



# The Extra Mile®



**October 24, 2026 / 10:00AM**  
**175 Peyton Rd / Lebanon, Tennessee 37087**

**Go The Extra Mile® with DSAMT on October 24, 2026, and help celebrate and support individuals with Down syndrome by promoting acceptance and inclusion in our communities. Proceeds fund DSAMT's programs.**

The Extra Mile® is the largest Down syndrome awareness event in TN and is DSAMT's primary source for program funding... and you do not have to fundraise to participate and celebrate your loved one with something extra.

Whether you know someone who has Down syndrome or just want to show your support, take the first step and donate or register today! Help us spread the word; everyone is welcome to our day celebration!

If you need assistance with The Extra Mile® please contact Tanya Chavez  
[tanya@somethingextra.org](mailto:tanya@somethingextra.org).

**For registration, volunteer, and  
sponsorship information visit:**  
<https://charity.pledgeit.org/theextramile>



**dsamt**  
Down Syndrome Association  
of Middle Tennessee