IMPORTANT!
We need you to call at least the Monday of the activity. There may be exceptions (BBQ, Aquarium, etc.). If it’s different, it’ll say it on the calendar. **DO NOT COME THE DAY OF HOPING FOR CANCELATIONS!** It’s unfair to those on the waiting list that were turned down due to space. If there are cancellations, **the waiting list will be considered first**. Any questions, call us to clarify.

**3 Strike System.**

**Example of Strikes**
- You don’t cancel transportation **BEFORE** the driver calls or they’re already picking up people.
- Driver waits outside your home or location for more than 5 minutes.
- You don’t clean up after yourself.
- Disruptive behavior in the van.
- Refusal to listen to the driver.
- Other forms of misconduct.

After 3 strikes, you will not receive transportation from us for 3 months (starting from the last strike).

**Date:** Wednesday, August 8  
**Time:** 4:30 PM - 6:30 PM  
**Place:** City Center Park (Northern Pavilion)  
100 North 300 East, Orem UT.

The Northern pavilion is located next to the new adaptable playground. **Transportation from us is LIMITED** so try to come to the park on your own. You can bring family but you must have your own transportation. **CALL STARTING JUNE 30TH!!**
# Our 16th Annual Run, Walk, Or Roll 5/10K Race!

**Saturday, September 8, 2018**

**2225 West 620 North, Provo, Utah**

---

## Registration (Race Day): 7:00 AM

- **10K Race Start:** 8:15 AM
- **5K Race Start:** 8:30 AM
- **1k Fun Run:** After 5k/10k Race

---

### Group Rates

**Adults Groups Pricing:** You can get $2 off per person when you sign up with a group of four or more!

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Race Day</th>
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</thead>
<tbody>
<tr>
<td><strong>1K Registration:</strong></td>
<td></td>
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<tr>
<td>Children (-11)</td>
<td>$7</td>
<td>$7</td>
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<tr>
<td><strong>5K Registration:</strong></td>
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<tr>
<td>Adult/Youth (12-54)</td>
<td>$15</td>
<td>$20</td>
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<tr>
<td>Children (-11)</td>
<td>$10</td>
<td>$15</td>
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<tr>
<td>Golden (55+)</td>
<td>$10</td>
<td>$15</td>
</tr>
<tr>
<td><strong>10K Registration:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult/Youth (12-54)</td>
<td>$20</td>
<td>$25</td>
</tr>
<tr>
<td>Children (-11)</td>
<td>$15</td>
<td>$20</td>
</tr>
<tr>
<td>Golden (55+)</td>
<td>$15</td>
<td>$20</td>
</tr>
</tbody>
</table>

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## Pre-Register Now!

**Deadline: September 7th by 1:30 PM**

You can fill out and return this application form with payment to our office:

491 North Freedom Blvd. Provo, UT 84601

Online registration: [www.ability1stutah.org](http://www.ability1stutah.org)

**When you pre-register, you can pick up your race packet between September 4 - 7**

---

Name of Racer: ____________________________ Male: ( ) Female ( ) Age (Day of the Race): ______

Email: ____________________________ Telephone: ________________

Age Category (circle one): Children (11 & under)  Adult/Youth (12-54)  Golden (55+)

Race/Category (circle one): 1K Fun Run  5K Run  5K Walk  5K Manual Wheelchair  5K Motorized/Assisted  10K Run  10K Hand Cycle

T-Shirt Size (circle one):  **Adult:** S M L XL 2X 3X 4X  **Child:** S M L

Amount Paid: _______  Method of Payment:  Cash____  Check ___

A signed registration form is required for each member of your family or group

In consideration of my entry, I hereby for myself, my heirs, executor, or anyone else who might sue on my behalf, waive, release, and discharge the sponsors, contributors and others from all rights, claims, or liability for death, personal injury or property damage of any kind or nature whatsoever, arising out of or in the course of my participation. I attest that I am physically fit and have trained to participate in this event. I understand that all registration fees are non-refundable. This release and waiver extends to all claims of every kind or nature whatsoever foreseen, known, or unknown. The undersigned further grants full permission to use any photographs, videotapes, motion pictures, recordings, or any other recordings of this event, for any purpose. Minors will not be accepted with parent's signature. The official race director reserves the right in any event of emergency or local/national disaster to cancel the race or to change the day and/or time to a later day and that in the event of cancellation or change, there is no refund of entry fees.

Signature of Racer (or parent/legal guardian if under 18): ____________________________ Date: __________
TRANSPORTACIÓN

Sea considerado con los demás, use su voz interior y use audífonos.

No consuma comida o bebidas en la camioneta a menos que lo autorice el conductor

No distraiga al conductor: A menos que sea una emergencia. Si necesita hablar con el conductor, espere hasta que el van estén estacionado.

Áreas Norte y Sur: Se les recogerá de 1 a 2 horas antes de que comience la actividad. Serán los primeros/sólo últimos en ser recogidos dependiendo de la mayor ruta.

El conductores lo llamará cuando estén a 10-15 minutos de su casa:

Trate de estar listo para estar afuera cuando llegue la camioneta. Recuerde que cada minuto que el conductor tiene que esperar retarda más la transportación del grupo.

Si necesita cancelar su pedido de transporte, ¡hágalo tan pronto como pueda! No cancelar su pedido de transporte les quita la oportunidad de ser transportados a los consumidores que quedan en la lista de espera.

Se le puede recoger en un lugar alternativo más cerca del centro.

Sistema de Penalización

Ejemplos de penalizaciones

- No cancela el transporte ANTES de que el conductor llame o mientras están recogiendo a otros pasajeros.
- Hacer esperar al conductor por más de 5 minutos.
- No dejar limpia el área que usted mismo ocupó.
- Comportamiento inapropiado en la camioneta.
- Negarse a escuchar al conductor de la camioneta.
- Otras formas de mala conducta.

Después de 3 penalizaciones, no recibirá transporte de nosotros durante 3 meses.

**Día:** Miércoles, Agosto 8  
**Hora:** 4:30 PM - 6:30 PM  
**Lugar:** City Center Park  
**100 Norte 300 Este, Orem, UT.**

El transporte desde nosotros es LIMITADO así que intente venir al parquet por su mismo. Puedes traer invitados contigo. Si traes invitados, debes tener tu propio medio de transporte. Pueden llamar desde el 30 de Julio.

**VIAJE PARA ACAMPAR**

**Donde:** American Fork  
**Cuando:** Agosto 14-16.  
**Tenemos espacios limitados.**  
**Puedes reservar tu lugar desde el 30 de Julio hasta el 10 de Agosto.**

Eres responsable de lo que necesitas para acampar (medicamentos, artículos de higiene, bolsa de dormir, ropa extra, etc.). Te recomendamos que traiga tu propia carpa, pero asegúrate que esté en buenas condiciones. No podemos garantizar una carpa extra si algo le sucede a la tuya. **No ya electricidad!**

Agosto 15: Tomaremos una camioneta de nuestra oficina de Provo para los consumidores que no pueden pasar toda la noche. Almorzaremos y cenaremos en el campamento y regresaremos al final del día.

**AQUARIO**

**CUANDO:** July 11 @ 10:15

El transporte al centro es limitado, así que intente reunirse con nosotros aquí a las 10:00 por su cuenta.

Luego iremos al centro comercial South Town para almorzar.

Pagaremos el boleto al acuario, pero debe traer el almuerzo o dinero para la comida.

Planeamos regresar para las 3:00 así que trae lo que necesitarás para el día.
Aquarium Trip

Date: Wednesday, July 11
Time: Leaving center at 10:15 AM.

Transportation to the center is limited so try to meet us here by 10:00 on your own.
We’ll stay for a few hours then head over to South Town Mall to eat lunch.
We’ll cover the ticket to the aquarium but you need to bring lunch or money for food.
We plan to be back by 4:00 so bring what you’ll need for the day.

Park Clean up

We’ll be volunteering our time to clean up a local park!

Place: Paul Reams park
500 N 1600 W, Provo.

Date & Time: August 18 from 9-11

Wear shoes or clothing for working outside in summer weather.
Transportation is limited so try to meet us there.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>2 RSVP FOR CLASSES &amp; AQUARIUM</td>
<td>3 Advocates First 12:30 - 1:30 LIMITED TRANSPORT</td>
<td>4TH OF JULY Office Closed</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>9 RSVP FOR CLASSES &amp; AQUARIUM</td>
<td>10 Social Skills 12:30-1:30 NO TRANSPORT!</td>
<td>11 Aquarium (See below)</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>16 RSVP FOR CLASSES (LIMITED TRANSPORT)</td>
<td>17</td>
<td>18 Park Clean Up: 9 AM-11 AM (See below)</td>
<td>19 Adaptive Exercise: 11-1</td>
<td>20</td>
</tr>
<tr>
<td>23 RSVP FOR CLASSES (LIMITED TRANSPORT)</td>
<td>25 Bowling- No Transport: 12-2</td>
<td>Office Closed</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>30 RSVP FOR CLASSES (LIMITED TRANSPORT)</td>
<td>31 Disability &amp; Awareness 12-1:30</td>
<td>Read Page 1 for Information on Activities and Transportation. Llean pagina 3 para informacion de los activitades y transportacion.</td>
<td></td>
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</tbody>
</table>
### August 2018

(Class Times May Vary)

<table>
<thead>
<tr>
<th>Monday</th>
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</thead>
</table>
|        | Mayor Visit!  
We will have the mayor come and see us on August 1st! | 1 Advocates First  
12:30-1:30 | 2 | 3 |
| 6 RSVP FOR CLASSES & CAMPING | 7 Shopping | 8 BBQ  
(See Page 1 or Pagina 3) | 9 | 10 |
| 13 NO CLASSES THIS WEEK | 14 | 15 | 16 | 17 |
| 20 RSVP FOR CLASSES | 21 Cooking  
12-2 | 22 Arts & Crafts | 23 Bowling  
-No Transport | 24 |
| 27 RSVP FOR CLASSES | 28 Disability & Awareness  
12-1:30 | 29 Sewing | 30 Computer Class: 2-3:30  
No Transport | 31 |

### Camping Trip Information

**WHERE:** Granite Flats Camp, American Fork  
**WHEN:** August 14-16.

We have limited spots so call soon.  
You can RSVP from July 30th to August 10.

You’re responsible for items that you need to bring for camping overnight. Things like medications, hygiene items, sleeping materials (blankets, pillows, sleeping bag), extra clothes, etc.

We encourage you to bring your own tent but make sure it’s in good condition. We can’t guarantee an extra tent if something happens to yours. **There are no electric outlets!**

**DAY TRIP:** On August 15, we’re taking a van from our Provo office for those consumers that can’t stay over night. We will have lunch and dinner at camp and back by the end of the day.
## July 2018

<table>
<thead>
<tr>
<th>Tuesday</th>
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<tbody>
<tr>
<td>3</td>
<td>4 OFFICE CLOSED</td>
<td>5 Art Museum</td>
</tr>
<tr>
<td>10</td>
<td>11 Aquarium</td>
<td>12 Bridal Veil Falls</td>
</tr>
<tr>
<td>17</td>
<td>18 Clean Up Park</td>
<td>19 Adaptive Sports</td>
</tr>
<tr>
<td>24 OFFICE CLOSED</td>
<td>25 BYU Bean Museum</td>
<td>26 Party</td>
</tr>
<tr>
<td>31 No Classes</td>
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</table>

## August 2018

<table>
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<tr>
<th>Tuesday</th>
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<tbody>
<tr>
<td></td>
<td>1</td>
<td>2 No Classes</td>
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<tr>
<td>7 No Classes</td>
<td>8 Annual BBQ</td>
<td>9 No Classes</td>
</tr>
<tr>
<td>14</td>
<td>15 Camping</td>
<td>16</td>
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<tr>
<td>21</td>
<td>22</td>
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<tr>
<td>28</td>
<td>29</td>
<td>30 Older Youth 10 AM</td>
</tr>
</tbody>
</table>

### Please Read the Section on Pg. 1 on Transportation.

### SUMMER PROGRAM

**Please remember to call or email EVERY MONDAY!**

- **We need to know to account for class size.**
- **Remember, try to come on your own when possible.**

**Bridal Veil Falls:** We’ll be hiking so wear proper hiking clothes and shoes.

**Aquarium:** Bring money for food or lunch with you. It's an all day trip so bring what you will need.

**Provo Park Clean Up:** We are starting at 9 AM. Wear clothes for working outside in summer weather.

For an individual lesson call:
Bret Guercio  
Office: (801) 850-5565  
Cell: (385) 375-1370  
bret@ability1stutah.org
We have scheduled activities with consumers from the Provo Office. Call me to reserve your seat on the bus.

**July 2018**

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<td>12</td>
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<tr>
<td>17 Shopping 10 AM</td>
<td>18</td>
<td>19 Movie Night</td>
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<td>24 OFFICE CLOSED</td>
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**August 2018**

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<tr>
<td>7 Shopping 10 AM</td>
<td>8 Provo BBQ</td>
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<td>21 Shopping 10 AM</td>
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</table>

CAMPING: We will be camping in American Fork Canyon from August 14-16, 2018. In order to go, you need to fill out an information sheet (you can get from me). It includes contact information, medications you will be bringing with you, allergies, dietary concerns, etc. We need this form filled out before you go on the camping trip.

AQUARIUM: We will be joining the Provo office. We’ll pay the entrance fee but you will need to bring lunch or money for lunch.

BBQ: It’s our annual BBQ! Call before August 3rd to sign up for a spot on the bus.

OFFICE HOURS: There’s been some confusion about our office hours. We do have new hours although on the door of the Ephraim office it still says 8 AM to 5 PM Monday -Friday.

The Current Hours for the Center:
- Monday - Thursday
  - 7:30 AM to 4:30 PM
- Friday
  - 7:30 AM to 1:30 PM.

If you need to see me, make sure you come at least 40 minutes before closing so we have some time to discuss your issues and needs.

Be sure to note that our office will be closed July 4th and July 24th. (Federal institutions like banks, libraries, and post offices will also be closed).

Wendy Hansen
85 North 100 West
Ephraim, UT
(435) 283-4949
wendy@ability1stutah.org
Thomas Dingess has been participating at independent living centers for a while. During that time, he’s worked hard to gain his independence and become a leader within the community.

One fun thing Thomas has done over the past 2 years is participate in the New Ideas to Network Junior Advocates (NINJA) Conference, a 4 day statewide leadership conference held each year by the Utah Statewide Independent Living Council. Thomas has taken what he’s learned at NINJA and applied it to the Ability 1st Utah’s Advocacy First Group. He has taken on leadership roles within the group and participated in Provo town hall meetings.

Thomas’s current goals are to continue participating in Advocates First, find a job, and to continue gaining skills needed to live more independently.