

Monday,
August 10,
2009

Time: 6:30 p.m.

El Toro Bravo
(2461 W. Springfield)

Second Wind Running Club
SPEAKER SERIES
C-U Special Recreation Running Program



Champaign-Urbana Special Recreation

*Interested in helping individuals with intellectual disabilities experience the joys of running?
Want to hear about the challenges these individuals face?*

Second Wind Running Club would like to invite the public to listen to Lucia Alzaga and Hannah Sheets talk about their plans to organize a 5K training program that pairs individuals with intellectual disabilities with club members. Dinner and drinks at El Toro Bravo are at your own expense.

Lucia Alzaga recently guided a blind runner in the Green Bay Marathon. They ran the entire marathon tethered together and guided by Lucia's voice. Lucia has a passion for assisting disabled runners, which led to this partnership with CUSR. She will be the liaison and volunteer coordinator.

Champaign-Urbana Special Recreation (CUSR) was formed through a cooperative agreement with the Champaign and Urbana Park Districts to provide recreation programs and leisure services for residents with disabilities. They provide quality recreation programs for people with disabilities by hiring and training qualified staff, providing staff ratios that ensure program safety and success, and adapting programs and equipment to meet the needs of the participants.

<http://cuspecialrecreation.com/>

Hannah Sheets is a Certified Therapeutic Recreation Specialist, employed as the Sports and Fitness Coordinator at Champaign-Urbana Special Recreation. CUSR will offer a 5K training program this fall that will pair participants with volunteer partners who will train together for the Rattlesnake Master 5K.

Hannah will speak about the importance of physical activity and lifetime leisure activities for persons with intellectual disabilities, as well as the goals of the CUSR 5K Training program and the CUSR Sports and Fitness Program area as a whole.

Questions? Call Kelly 840-8082