



**FOR IMMEDIATE RELEASE:**

**Contact:**

Elizabeth Reich  
Director of Development  
210 Rivervale Road  
River Vale, New Jersey 07675  
(201) 358-8081  
[ereich@spectrumforliving.org](mailto:ereich@spectrumforliving.org)

**Spectrum for Living's Family 5K, Walk, and Doggie Dash**

**River Vale, New Jersey** - Spectrum for Living's Family 5K, Walk, and Doggie Dash will take place on September 25, 2021 at Overpeck Park in Ridgefield Park, New Jersey. Individuals, teams, and businesses are encouraged to run, walk, roll, or stroll in support of adults with intellectual and developmental disabilities.

"We are pleased to be able to offer the community a family-friendly way to support our organization and the many individuals with intellectual and developmental disabilities that we serve," said Christopher Perry, President & Chief Executive Officer of Spectrum for Living.

Partnering with TriState Timing and certified by USA Track and Field, Spectrum for Living encourages runners and walkers of all skill levels to join on September 25<sup>th</sup>. Generously supported by Suez Water, The Sorenson Family, The Lipowitz Family, and Pizzi Funeral Home, the Family 5K, Walk, and Doggie Dash is a meaningful way for individuals, families, and local businesses to make an impact in the community. All proceeds generated will support Spectrum for Living's commitment to providing comprehensive quality care to adults living with intellectual and/or developmental disabilities.

"Through the support of the Knights of Columbus and Starbucks of Emerson, we will be offering each participant breakfast and a barbeque lunch, as well as a live DJ, face painting, and a commemorative t-shirt. Our furry friends will be given a doggie giveaway," added Perry. "At the close of the event, we will award medals for our top three participants, as well as a special recognition for the first dog to cross the finish line."

Registrants are encouraged to register by September 13<sup>th</sup> to be guaranteed an event t-shirt and doggie giveaway. Registration will begin at 8:30 am on race day, and the race will commence at 10:00 a.m. followed by an awards ceremony and lunch. More information can be found at [www.spectrumforliving/family5k](http://www.spectrumforliving/family5k).

Sponsorship opportunities are still available. Interested individuals, groups, and businesses are encouraged to reach out to Director of Development, Elizabeth Reich, at (201) 358-8081 or [ereich@spectrumforliving.org](mailto:ereich@spectrumforliving.org) to learn more.

**About Spectrum for Living:**

Founded in 1983, Spectrum for Living, a New Jersey 501(c)(3) nonprofit organization, helps adults with intellectual and/or developmental disabilities attain their maximum potential by providing quality housing and clinical services in state-of-the-art facilities and in the homes of families caring for a disabled loved one. To learn more, visit [www.spectrumforliving.org](http://www.spectrumforliving.org) and follow us on social media, including Facebook, LinkedIn, Instagram, and Twitter @SpectrumforLiving

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