

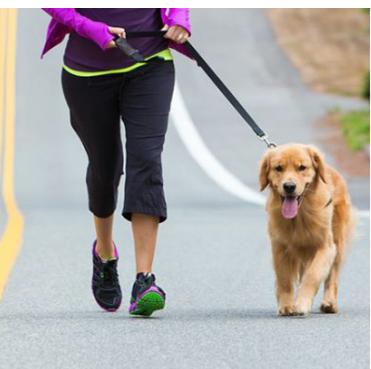


**THE
DUNKIN'
RUN
ARC RACE**



**September
5-19th
ArcRace.org**

26th Annual



**5K • Half Marathon • 3K Fun Walk
KIDS 1 Mile Fun Run**



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Welcome

Life certainly has changed since registration for this year's race opened on March 1st. In mid-March, the Office for People with Developmental Disabilities suspended our day programs where the people we support enjoyed group activities, getting out into the community to volunteer, and all that our area has to offer. Visits to our group homes were suspended; meaning the people we support went months without seeing their families or friends in person, and, administrative staff started working remotely. We were, and still are, doing our part to help flatten the curve while continuing to support hundreds of people and their families through every new challenge.

In July, we made the tough decision to do what many other races were doing and switch to a virtual event for this year. We held out hope that life might somewhat return to normal, but more important, we needed to make sure the health of our runners and the needs and safety of those we support came first. Although the Dunkin' Run Arc Race may look a little different this year, we hope your perception of it won't! For 26 years, Arc Race has been a family-fun, inclusive community event with a purpose – to raise critical funds that make a lasting, positive impact upon the people with developmental disabilities who receive support from Arc of Onondaga.

Every year, the Arc of Onondaga Foundation awards grants to the agency to pay for projects for which there is no traditional funding. You can see a list of projects that were recently funded on pages 14-15 in this program. When you support the Arc Race and our special events and fundraising campaigns, you make these projects a reality. This year, we anticipate the need to use grant dollars to help pay for the supplies that are necessary to get through the COVID-19 crisis. To keep the people we support and our staff safe, we have invested in thousands of masks, gloves, gowns, face shields, hand sanitizer, and all personal protective equipment needed. None of these expenses were included in the agency's 2020 budget. When the crisis passes, like so many other organizations, there will be big bills to pay, along with much rejoicing.

So, when you choose to support the Arc of Onondaga Foundation either through giving, volunteering, or registering for this year's Dunkin' Run Arc Race, please know how much we need you and that your support is truly appreciated.

There's still time to register!

ArcRace.org

Submitting Your Time

You can submit and manage virtual results directly from the RunSignup Race Page, or from your RunSignup profile. During registration, you will be asked to sign up for text messages or email which will allow you to submit your finish time

1. **Submit from RunSignup Race Page:** Navigate to the race's RunSignup race page > and select the Result tab > then select Submit Virtual Results.
2. **Submit Virtual Results From Your RunSignup Profile:** Navigate to your RunSignup profile by selecting the Profile Icon at the top right hand corner.
3. **Submit TXT Results:** First you will need to opt in to TXT results, which you can do either during or after the registration process.

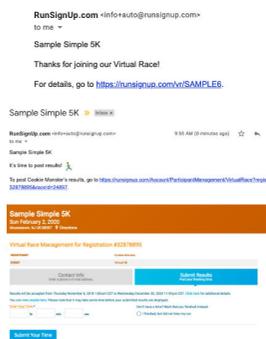
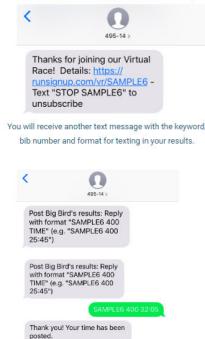
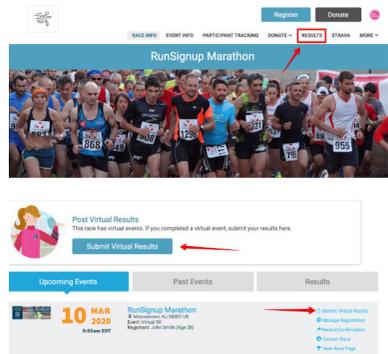
During the Registration Process: Select Sign up for text messages and enter a valid cell phone number.

After the Registration Process: You can go to your Profile > Manage Registration > Virtual Race, and then select Contact Info.

Submit Email Results:

If you would rather receive notifications and send results via email, you can choose to sign up for email notifications by entering your preferred email address.

Once you submit your time, we'll send you your **free tee!**



Download Your Bib

To download your bib, search for your name in RunSignup under the "Find A Participant" link and then click on the bib number to the left of your name. That will bring up the virtual bib so you can print and/or share on social media.

OR

Log-in to your RunSignup profile and then look at your "Upcoming Events." You will see the 2020 Virtual Dunkin' Run Arc Race. Click on the "View Pre-Race Bib" link and print!



REFER A FRIEND. BE REWARDED.

Calling all runners and walkers!

Get your friends to register for this year's Dunkin' Run Arc Race and receive a **\$10 Wegmans gift card!** (offer valid for every new referral made)

To register or learn more go to **www.arcrace.org**

Arc Race Committee

The following individuals are the driving force behind ***Dunkin' Run Arc Race 2020.***
We thank them for their dedication and commitment.

Patty Cafarchio

Rachel Colella-Squire

Wendy Coleman

Sandy Mueller

Sandy Radziwon

Ruth Ann Riposa

Arc Staff

Executive Director: Ellen Gutmaker

Director of Development: Joanna Jewett

Special Events Coordinator: Babette Puzey

Marketing & Communications Specialist: Christine Hall

Perks of Virtual Running

- A **2-week window (9/5-9/19) to complete** the event you choose - Half marathon, 5k, 3k, or Kids 1 Mile Fun Run
- **Free gifts with registration - \$3 Dunkin' gift card AND neck gaiter/buff** - can be worn as a scarf, head band, or mask - for the first 1000 people who register!
- **Referral Program** - Get your friends to support our race and receive a **\$10 Wegmans gift card** for every new friend you get to register! (Valid for registrations from people who did not register for the 2018 or 2019 Arc Race)
- **Run or walk in a team** - Get your friends and family from around the area, state, country, or world to support this year's event!
- **Chart your own course** - pick your own finish line!
- Every participant gets a virtual bib, and a **FREE race tee upon completion!**
- **Register now through September 19th!**



Free upon completion



Free with registration

About Arc

In 1951, a group of concerned parents got together to ensure that their children received the best educational and social services possible. Since then, **Arc of Onondaga** has been providing quality programs for people with developmental disabilities of all ages. Arc of Onondaga, a chapter of NYSARC, Inc. and a 501(c)(3) non-profit organization, is the largest private provider in the county.

Arc of Onondaga is one of the largest providers of services to people with developmental disabilities in Onondaga County serving thousands of individuals and their families and employing 500 people. With nearly 40 different sites throughout Central New York, Arc provides a wide array of opportunities including residential, day, employment, clinical, and recreation programs and services. In addition to these supports, Arc also operates two major subsidiaries: Parkside Children's Center, an integrated preschool and Monarch, a vocational program with corporate partners throughout the region.

A true community-based organization, Arc thrives on community involvement and inclusion, as well as relying on community membership to build its base of support. Its program participants volunteer hundreds of hours in the community each year in support of a wide variety of organizations and causes.

The **Arc of Onondaga Foundation** was established to ensure the financial future of the agency by securing community support. The Foundation's efforts will guarantee that comprehensive services of the highest quality will always be available for future generations. The Arc of Onondaga Foundation was formed in 2002 and is a 501(c)(3) non-profit organization, duly registered with the United States Internal Revenue Service and the New York State Attorney General's Charities Bureau.

The Foundation builds community support through individual contributions, planned giving and special events. Support for the Arc of Onondaga Foundation is a powerful statement of involvement, compassion and commitment to people with developmental disabilities. Those who give lead by example and provide the motivation for others to follow; promoting hope for a life of inclusion, independence and productivity for all individuals.

The Arc of Onondaga Foundation is a separate entity from Arc of Onondaga and is led by its own, active board of directors. The Foundation hosts the annual Arc Achievement Awards Dinner each June and Arc Race in September, as well as other fundraising events and campaigns throughout the year.

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Arc Services

To accommodate the diverse needs of the individuals we serve and their families, Arc of Onondaga offers a variety of programs, services and supports.

Children and Teens

Art Surge

An art program for teens and young adults, Art Surge supports the social, creative, and sensory needs of the individuals it serves by allowing participants an opportunity to understand the creative process from conception to completion. Some of the programs offered include photography, painting/water colors, drawing, fabric design, sculpture, food design, Latin dance, puppet making, yoga and movement.

School to Work Transition

During a student's last year of school, Arc of Onondaga staff work with school officials, parents, the New York State Education Department (VESID), and other agencies to aid a student's smooth transition to employment before and after graduation from school. Services for this age group include Project SEARCH.

Respite by Design

Onsite and Community Interactive Day Supports are available Monday through Friday from 2:30pm to 5:30pm for individuals who live at home with their families. After School Respite/Recreation Opportunities are available for pre-teens, teens and young adults.

Summer Fun Program

Summer Fun is a grant-funded program which allows Arc of Onondaga to pay staff so they can provide one-on-one support for people who would like to fully integrate into existing summer programs or camps such as town recreation activities, YMCA and day camps.

Arc staff provide the training and support needed for an individual to succeed in their chosen employment.

Adults

Vocational Services

Arc of Onondaga offers a range of vocational options for adults—from prevocational skills training through support for competitive employment. Whether working alongside other employees at various sites throughout the community, or independently at a local business,

Day Habilitation

Day Habilitation supports people who possess a need for higher and more intense training in order to make their community experience, and the experience of the community, more positive. Day Hab provides opportunities to learn new skills and achieve higher levels of independence. Activities and skill training take place both in the community and on-site, in a variety of locations throughout the county.

Residential

Our residential services strive to ensure that the people receiving services are living in a home – not just a house – and are provided the opportunity to learn the skills necessary for independent living.

All Ages

Recreation

Recreation programs provide activities in the community for both adults and teens. The programs are designed to assist individuals in accessing their communities while helping them meet new people and develop friendships.

Horizons Clinic

Our Article 16 Clinic provides therapeutic, clinical services to individuals of all ages, enhancing their quality of life and helping them achieve their fullest potential.

Family Reimbursement

Designed to complement other support and assistance programs, Family Reimbursement provides funds to assist individuals and their families access services and goods.

Community Habilitation

Services designed to assist individuals enhance their skills and maintain an independent lifestyle.

Ways to Give

The Arc of Onondaga Foundation was established to ensure the financial future of the agency and its services. Now more than ever, the Foundation needs your support. The future for services and programs and how they are funded remain uncertain. Giving is just one of the many ways we can ensure that the high-quality supports we are able to provide today will remain in place for tomorrow.

AmazonSmile

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization.

To shop at AmazonSmile simply go to **smile.amazon.com** from the web browser on your computer or mobile device. Your amazon account can be used as the same account on AmazonSmile. You will just need to select Arc of Onondaga Foundation to receive donations from eligible purchases before you begin shopping. AmazonSmile will remember your selection, so every eligible purchase you make on AmazonSmile will result in a donation.

Annual Appeal

Annual Appeal gifts enable our Foundation to award annual grant funding for projects and services for Arc of Onondaga that may be underfunded, or for special projects that may fall outside Arc's annual budget.

#WeAreEssential

We have planned for the worst and continue to see the best from our staff and our supporters, for whom we are beyond grateful during the current pandemic. In spite of the hardships people are experiencing, they continue to support our mission. The COVID-19 stimulus bill enables taxpayers to take a one-time above-the-line deduction for cash contributions of up to \$300 made during these challenging times. If you are able to make a donation to our current We Are Essential campaign, please know that it is truly needed and appreciated.

Planned Gifts

Well planned gifts through estate planning include wills bequests, charitable gift annuities, and gifts of life insurance. Planned Gifts are a way to make a gift that can provide you with income and/or tax benefits, while enhancing and ensuring Arc's future for many generations to come.

Sensory Garden

The Sensory Garden is an inclusive community green space which not only provides therapeutic value to the people we serve, but tangible environmental and recreational benefits to the city of Syracuse. You can contribute by buying an engraved brick, bench or butterfly which adorn the garden. Other opportunities include purchasing a sense, birdfeeder, plaque for the wall of donors, or special feature. Arc of Onondaga also accepts general donations in support of the gardens' upkeep and maintenance.

Volunteer

Community integration is important to those we serve, and volunteers play a special role in meeting this need. Volunteers are critical to the services and programs we provide to our participants. There are one day volunteer opportunities available at our Achievement Awards Dinner and Arc Race as well as long term positions in our various programs.

Butterfly Gallery

Give your thoughts and memories wings on the Arc of Onondaga Butterfly Gallery. Your tax-deductible gift will place a butterfly on our gallery wall, in honor or in memory of a person of your choice, or with your own name as recognition of your support of Arc of Onondaga.

Your personalized butterfly will remain a permanent part of our Butterfly Gallery in appreciation of your belief in the work of Arc of Onondaga on behalf of people with developmental disabilities.

Please contact the Development Office at 315-476-7441 or go to our website at www.arcon.org, and click on "Get Involved" for more information.

The Impact of Giving

When you support the Arc of Onondaga Foundation, you help to make a lasting impact upon the people in our community with developmental disabilities who are supported by Arc of Onondaga. The Arc of Onondaga Foundation was established to ensure the financial future of the Agency by securing community support. Every year, the Foundation awards grants to the Agency to help fund projects and initiatives that otherwise would go unfunded.

The following are just some of the projects that were recently funded through Arc of Onondaga Foundation grants so far this year.

These are your dollars at work!

Exercise equipment

Treadmills and exercise bicycles were purchased and are being used by the people we support who have set goals to exercise more and improve their health.

Hydraulic Equipment

Our clinical team identified the need for equipment to reduce the risk of harm to patients in our clinic spaces. Three hydraulic tables were purchased and installed, and are being used daily.

Multi-Terrain Wheelchairs

Specially designed for unpaved surfaces such as sand and grass, two multi-terrain wheelchairs have been purchased to be used for outings to area parks and beaches.

Dance Classes

The lessons provided the opportunity for creative expression, physical activity, and increased confidence in movement.

Wheelchair Scale

Residents who require weekly weight checks can now enjoy privacy and no longer have to leave their home.

Sit to Stand Lift

A sit to stand lift was purchased to make transitions safer and easier for a resident who requires total transition from a bed or chair to a wheelchair.

Sensory Items

Our Galeville Day Hab program received sensory items to help the people we support interact and engage their senses without risk. These sensory items help people explore without feeling frightened, frustrated, or overwhelmed.



Thanks to your continued, generous support, the above list illustrates just how the Arc of Onondaga Foundation is making a positive impact on the lives of individuals who are supported by Arc of Onondaga.

Thank you for making a positive and lasting impact.



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 **THE
DUNKIN'
RUN** **Arc Race
2020**



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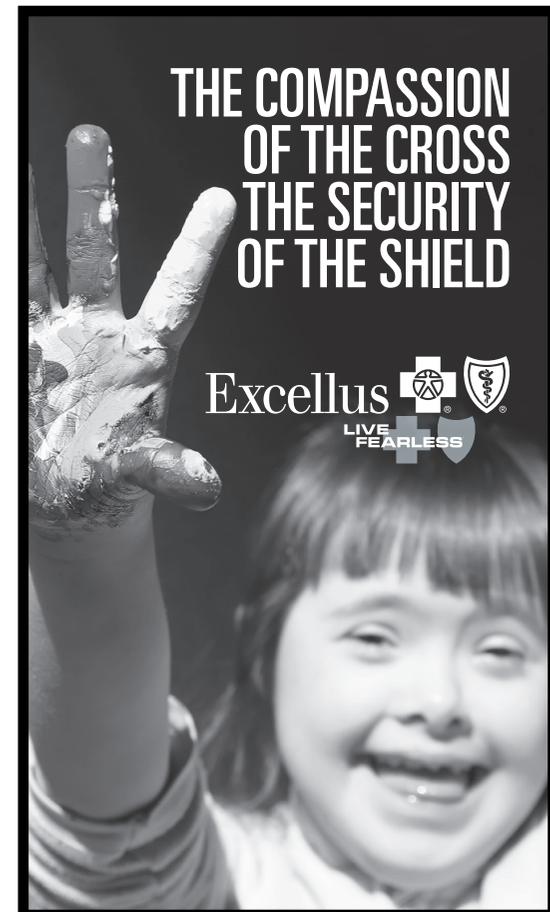
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Congratulations to all of the 2019 Race Participants and
remember Don't Text and Drive!





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Congratulations!

Thank you for participating in this year's 2020 Dunkin' Run Arc Race!

Your support is truly appreciated.



www.arcrace.org