



Walk with your feet... Help with your heart.



**Walk 4 Friendship
5K Run and Family Walk
Sunday, May 5th, 2013
10:00 a.m. - 2:00 p.m.
Tawasentha Park
188 NY 146, Altamont, NY**

Phone: 518.438.4220

E-mail: walk@capitalfriends.org

Free Admission

walk4friendship

**First 200
registered walkers
through our site
receive a
FREE Walk t-shirt**

**5k Run with prizes
to top finishers
Register online!**

**Start a team, join a team,
walk as an individual,
or sponsor a walker!**

The Friendship Circle pairs teen and college age volunteers with children that have special needs for a full range of social, educational and recreational activities.

Event Schedule

**10:00-10:45 a.m.
Registration**

**10:45 -11:00 a.m.
Opening Ceremony**

**11:00 -12:00 p.m.
5K/Family Walk**

**12:00 -2:00 p.m.
Friendship Festival, BBQ
& Family Entertainment**

**1:30 p.m.
iPad Raffle Drawing**

www.walkfc.org

THIS EVENT WILL HAPPEN RAIN OR SHINE!



**BALLOON ANIMALS
OUTDOOR GAMING SYSTEM**

**IPAD RAFFLE
MINI CHAIR MESSAGES**

**BOUNCE
HOUSES**

**ART CENTER
FACE PAINTING**

**BARBEQUE
FOR PURCHASE**