

Exciting News for Village Run/Walk

Valley Village info@valleyvillage.org via valleyvillage.ccsend.com

Sep
10

to me

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Sept. 10, 2014

THE
village
SPIRIT!



Laura

Trina

Terri

Julie

enewsletter no. 87

Finding Your Inner Athlete

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Dear Friends,

Do you yearn to run, but hesitate to take the first step? Whatever your heart's desire, you won't achieve it unless you take that initial action. For many of us, health and fitness is our goal. We invite you to get started by signing up for our **Village Run/Walk**.

The Run/Walk is November 9, so you have two months to prepare. The challenge needn't be against the other runners and walkers, but with yourself. Set your own goal, a realistic one, train toward it, then do it! Enjoy the process, enjoy the challenge, and enjoy the **Village Run/Walk**.



Heather Binns: "We help you find your athlete within."

Fitness trainer **Heather Binns, CPT**, of **Full of Life Fitness**, has volunteered to lead our warm-up session on Race Day. Take a note from her training mantra, "We help you find your athlete within," and discover your own athlete within.

That athlete is waiting to be free. Unleash him or her. **Let yourself soar**. Get the endorphins pumping. Get out of your rut. Take charge -- and charge ahead.

Our event partners **Fleet Feet Encino** and **Santa Clarita Running** offer training programs for runs. You'll be amazed what you can do. You'll be helping yourself as well as clients.

Take that first step, and soon you'll be saying, "**Eat my dust!**"

Sincerely,
Your friends at **Valley Village**

Exiting News on the Village Run/Walk

Two Months and Counting: New Sponsors, Early-Bird Rates, Volunteers

With two months to go, the Village Run/Walk is gaining momentum. We had a rousing Volunteer Pep Rally for our first wave of volunteers; we're adding sponsors and exhibitors; and popular personal trainer and coach Heather Binns, CPT, will lead our Race Day warm-up session.



Village Run/Walk

All kinds of teams are signing up -- employee groups, family groups that span three generations, civic groups, and just buddies who love to celebrate life.

That's what our run/walk is all about -- celebrating life, with everyone who participates the winner. Besides enjoying a fine fall day in the park, you'll be helping two worthy causes: Valley Village, where adults with developmental challenges thrive; and The Village Family Services, serving at-risk children and youth.

Sign Up. You can [sign up right here](#). Enjoy the early-bird rate through October 14. We have a reduced rate for students (ages 12-21) and the disabled. Children under 12 are free. A Kiddie K event is scheduled for 10:30 am that day, right after the main event. All registered participants will receive a T-shirt. You need to sign up online by November 8 (or contact us by November 7 if you can't sign up online). No registrations will be taken at the event.

Sponsors, Exhibitors. We have great sponsors and exhibitors, but we need more. Our sincere appreciation to [Kaiser Permanente Woodland Hills](#), our finish line sponsor, and the [Los Angeles Daily News](#), our starting line sponsor. [Metro](#) is another sponsor, and ours is the first run/walk the agency has sponsored. [Fleet Feet Encino](#) and [Santa Clarita Running Company](#) are event partners, and the [Chatsworth Chiefs](#) are managing the run/walk. Other partners include [Bobby Sherman's Volunteer EMT Foundation](#) and the [Gelb Group, A Family of Companies](#).

Sponsorships are still available, as is booth space for those who want to share their message and products with an estimated 1,000 participants and visitors to our exhibit and family festival. The spaces start at \$100; don't miss this opportunity. Download the [sponsorship and booth opportunities here](#).

Volunteers. Want to volunteer? We still have many positions available, pre-event and day-of-event. You can volunteer individually, as a family, or a group. It will be one unforgettable day. Some volunteers will be participating in the Run/Walk too, so let us know if you want to do both. Volunteers will receive their own special Village Run/Walk T-shirts.

[Register with our Volunteer Coordinator](#) here.

To sponsor, donate or volunteer, [email us here](#) or call [\(818\) 587-9450, ext. 120](tel:(818)587-9450). Thank you for your support.

Don't Just Register, Start Fundraising, Too!

Village Run/Walk



Village Run/Walk Volunteers at Pep Rally

Run or Walk For A Great Cause!
REGISTER HERE

Valley Village invites you to an event for the whole family on **November 9, 2014!**

Benefiting two crucial agencies -- **Valley Village** and **The Village Family Services**.



Finishing Line Sponsor

Daily News

Starting Line
Sponsor

Click here to register and don't forget to mark that you are participating on behalf of **Valley Village!** Then, **use the tool in the online registration to send emails on your behalf to your friends and family to request donations for Valley Village in honor of your run!** All you have to do is click!

Call us and we'll walk you through it! [\(818\) 587-9450 ext. 120.](tel:8185879450)

The race venue is easily accessible on the **Orange Line**. We'll have **entertainment, a family festival** and a **Kiddie K. Accessible route** for wheelchairs and strollers, too.

REGISTER HERE - Become a Sponsor or Vendor - Email us

Community-at-Large Day October 4

A Day of Camaraderie and Culture at the famed Getty Center

Save the date, Saturday, Oct. 4, for another fantastic Community-at-Large Day. **The Getty Center** is graciously hosting us as our clients and others with developmental disabilities share an amazing day with members of the community. Volunteers and clients will meet at the Getty Center.

Admission and parking are free, but advance registration is required. Details will be provided at the time of registration.

We need enthusiastic volunteers to help push wheelchairs, lead activities, and interact with clients. Our clients love this event -- and so do our volunteers. To learn more or to sign up, **email us** or call [818-587-9450, ext. 120.](tel:8185879450)



Rebecca and Patty from Lanark House

2014 Calendar

Weekdays	11:30 am - Noon The Fun Truck, gourmet Mexican food at Valley Village's Fred Chapa Campus
September 21	Valley Village Foundation Legacy Group Event
September 30	*Note new date* Valley Village Annual Meeting 4:00 pm Adult Development Center, Fred Chapa Campus 20830 Sherman Way, Winnetka
October 4	Community-at-Large Day, The Getty Center
October 14	Last day to register for Village Run/Walk at reduced rate
November 9	Village Run/Walk Sponsored by Kaiser Permanente Woodland Hills - Registration is OPEN! Start your team now!

Like us on Facebook 

info@valleyvillage.org
 [\(818\) 587-9450, ext. 120](tel:(818)587-9450)

"Coming out of your comfort zone is tough in the beginning, chaotic in the middle, and awesome in the end."

-- Manoj Arora

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ValleyVillage.org

20830 Sherman Way, Winnetka, CA [818-587-9450](tel:818-587-9450)

