



Stroll for Special Needs FAQ

What is the Stroll for Special Needs? We know that there are over 52 million individuals in the United States with a disability and only 10% of dentists are prepared to see them. We are working hard at the Dentists for Special Needs Clinic in Phoenix, AZ to change that. The Stroll for Special Needs is a Virtual 5k to raise funds to help support the PDS Foundation Dentists for Special Needs Clinic.

What is a virtual 5K and where does it take place? It means that you stroll, run, walk or roll wherever you are. You can walk around your neighborhood, head to a park or stroll at an indoor or outdoor track. Post a photo of your route and time on Instagram and tag @pdsfoundation and #Stroll4SpecialNeeds. We want to be safe so let's keep our social distance and wear our masks.

How will we know you really did it? Our goal is to have fun, get a little exercise, and come together as a family to support the Dentists for Special Needs Clinic. But we want to see you having fun too so follow @pdsfoundation on Instagram post a photo of you and your crew and tag @pdsfoundation and #Stroll4SpecialNeeds. For those competitive types post your time and show us your route and you could win a prize and a place on our Stroll for Special Needs Wall of Fame.

What is the cost to participate? Individuals can sign up for \$40 as a part of a team or as an individual participant – each person will receive a t-shirt and medal when you sign up.

How else can I help? Share this with your friends, family, and anyone else. Everyone is welcome. You can also help by helping us fundraise. We would love

to see teams fundraise from their community! We've set a goal of an additional \$250 per team and \$50 per individual to help even more patients get the care they deserve. Share it on your social media and get more people involved!

When is it happening? We've set the date for everyone to complete their 5k on 12/5 or 12/6. Find a time during those days to make it happen. But if you can't don't let that stop you. That's the beauty of the virtual event. You do it when it works for you!

Where do I sign up? You can sign up as a team or individual [here](#).

Are there prizes? Yes! The team and individual who raises the most money will have their name on a donor plaque at the Dentists for Special Needs. Also, the person with the fastest time in each category will receive a PDS Foundation shirt and will be featured on our 2020 Stroll for Special Needs Wall of Fame plaque. (categories are Males 0-13, Female 0-13, Males 14-18, Females 14-18, Males 19-40, Females 19-40, Males 41-60, Females 41-60, Males 61+, Females 61+)

Do I have to sign up? In order to get a shirt and medal (shown below) you must sign up, but if you would like, you can donate to benefit a team as well.



Is there a deadline? Yes, to guarantee the arrival of your shirt in time, please sign up by November 2nd. After the 2nd we can't guarantee you will receive your shirt in time before the stroll.