

Join ILO families for a



Hike, Bike & BBQ

Along the C&O Canal | Sunday, May 21, 2023 | 9 a.m.



**ILO Families and
Self-Advocates!**

Win **PRIZES** for
bringing friends
and family.

Come Join Us!

Each year ILO families and their friends come together for an amazing picnic, spending time together sharing, caring, and having fun while enjoying the outdoors.

The Event

9:00 a.m.

Set-Up at [Carderock Recreation Area Pavilion](#).

9:30 a.m.

Hang out and visit with others at the Pavilion, or hike or bike to Great Falls (*8 miles RT or as far as you want*)

11:00 a.m. – 1:00 p.m.

BBQ at the picnic area and Pavilion.

Details

\$45 covers your t-shirt plus food and drink at the picnic. You must be fully vaccinated to participate. Masks optional.

Questions?

Questions? Contact us at info@ilonow.org

REGISTER for the May 21 Event

SPONSOR-DONATE to Hike, Bike & BBQ