Wheels!](#) It will be so much **FUN** and such a **SPECIAL** day for my family and me!

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The Walk brings people together to have fun and raise money for **Autism Speaks**. The money helps autistic people of all ages and with all different strengths and skills.



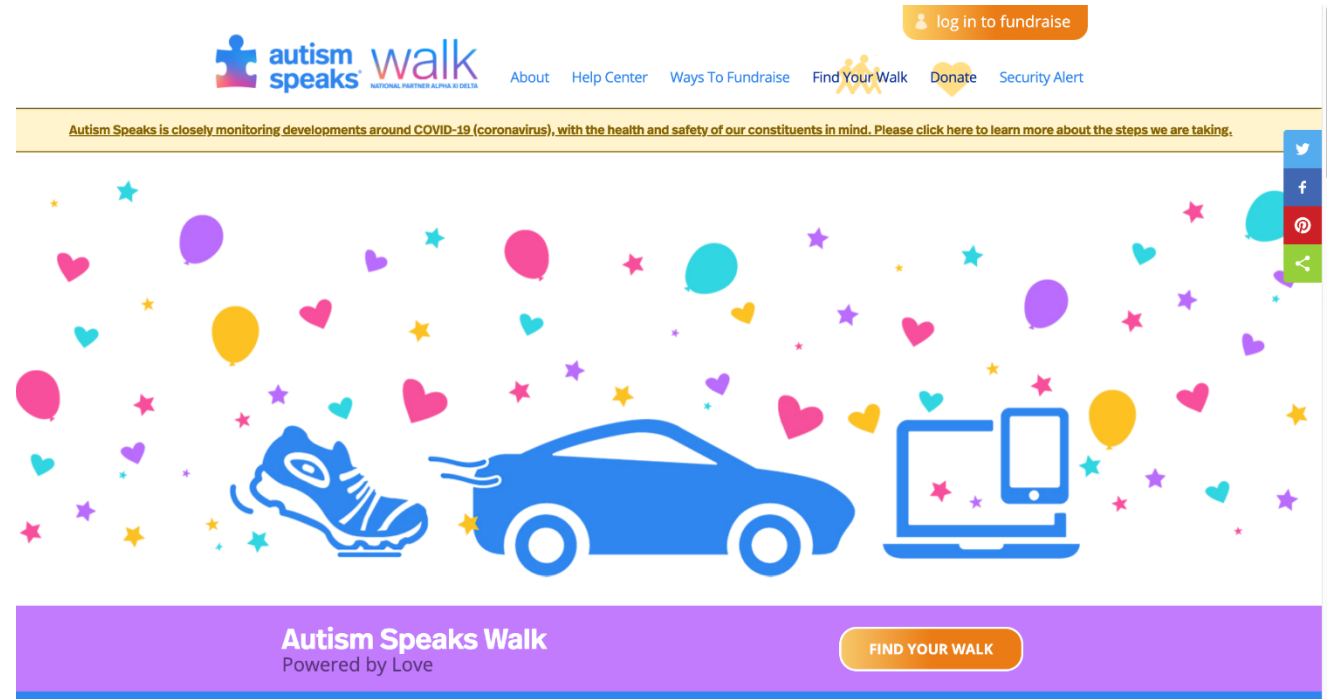
**Autism Speaks Walk on Wheels** is an organized, interactive car parade celebration driven by kindness. Our community will come together safely to have fun and raise money for Autism Speaks.



This year the Walk will be a little different. I will drive there and stay in my car with my family to celebrate and enjoy the day!



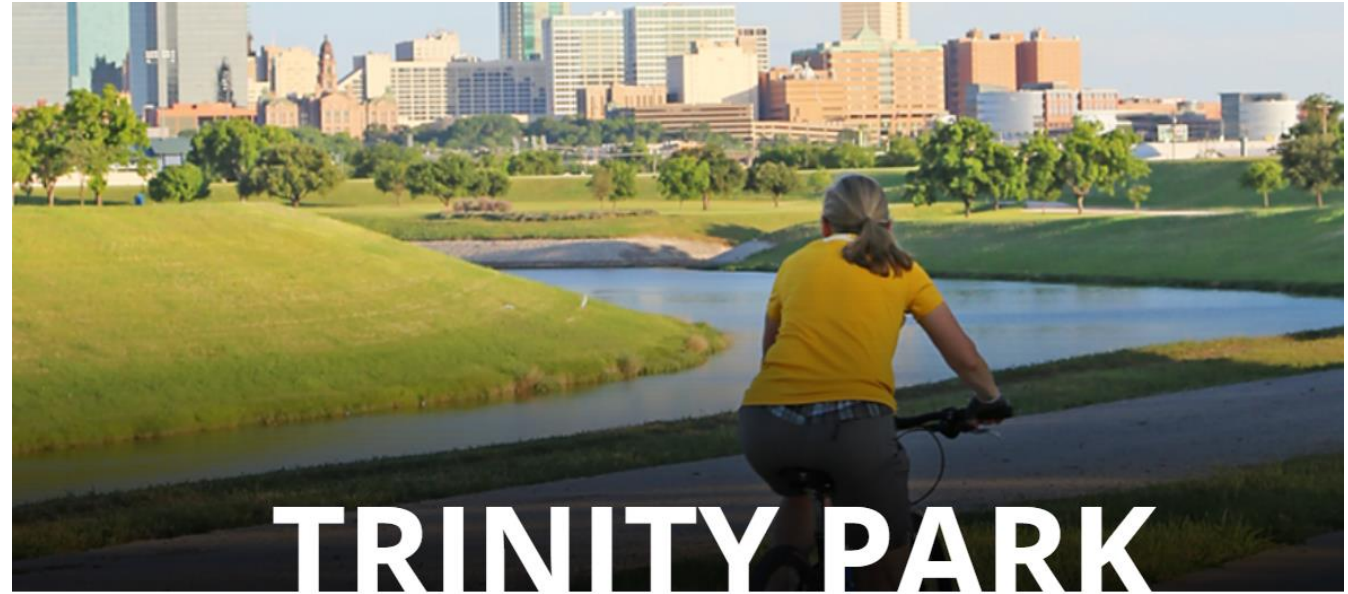
I plan on joining the Walk on Wheels event with my family, but there are also plenty of ways to participate in the Autism Speaks Walk from home, from my backyard or any way that works for me!





My *Walk on Wheels* will be at a cool place called Trinity Park.

Located on University Drive a short distance from the Fort Worth Cultural District, the 252-acre [Trinity Park](#) is your gateway to more than 40 miles of hiking and biking paths along the river. You'll also find a duck pond, large playgrounds and a miniature train that's been running since 1959.



Before I arrive at the **Autism Speaks Walk on Wheels**, I can get ready to celebrate!

I can help my family decorate our car, make window signs and print out activity sheets from the Autism Speaks Walk website.

I can also bring my favorite things with me like crayons to color, small toys, games or my tablet.





When I get to the *Walk on Wheels*, I will see lots of cars filled with people, signs and tents.

My *Walk on Wheels* might even have hundreds of cars there! That is a LOT of people getting together to have fun and help out.



If my family has registered and signed the COVID-19 waiver online, we will get a sign to put on the dashboard of our car and we will not have to stop at registration.

Either way, once we get signed in, it's time to have fun!

If we need to register on Walk Day, we will need to put on our masks before we lower our window and talk with the volunteer. The volunteers will also be wearing masks and gloves and they will stand six feet away from our car for safety.





Every car will stop and get a goody bag on Walk Day. A volunteer, who is wearing a mask and gloves, will place the bag in the trunk and we will grab it while remaining in our car.

Each bag will have blue pom-poms and bubbles. The pom-poms are a sensory friendly way to “clap” and show excitement without the noise. They’re lots of fun to wave.

Some people may get t-shirts. This depends on how much money they raise for Autism Speaks.



There will be a lot of fun!

All of the cars will drive through the park and celebrate together. There will special guests and cheerleaders along the way to wave hello and cheer us on. While we are driving, there will be music and announcements. I can sing and dance in my car. We can even take selfies.

If it gets too loud or if I get too overwhelmed, I can close the car windows, wear my headphones or work on one of the printed activities I'll have with me.



While we are driving, I will stay in my seat,  
inside the car, so I can stay safe.





The *Walk on Wheels*, will not be able to give out food or drinks this year. I can bring my own favorite snacks and drinks with me in the car.



It's OK if I need to use the bathroom at the Walk. Before I get out of the car I will put on my mask. I will see other people wearing masks. Masks help to keep us all safe and healthy.

The bathrooms will be outside – these are called port-o-potties. They are different than bathrooms I use at home and school. I can ask my family for help if I need it.

I may have to wait my turn. There will be a sign on the ground where I should stand to wait. There will be hand sanitizer and handwashing stations to sanitize my hands before I go back to my car with my family.



The *Walk on Wheels* will happen even if it rains. I will stay in my car which will keep me dry. If I need to use the restroom, I can wear a raincoat or boots – or hold an umbrella.



As the cars start driving, we will take the time to listen to people talk about why it's so important that we are here and how my participation helps others with autism just like me. This is called a mission moment. Everyone will shake their pom-poms at the same time.



I am so excited to go to the  
**Autism Speaks Walk,**  
*on Wheels.*

It will be a lot of fun!

