

My Day at the Roots & Ruts 5k, Family Fun Run and Post-Race Expo (Awe in Autism)



I am going to The Els Center of Excellence today



First, there will be a 5k race that begins at 8:00am and a fun run that begins at 8:45am



The fun run will be 1 mile long, starting next to the Pavilion and looping around the parking lot of The Learning Academy at The Els Center of Excellence 5 times.

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After the fun run, I will go with my family to the courtyard



In the courtyard I can go to the tents to buy food or crafts and play games



In the courtyard, there will be music playing and performers on stage

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If it is too loud in the courtyard I can say, "I need a break", and go to a chill room or the auditorium to watch a movie with my family.



If I am tired and I want to go home, I can say, "Let's go home please"

12:00

All done

At 12:00pm the Expo will be over.