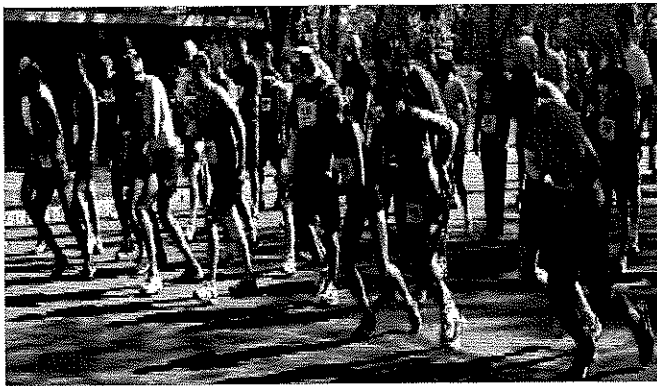


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The Arc of Somerset County Hosts "Step Up for the Arc Walk and 5K Run" at Duke Island Park

Posted by Lisa Marie Arieno , March 27, 2014 at 04:25 PM

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Manville, NJ: The Arc of Somerset County will host their annual "**Step Up for the Arc" Walk and 5K Run**" on Saturday morning, June 7th at Duke Island Park in Bridgewater. Registration check-in begins at 8:30 am, and the 1.5 mile walk and 5K (3.1 miles) run will begin at 9:30 am. "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, is to raise awareness for children and adults living with intellectual and developmental disabilities in Somerset County. Registration fees are \$20/Runner, \$18/USATF Runner, \$15/Student Runner, and \$10/Walker which are waived if you raise \$50 or more. Student runners under 18 are free. Online registration is encouraged. All ages are welcome!

The event will include morning activities hosted by Race Sponsor, Contract All of Whitehouse Station. Registered Dieticians from Village Shop Right of Somerset and Hillsborough will be on hand to sample out 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 their 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 barbeque picnic for all participants at the event.



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Register for Arc of Somerset County 'Step Up for the Arc Walk/5K Run' at Duke Island Park



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on March 28, 2014 at 12:25 PM, updated March 28, 2014 at 12:29 PM

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0&description=2014%20runners%20at%20the%20starting%20line%26nbsp%3B%20The%20Arc%20of%20Somerset%20County%20will%20host%20the%20Walkathon%20of%20The%20Arc%20the%20state%20s%20largest%20nonprofit%20advocacy%20and%20service%20organization%20supporting%20people%20with%20developmental%20disabilities%20and%20their%20families.

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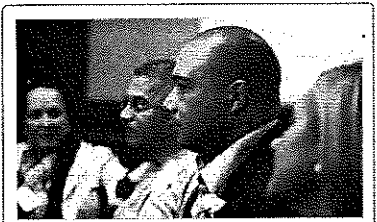
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The walk will conclude mid-morning with the 12th District Free and Accepted Masons hosting a free barbecue picnic for all participants at the event.

Volunteers are needed. The Arc is hosting a 'Buddy Walk' for the event. Volunteers will be paired with our persons-served to walk the 1.5-mile fun walk and can spend time together enjoying the food and music. "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" explains Lauren Panarella, executive director of the Arc of Somerset.

For more information about this unique volunteer opportunity, contact Laura Zeigler at lauraz@thearcofsomerset.org (mailto:lauraz@thearcofsomerset.org) or call 908-725-8544, ext. 608.

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- Obamacare tops low-cost NJ health plan for some (http://www.nj.com/politics/index.ssf/2014/04/obamacare_eclipses_low_cost_nj_health_plan_for_middle-class_kids.html)
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