

**Hey You!**

## Join Team AuSome!

Bring your friends together to run in support of **Autism Nova Scotia (ANS)** at the Scotiabank Blue Nose Marathon! *It's a great way to have fun, be active and give back to the community.*

### Scotiabank Blue Nose Marathon

May 18-20, 2018

Full marathon, half marathon, 10km & 5km

[bluenosemarathon.com](http://bluenosemarathon.com)



#### Why run for Autism Nova Scotia?

##### **You are part of the community.**

With 1 in 68 diagnosed with Autism Spectrum Disorder (ASD), you already know someone on the Autism Spectrum.

##### **You promote good deeds.**

You are a good citizen and enjoy helping others.

##### **You have a story to share.**

Use **#bluenoseANS** on social media to keep us connected.

For more information  
contact: Colin MacDonald  
902.446.4995 ex 60  
[cmacdonald@autismns.ca](mailto:cmacdonald@autismns.ca)





## Scotiabank Blue Nose Marathon **TEAM AUSOME** *Participant Details*

- On race day, collect your race kit from the Scotiabank Blue Nose Marathon team at allocated area.
- All members of Team Ausome will meet at the Old Town Clock on Citadel Hill for a team photo.
- Autism Nova Scotia will be cheering you on throughout the race!
- Way to go! Collect your medal and wear it proudly.
- Share your experience online using **##bluenoseANS**.

**Because you joined our team,**  
you helped raise money in support  
of autism!

**Because you joined our team,**  
you have made our community  
better!

**Because you joined our team,**  
Autism Nova Scotia and the thousands  
of individuals and families with ASD  
thank you!



[autismnovascotia.com](http://autismnovascotia.com)  
[cmacdonald@autismns.ca](mailto:cmacdonald@autismns.ca) | 902.446.4995



# Why give to Autism Nova Scotia?

With 1 in 68 diagnosed with Autism Spectrum Disorder (ASD), you already know someone on the Autism Spectrum.

Since 2002, Autism Nova Scotia has grown to become a leader in best practice, programs and services, and a strong voice for those living with autism.

Thanks to generous supporters, partners and donors, we are quick to respond and we are resourceful. We find ways to do much with little. However, there are still critical gaps, and there is still much to be done.

## Your gift supports:

### Programs for Children

Summer camp experiences, art programs, peer supports

### Family Resources

Initial diagnosis support, peer support, respite, lending library

### Teen & Adult Programs

Social groups, social & life skills, peer support

### Employment Services

Workshops, social enterprise (Promise of a Pearl), work experience, pre-vocational and vocational supports

**Every gift supports a world where all people living with ASD can live their lives fully.**

[www.autismnovascotia.ca](http://www.autismnovascotia.ca)  
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## ***Facts: Autism Spectrum Disorder (ASD)***

*"If you have met one person with autism,  
you've met one person with autism."  
-Dr. Stephen Shore, autism advocate*

- Autism is the fastest growing developmental disorder and is a lifelong condition.
- Autism is reported to occur in all racial, ethnic and socioeconomic groups.
- Autism occurs in 1.5% of the population, and is more often diagnosed in boys than girls.
- Individuals with ASD have different abilities in social interaction, communication and patterns of thought and behavior.
- Research has confirmed there is no link between autism and vaccines.
- The unemployment rate for individuals with ASD is much higher than average. However, with proper supports and understanding of their strengths and challenges, individuals with ASD can be successful employees, colleagues, and entrepreneurs.
- Autism Nova Scotia provides programs and services for individuals and families including employment supports, art programs, respite, summer camp, social groups and life skills classes, peer support, family support and more.

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## How to Join **TEAM AUSOME** - Autism Nova Scotia

1. Go to the Charity Challenge “For Fundraisers” page on the Scotiabank Blue Nose Marathon website and click “register now”: <http://bluenosemarathon.com/charity-challenge/for-fundraisers/>. If you’ve already registered for a race but opted out of the **Charity Challenge** at the time of registration, you can still sign up for our team by choosing “Sign Up” to create a fundraising account.
2. Choose the race you want to sign up for. Youth have the option to run or walk 2km or 4km!
3. Fill out your information and select your t-shirt size, then click the green button that says “continue to waiver”, complete the waiver and hit “continue”.
4. When asked if you want to participate in the Scotiabank **Charity Challenge** as a fundraiser or make a donation click “yes” and you’ll be able to select Autism Nova Scotia from a drop down menu as the charity you’d like to support. Do not complete where it says “Charity Pin Code”, this is not needed.
5. In another drop down menu, you can choose “Create a Scotiabank Charity Challenge Fundraising Account” to become part of our team (this step is required even if you are not fundraising -- we’d still like you to be part of **TEAM AUSOME!**).
6. Create your username and password.
7. You have the option to set a fundraising goal and/or give a personal donation. This is optional -- **your participation is just as important!**
8. Proceed to the checkout page by clicking “continue to payment”, fill out the information required and click “submit order”.
9. A page will appear with your confirmation number. If you click on the red box in the bottom right-hand corner that says “**Autism Nova Scotia**”, you will be directed to your Online Fundraising Account. From here, you can personalize your account with a photo, customize your message, send emails to friends and family, etc.
10. That’s it -- you’re now officially a member of **TEAM AUSOME!** You will receive an email from the Blue Nose Marathon to confirm your registration with a link to your personal online fundraising page.