



The 43rd Annual Jack O'Keefe Memorial
STRIDES
Road Race

**SUNDAY, OCTOBER 4 —
SUNDAY, OCTOBER 11, 2020**



After all these years,
we're not stopping now—
the virtual race is on!



Benefitting People with Intellectual and Developmental Disabilities

A virtual road race??? How does that happen? Like this:

Register online at TheArcECT.org for the 5k or 10k race, or the 1k fun run, walk or roll—just like always. (**Register early** for great swag: T-shirt, race day tattoo, access to custom playlist from Franco at WKNL, finishers' certificate, and more!)

Tell your family and friends to register and race with you—even if they're in California or Cairo—that's the beauty of a virtual event! Create your own challenges with friends and families for added fun.

Pick a day between **Sunday October 4 and Sunday October 11, 2020**. No worries about weather!

Decide your course and measure it—or run one of our traditional courses starting at Camp Harkness in Waterford.

Put on your T-shirt, your bib number, your race day tattoo (register early to get one) and run your race! Or take your time, enjoy the scenery, and walk it—whatever you choose. There's no time limit. Just upload your time when you're done.

Time yourself, and submit a photo or document showing proof of your time by email to: dtift@thearcct.org by **11:59 PM on October 11, 2020**.

Post photos of yourself to social media and our Strides Facebook Event skimming along that really flat route you've chosen . . . or slogging up the mountain you forgot was on that course.

Yes, there will be Prizes!

- Cash prizes for top male and female winners in both the 5k and 10k
- The top 15 finishers in each race will be entered in a drawing for prizes.

Wondering how to get your race packet before the race?

We'll have **curbside pickup** at both Camp Harkness and our agency locations in Norwich and Danielson a few days prior to race day. Keep checking our Facebook Page and Strides event for updates. Let us know if you live in Timbuktu and we'll do our best to get you what you need.

Virtual Race Rules

- Runners are a scrupulously honest bunch; we expect you to be truthful about your actual time.
- But why not run with a group of friends or family members and track each other's time for a bit of a challenge? If you do run with others or see other runners/people on your course, be sure to wear a mask and practice social distancing.
- All runners must complete and return the registration form which includes a built-in waiver of liability.

Don't miss the chance to be a part of one of the oldest continual road races in the state, benefitting people with intellectual and developmental disabilities. We need your support now more than ever.