

3.21 Run for  
Down Syndrome



Saturday  
April 14, 2018  
9:00 AM

Lehigh Parkway  
Allentown, PA



## Race Information

The 5th Annual **3.21 Run for Down Syndrome** will occur at the Lehigh Parkway in Allentown, PA. The 3.21 mile distance symbolizes the 3 copies of the 21<sup>st</sup> chromosome that causes Down syndrome. *This isn't your typical 5K, it has just a little bit extra to make it special.*

Register early for the best deal! \$20 until March 3, \$25 March 4 - April 13, \$30 race day. T-shirts will be given to all participants who register by April 1, 2018. T-shirts will be available while supplies last for registration after April 1, 2018. You may also waive the t-shirt to allow the amount to be donated to the EPDSC.

Prizes will be awarded for top 3 in overall, age group, and individuals with Down syndrome.

## Race Day Schedule

8:00 AM	Onsite Registration
9:00 AM	3.21 Mile Run/Walk
10:30 AM	Awards Ceremony



**Online Registration** at [www.brynmawrrunningco.com](http://www.brynmawrrunningco.com) (click on events)

## About the EPDSC

The Eastern Pennsylvania Down Syndrome Center is dedicated to the physical and mental well-being of ALL persons with Down syndrome and their families.

Our mission is to equip families and individuals influenced by Down syndrome with the latest medical advancement, social, emotional and educational support in order to maximize each individual's potential.

For further information about the EPDSC or the 5th Annual 3.21 Run for Down Syndrome, please contact us at: 610-402-0184 \* 610-402-0187 (fax) [www.epdsc.net](http://www.epdsc.net)

**Race Questions?** Contact Wendy Carney at [wcarney15@gmail.com](mailto:wcarney15@gmail.com)