



FOR IMMEDIATE RELEASE

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Families, walkers, runners of all ages and abilities welcome!

Strides Road Race Benefits People with Disabilities

NORWICH, CT – The Arc of New London County and The Cactus Jack Foundation announce the 33rd Annual Jack O'Keefe Memorial Strides Road Race to be held at Camp Harkness in Waterford, CT, on Sunday, October 3, 2010 from 9:00am-2:00pm. This unique fund-raising effort for The Arc of New London County has enjoyed extraordinary success over the years and welcomes people of all ages and abilities. Aside from welcoming families in Southeastern CT, 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 from 1976 through 1997) and retiring Arc of New London County Executive Director 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 recreational, leisure and sports activities for people with disabilities.

With 8 divisions that start with racers 11 years old and younger and go all the way through the Veterans Division where racers are 70 years old or older, the 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 T-shirt sponsored by the Lake of Isles, a Runner goody bag, a Race Packet, moon bounce & face painting for the kids and more.

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

NOTE: The Arc of New London County is New London County's agency of choice for many people with intellectual and related developmental disabilities. Located at 125 Sachem 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; Jessica Clark, Client Representative; Members: Karen DiSaia, Deborah Gregoire, Dawn DeCristofaro, Mary Anne Duchene, Alan Messier, Shannon Aiello, Alice Munyan Immediate Past President: Diane Aubin.