

THE MESSENGER GAZETTE

## Arc of Somerset to hold 5K Run and Walk Event at Duke Island Park on June 2

Updated May 25;  
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### **By Community Bulletin**

The Arc of Somerset County's 2018 Step Up For The Arc 5K Run and Walk will be held on Saturday, June 2, at Duke Island Park in Bridgewater.

Morning refreshments will be on hand hosted by Wegman's Bridgewater for all participants before and after the race. The event includes an easy beginner 5K race on a flat, paved, and scenic course and a 1.5 mile energetic walk

Registration and lawn activities for this family friendly morning event begin at 8:00am with free caricature portraits to attendees who visit our fellowship tent.

Girls Empowerment through Mindfulness, a group program run through the Bridgewater Township Recreation Department supported and funded by the local Bridgewater-Raritan Municipal Alliance and Governor's Council on Alcoholism and Drug Abuse will be present at the 5K supporting The Arc of Somerset County's mission for empowering all individuals.

The G.E.M. curriculum was developed by Sue Cornet to teach pre-teen girls how to handle stress, increase self-confidence and make positive and healthy life choices.

The race will begin at 8:15 a.m. sharp with a warm up by The Max Challenge of Somerset fitness team. Cash prizes will be awarded to the first place male and female adult racers and student age racers.





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The walk will begin at 10:15 a.m. with music provided by DJ Jean Marie of Entertainment with Sophistication all morning and The 12th District Free and Accepted Masons will host a free picnic to all attendees at 11 a.m.

Sample vendors will be on hand all morning beginning at 8 a.m which include Purium Health, Blaze Pizza. The Somerset Hills Kiwanis Club will host children's lawn activities and The Max Challenge will host a table game for giveaways.

Proceeds for this run/walk will go toward the various programs provided to those children and adults who receive services from the Arc.

The Arc is a 501c3 nonprofit organization. Step Up For The Arc of Somerset County is an annual statewide Walkathon and 5K Race of The Arc, the state's largest non-profit advocacy and service organization supporting people with developmental disabilities and their families. Visit [www.thearcofsomerset.org](http://www.thearcofsomerset.org) for more information.

To register to the 5K online, please visit

<https://runsignup.com/Race/NJ/Bridgewater/StepUpforTheArcofSomersetCounty5KatDukelsl>;

To register to the walk online, please visit

<https://www.fundraiser.fund/hosted-arc-foundation-somerset-county/event/2018-step-arc-somerset-county-walk>

Volunteer "Buddy Walkers" are needed for those who wish to provide assistance and make a new friend to some of The Arc adults attending the walk. Please contact The Arc Foundation of Somerset County office at [foundation@thearcofsomerset.org](mailto:foundation@thearcofsomerset.org) or call 908-658-3805 for inquiries on volunteering.

