

27th Annual



DUNKIN'
ARC RACE



8k • 5k
In-person or Virtual
Virtual Half Marathon

Saturday, September 11th, 2021

Long Branch Park, Liverpool



Sponsors

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There's still time to register!

Fleet Feet

in E. Syracuse from 11am-6pm on Sept. 10th

Race Day

in the park from 7:00am-8:50am on Sept. 11th

Welcome

 **ATHLETES INTANDEM**
SHARING THE FEAT



Arc of Onondaga is excited to announce its partnership with Athletes in Tandem has entered into its seventh year! Athletes in Tandem, a 501C(3) non-profit, fosters relationships with athletes who have a disability to enhance the quality of their lives by competing together in triathlons, running, biking and swimming events. Based out of Fort Collins, Colorado, founder and CEO Dennis Vanderheiden has travelled the country allowing those who wouldn't be able to participate in popular outdoor sporting events the opportunity to compete for the first time.

Seven years ago, seven Arc program participants were able to participate in both the 5k and half-marathon events thanks to the generosity of Athletes in Tandem and the volunteerism of local CNY runners who graciously ran with Arc athletes helping to make their dreams come true.

This year, we're excited to announce that once again athletes and their community tandem runners will be participating in the 2021 Dunkin' Run Arc Race! Thank you to all who helped to make our mission a reality and worked to turn *disability into ability!* If you see one of our athletes in tandem, make sure to give them a high-five and congratulate them on a job well done!



Dunkin' Run Arc Race 2021
Schedule of Events
Saturday, September 11th
Long Branch Park

Today's event is emceed by 93Q's
Amy Robbins

- 7:00-8:50AM**Registration and Packet Pick-Up**
- 9:00AM.....**5K Race Starts**
- 9:00AM.....**8K Race Starts**
- 10:00AM.....**Awards Ceremony**
- 11:00AM.....**Course Closes**

Complete timing results will be available on our website
www.arcrace.org by Monday, September 13th and
also on **RunSignUp.com**.

Welcome Corporate Teams

Healthcare Education Project
Laborers 318
Mackenzie Hughes
Nascentia Health
NYSID
Syracuse Orthopedic Specialists

as of 9/8/21

**** Safety Notice ****

In the event of severe weather that may threaten the safety of the runners and volunteers, Arc of Onondaga will coordinate with the Command Center to determine if the race needs to be stopped immediately.

Once that determination has been made, all water table captains will be notified via cell phone and will notify all runners that approach their table that the race has been cancelled due to severe weather. Runners and volunteers are to seek shelter near the water table, away from trees. Arc of Onondaga will send vehicles/buses out along the race course to pick up runners as needed. All other sections/captains of the race will be notified immediately and given instructions to follow.

Every effort will be made to ensure that safety will be maintained for all.

Arc Race Committee

The following individuals are the driving force behind
Dunkin' Run Arc Race 2021.

We thank them for their dedication and commitment,
especially during this transition year.

Race Committee

Charlie Bisnett

Rachel Colella-Squire

Wendy Coleman

Pat Leone

Dale Marris

Steve Martilotta

Sandy Mueller

Vincent Kearney

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Special Events Coordinator: Babette Puzey

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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.

In-Kind Donors

The following companies and individuals have generously donated goods and services to help support Dunkin' Run Arc Race 2021.

Coca-Cola Northeast

Costco, Camillus

Kinney Drugs, Camillus

Nuun Hydration

OCRRA

Seneca Knolls Big M

Stewart's Shops

SYSCO Syracuse

Target, Fairmount Fair

Tops Friendly Markets

True Citrus Company

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.

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.

Upcoming Events

26th Annual Arc Achievement Awards Dinner
June, 2022 – Drumlins

28th Annual Dunkin Run Arc Race
September 10, 2022 – Long Branch Park

Volunteers

Arc of Onondaga would like to thank the following individuals for volunteering their time to make the Dunkin' Arc Race a success. Without these valuable volunteers, we would not be able to host this event. We appreciate their dedication and extend our sincerest gratitude to all of you!

Kenneth Baker	Brittany Lighthall
Beth Bennett	Benny Mariani
Aida Byrne	Bob McCall
Hugh Byrne	Kaitlyn McNeil
Aida Byrne	Sandra Mueller
Mackenzie Byrne	Ericha Newman
Timothy Byrne	Snow Parks
Rachel Colella-Squire	Jeff Pawlowski
Joshua Cornell	Dialena Phan
Jimmy Curtin	Colette Powers
Ben Decker	Ruth Riposa
Jim Dolan	Jeanette Rittenhouse
Matthew Dydo	Cindy Sarandis
Harrison Dydo	Brooke Shattuck
Lisa Ferony	James Simek
Mike Ferony	Daniel Smith
Paul Fisselbrand	Jo Sykes-Smith
Ellen Gutmaker	Eion Tierney
Michael Herbst	Christine Tierney
Jerfia Hospedales	John Tierney
Brittany Jones	Dorothy Zografos
Margaret Krug	

As we remember the events of September 11, 2001, we would like to express our gratitude to the following agencies for their support of this year's Arc Race, and for all of their efforts on behalf of our community.

Emergency Services Agencies

Belgium Cold Springs Fire Department	Onondaga County Emergency Management
Geddes Police Department	Onondaga County Park Rangers
Greater Baldwinsville Ambulance Corps	Rural Metro Ambulance Service
New York State Police	Wilderness Search and Rescue
NYS DOT	
Onondaga County Auxiliary Police	

Download Your Bib

If you are competing virtually, please make sure to download your bib. Simply 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. This 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 2021 Virtual Dunkin' Arc Race. Click on the "View Pre-Race Bib" link and print!

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!**

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. Since 2002, over \$688,000 in grants have been awarded by the Arc of Onondaga Foundation.

Grants have enabled the Agency to purchase exercise equipment, multi-terrain wheelchairs, sit-to-stand lifts, sensory items, and have provided funds for people to take dance classes and enjoy theatrical experiences.

Most recently, in June of this year, a \$16,000 grant was awarded to help beautify the yards at 20 of our residential homes. Flowering plants, shrubs, trees, and mulch were purchased. Thanks to the tireless efforts of 65 volunteers who work for UPS, the spring/summer beautification project was completed in just one day. Now, the people who live in our residential homes are surrounded by the beauty of nature!

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**NOTHING KEEPS
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DUNKIN'!**



**DUNKIN'
ARC RACE**

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Good luck to all of this year's runners and walkers!



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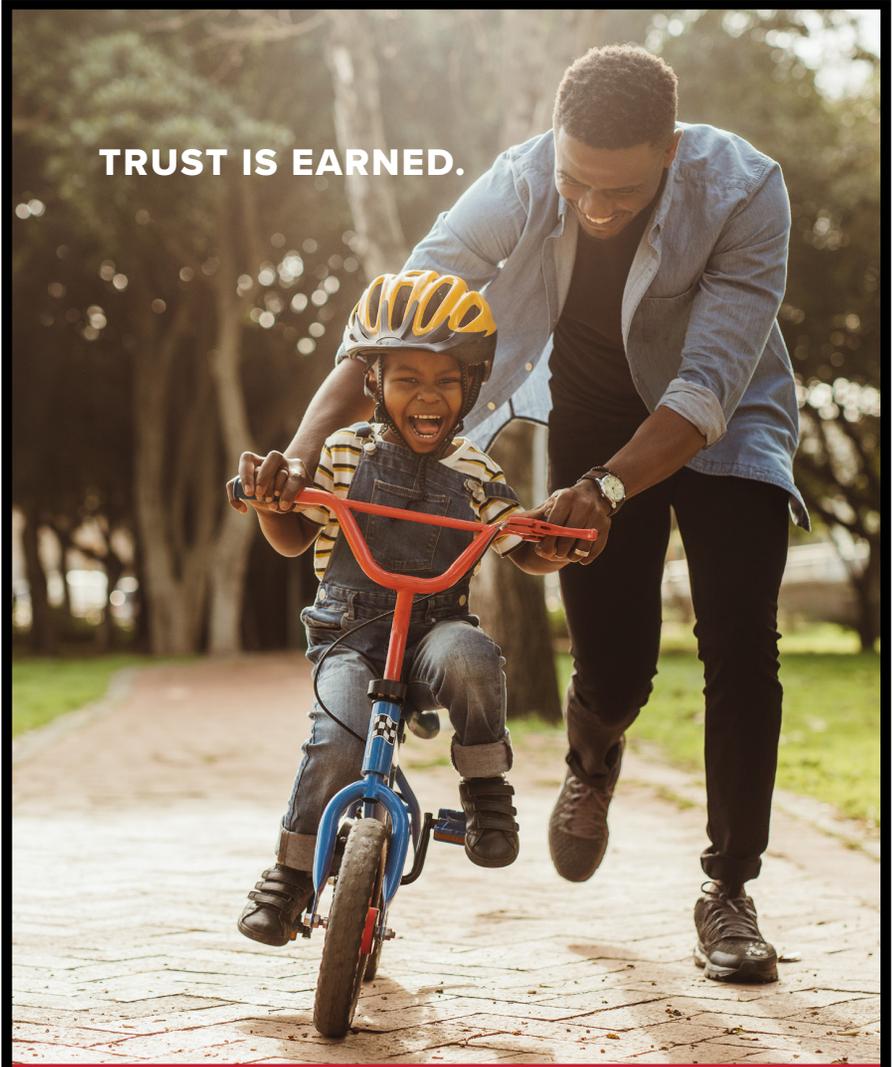
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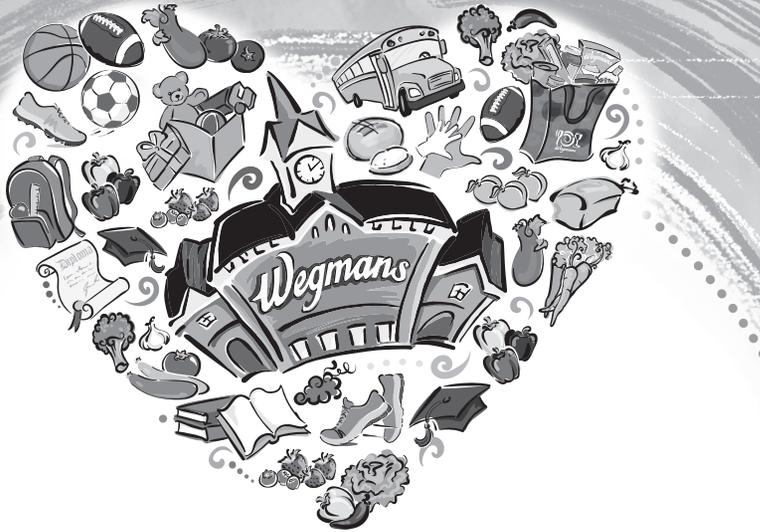
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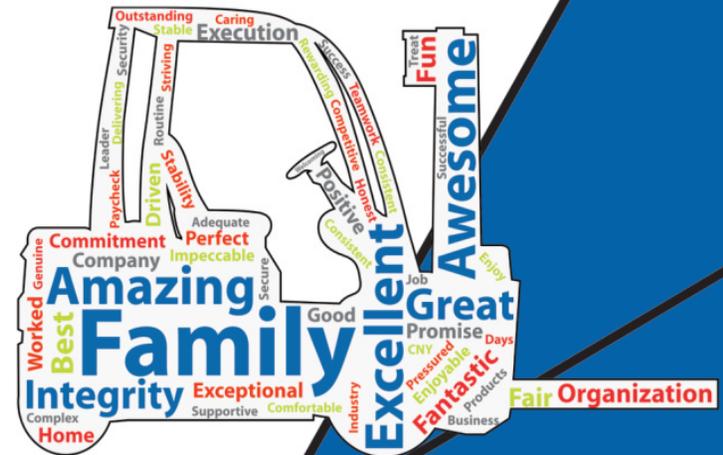
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**Arc of Onondaga's
27th Annual "Dunkin' Run" Arc Race**

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Thank you!



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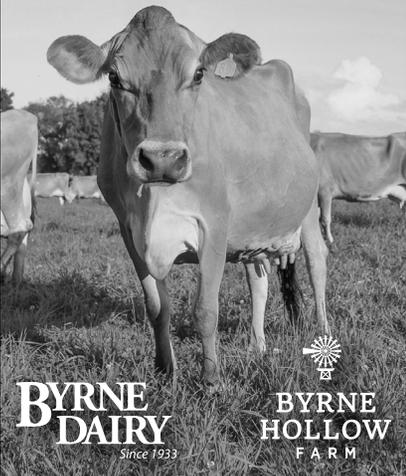
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remember **Don't Text and Drive!**



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Arc of Onondaga
Foundation

The Healthcare Education Project
is proud to support
the Arc of Onondaga Race

The Healthcare Education Project is a joint initiative of 1199SEIU United Healthcare Workers East and the Greater New York Hospital Association. The two organizations represent over 300,000 healthcare workers and over 250 not-for-profit hospitals, nursing homes and care providers. Our mission is to protect and expand access to quality, affordable healthcare for all.

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5:30-10:00



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on Saturday, September 10th.
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