



Achieve with us.

For people with intellectual and developmental disabilities

FOR IMMEDIATE RELEASE

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***Strides Road Race Benefits People with Disabilities
Families, walkers, rollers and runners of all ages and abilities welcome!***

NORWICH, CT – **The Arc New London County** and **The Cactus Jack Foundation** announce the **34th Annual Jack O'Keefe Memorial Strides Road Race** to be held at Camp Harkness in Waterford, CT, on **Sunday, October 2, 2011** from 9:00am-2:00pm. This unique fund-raising effort for **The Arc New London County** has enjoyed extraordinary success over the years and welcomes people of all ages and abilities. In addition to welcoming families in Southeastern Connecticut, this is also a competitive race, with a record having been set in the Men's 10K in 2009.

Named in honor of **Jack O'Keefe, Sr.**, in celebration of his legacy of supporting people with disabilities, the race honors a man who was the first Recreation Director at **Seaside Regional Center** and founded the inaugural race in 1978 along with the late **George Daly** (Camp Harkness Director, 1976 — 1997) and former Executive Director of The Arc, **Tom Sullivan**.

Long before it became an academic philosophy, Jack O'Keefe embodied the spirit of unified recreation, encouraging people with abilities and disabilities to find joy by participating together in recreation and sports. **All proceeds from the race will be used to support The Arc's Community Life & Advocacy program** for people with intellectual and developmental disabilities.

With 8 divisions (including a wheelchair division) starting with racers 11 years old and younger and going all the way through the Veterans Division where racers are 70 years old or older, The Arc's 34th Annual Strides Road Race offers fun for everyone.

Registration fees: \$15 per runner or \$30 per family of four in advance, and \$20 per runner or \$35 per family of four on race day. Children under 12 years of age pay only \$5, and Patron Ads cost \$50. Fees include food provided by Outback Steakhouse, a Strides T-shirt and a Race Packet. Family entertainment, face painting for the kids and more!

To register or to learn more about the 10K, 5K and 1K Family Fun Run, Walk & Roll visit:
www.thearcnlc.org.

NOTE: The Arc New London County is New London County's agency of choice for many people with intellectual and developmental disabilities. Located at 125 Sagem Street in Norwich, Connecticut, The Arc was established in 1952 by parents of children with intellectual disabilities to serve the citizens of New London County. Board of Directors: John Fournier, President; Enrico DeMatto, Vice President; Linda Rhodes, Secretary; Emily Fournier, Treasurer; Members: Shannon Aiello, Dawn DeCristofaro, Mary Ann Duchene, Roberta Hublard, Alan Messier, Wendy Mis and Alice Munyan. Immediate Past President: Diane Aubin.