



# Be Our Hero



Friends of  
Down Syndrome



Why run for Team Friends of Down Syndrome in the Chevron Houston Marathon, Aramco Houston Half Marathon, and/or We Are Houston 5K?

- Friends of Down Syndrome (FDS) provides quality education and opportunities to adults and teens with Down syndrome.
- FDS started with 17 enrolled students in 2014. Today, FDS has 70+ students enrolled. FDS would love to serve more of the approximate 6,000 individuals with Down syndrome in the Houston community!
- Texas ranks as the 50th state for funding individuals with developmental disabilities.
- FDS is able to provide quality services at an affordable tuition only by the support of volunteers and donors.
- Team FDS provides opportunities for fund-raising and training to participating teammates!

Register for all Team FDS Hero entries at [https://events.hakuapp.com/events/ad/b50e4b4a9971330515/charity\\_partners](https://events.hakuapp.com/events/ad/b50e4b4a9971330515/charity_partners) or contact Melissa Marteeny for more information at (713) 305-5018 or email: [Melissa\\_Marteeny@yahoo.com](mailto:Melissa_Marteeny@yahoo.com)