

# Step Up for the Arc Walk and 5K Run at Duke Island Park

Submitted by The Arc of Somerset County 2 p.m. EDT May 31, 2014

*"Step Up For the Arc" is an annual statewide Walkathon of The Arc, the state's largest non-profit advocacy and service organization supporting people with developmental disabilities and their families*



(Photo: PHOTO COURTESY OF LAURA ZIEGLER)

BRIDGEWATER – The Arc of Somerset County will host its annual "Step Up for the Arc" Walk and 5K Run" on Saturday, June 7, at Duke Island Park. Registration check-in begins at 8:30 a.m. and the 1.5 mile walk and 5K (3.1 miles) run will begin at 9:30 a.m.

"Step Up For the Arc" is an annual statewide Walkathon of The Arc, the state's largest non-profit advocacy and service organization supporting people with developmental disabilities and their families. The event, which is a 1.5 mile fun walk and sanctioned Grand Prix (500 pts) 5K race on a flat paved, and scenic course, aims to raise awareness for children and adults living with intellectual and developmental disabilities in Somerset County.

Registration fees are \$20 per runner, \$18 per USATF runner, \$15 per student runner, and \$10 per walker which are waived for participants raising \$50 or more. Student runners younger than age 18 are free. Online registration is encouraged. All ages are welcome.

The event will include morning activities hosted by race sponsor, Contract All and Furino & Sons Brothers Four. Registered dieticians from Village Shop Right of Somerset and Hillsborough will be on hand to share samples of breakfast quinoa and fruit along with take-home recipes. HRC Fitness of Hillsborough will be on hand to warm up the runners and walkers at the start of the race and will host an information table about its fitness facility and Somerville School of Rock's Youth Rock Band will be there to perform the national anthem and a few set lists throughout the morning. The walk will conclude mid-morning with the 12th District Free and Accepted Masons hosting a free barbecue picnic for all participants at the event.

Volunteers are needed. The Arc is hosting a 'Buddy Walk' for the event. Volunteers will be paired with persons served the organization as they take part in the 1.5-mile fun walk. Afterward, volunteers can spend time with these clients as well.

"This is a great opportunity for our folks to be more involved in the event and for volunteers to make a new friend who can perhaps visit from time to time at their group or residential home" said Lauren Panarella, executive director of The Arc of Somerset County. For more information about this volunteer opportunity, contact Laura Zeigler at [lauraz@thearcofsomerset.org](mailto:lauraz@thearcofsomerset.org) (mailto:lauraz@thearcofsomerset.org) or call 908-725-8544, ext: 608.

To see a list of current sponsors, visit [http://www.thearcofsomerset.org/events/special\\_events.html](http://www.thearcofsomerset.org/events/special_events.html) ([http://www.thearcofsomerset.org/events/special\\_events.html](http://www.thearcofsomerset.org/events/special_events.html))

Local community and corporate walk teams are encouraged to attend to show support for The Arc of Somerset County. Register to the "Step Up for the Arc Walk and 5K Run" event by visiting <https://www.firstgiving.com/arc-somerset/arcsomerset5kwalkrun> (<https://www.firstgiving.com/arc-somerset/arcsomerset5kwalkrun>)

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