



SUPPORT ADAPT!

Grab your wheels, your bike, your dog, your kid or your skates. But most important sign up your sponsors to support Disability Rights while you run with ADAPT. This is not a race. You run, walk or roll around a quarter-mile track for an hour and count your laps. We do the rest. We provide T-shirts, food, drinks and lots of music for sponsored participants! All proceeds go to support disability rights.

Date: **Sunday, April 22, 2012**

Time: **1:00–4:00 p.m.**

Location: **Upper Senate Park
Constitution and 1st Street
Washington, D.C.**

For more info or to register:

512-442-0252

bob.adapt@sbcglobal.net

www.adaptfunrun.org

