

From 0 To 5K

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Hi, just a reminder that you're receiving this email because you have expressed an interest in Valley Village. Don't forget to add info@valleyvillage.org to your address book so we'll be sure to land in your inbox!

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Oct. 8, 2014

THE
village
SPIRIT!



newsletter no. 89

Only 4 weeks and 3 days until the Village Run/Walk

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Dear Friends,

Running or walking a 5K can be a bit intimidating. There are groups, training programs and apps that can help you make the transition from couch to 5K easily obtainable. Within the 4 weeks and 3 days until the **Village Run/Walk** you will have just enough time to train your body to complete the **Village Run/Walk**. Imagine accomplishing your first 5K while simultaneously supporting people with developmental disabilities. Plus, when you register for the Village Run/Walk, a run/walk training guide will be emailed to you each week at no additional cost. So, why wait? **Register now** and save \$5.00 before October 14.

If 4.2 million people could go from 0 to 5K, you can too.

Sincerely,
Your friends at **Valley Village**



Jamie and Patty at
Community-At-Large Day

Community-at-Large Day a Smashing Success

Great Fun and Friendship at The Getty

What a thrilling day we had! Our Community-at-Large Day on Saturday, October 4, drew well over 200 people - clients and others with intellectual and developmental disabilities, their families and friends, care providers, and many volunteers. The **Getty Center** was an ideal venue, with staff who welcomed us enthusiastically; a spacious, shaded picnic area where we met, lunched and relaxed; and the stunning art and architecture of the Getty Museum.

Volunteers Tiffany and Imani
with Charles

We can't say enough about our gracious hosts, David Singleman, Group Coordinator, Visitor Services, and Rose Urrutia, Visitor Services Associate. David led a special tour for the volunteers to point out highlights and the best routes for our clients. Rose was always on the move to make sure things were running smoothly. Thank you.

Valley Village organized the event, a day of culture and camaraderie for persons with intellectual and developmental disabilities. A record number of organizations were event partners, promoting the event and bringing their own groups. Partners included Ability First, TASC (The Adult Skills Center); Easter Seals; Exceptional Children's Foundation; Jay Nolan Community Services; New Horizons; PathPoint; Tierra del Sol; and TLC (Therapeutic Living Centers for the Blind). The Caring Bunch and family groups also attended.



Susie, Dede, Allison, Liza and
Rita

While it was plenty warm outdoors,

the museum galleries were cool and comfortable. The clients enjoyed the Passport Game, having their cards stamped by pompom-waving volunteers at selected locations at the **Getty Center**, then taking home their own certificate on completion of the game.



Variel House

We had an amazing **volunteer** turnout of new and returning volunteers, including families. We loved seeing old friends and meeting new ones. Joining us were groups from CKI clubs at Cal State Northridge and UCLA, as well as volunteers from Cleveland High School, New West Charter School, Chaminade Middle School, SAGE, and the TwentyOnePlus Foundation.

The event is over, but the joy remains. Clients, families and volunteers always ask, "When is the next one?" We have a number of client events throughout the year, and our next multi-organization Community-at-Large Day will be in the spring. For information and to volunteer, email **Jo Ellen** or call [\(818\) 587-9450, ext. 120](tel:8185879450).



Shawn and Amit

Village Run/Walk Frequently Asked Questions

32 Days left until the Village Run/Walk

If 4.2 million people can go from 0 to 5K, you can too. Let the Village Run/Walk be your first 5K or your next run/walk.

Here are some **frequently asked questions** about the Village Run/Walk.

How much does it cost to register for The VillageRun/Walk? The **registration** fee is \$25 for adults and \$15 for students and disabled participants. Kids under the age of 12 are free. Adult prices will increase to \$30 after October 15. Feel free to go **online** to register or download and mail in our **Village Run/Walk pamphlet** to register.

What's the difference between walking and running? Participants who register as runners will receive a timing chip.

How can I make a donation? You can make a secure **donation** to **Valley Village here** or email jenny@vcc.org. To make a donation to **The Village Family Services** email gbarrett@thevillagefs.org. We will happily mail you a



How to Run Correctly

donation envelope that can be turned in on event day.

Can I create a team? When you register, you will see an option to register as a team. You also will have the opportunity to start your own team. Please visit **Village Run/Walk** to learn more about the team captain responsibilities.

Can I participate without registering? No, anyone without a **Village Run/Walk** bib (provided at pre-race packet pick up) will be directed off the course.

How do I start fundraising? When you register for the race, you will have the opportunity to choose which organization you are fundraising on behalf of. You can then create a personalized fundraising page through **Active.com** to solicit donations, set personal goals and communicate to friends and family why this is important to you!

Why should I try and raise \$100 or more? We ask that every participant set a manageable fundraising goal of a \$100 minimum because the more money we raise, the more people can be served by **Valley Village** and **The Village Family Services**.

Where can I find a map of the Run/Walk route? To view the route map click **here**.

Are strollers, carriages, wheelchairs or walkers of any kind allowed? Yes, absolutely. The Village Run/Walk is a family-friendly event and we invite runners and walkers of all ages to join in on the fun!

Where should I park my car? Parking will be available at Woodley Park Section 1, as well as in a lot off of Woodley across from the starting line. There is a pedestrian tunnel to safely access the starting line.



Village Run/Walk

Can I exchange my T-shirt for a smaller or larger size? No, sizing is determined at the time of registration and T-shirts may not be exchanged due to their limited availability.

When do I get my Village Run/Walk 2014 T-shirt and bib? You may pick up both items at the pre-race packet pickup November 7th between 3pm-7pm at **Santa Clarita Running Company** or **Fleet Feet Encino**. Race packets can be picked on race day at registration, but to avoid lines, we recommend picking them up before the event.

If you would like to volunteer, please **Register with our Volunteer Coordinator** **here**.

To sponsor, donate or volunteer, **email us here** or call [\(818\) 587-9450, ext. 120](tel:8185879450). Thank you for your support.

We Want Your Old Magazines!

Really!

If you're on your way out to your recycle bin with a bag full of fashion, travel, social, news or animal magazines, stop! We can take those off your hands and put them to good use.

Our clients use them in our Day Programs for arts and crafts, reading, leisure, packing ceramics and other



activities.

If you have magazines to donate, **please contact us.** [\(818\) 587-9450 ext. 120](tel:8185879450)

2014 Calendar

Weekdays	11:30 am - Noon The Fun Truck, gourmet Mexican food at Valley Village's Fred Chapa Campus
October 12	Taste of Encino. Ventura Boulevard between Balboa Boulevard and Amestoy Avenue. 10 am - 5 pm. Visit the Valley Village booth.
October 13	Columbus Day observed. Day programs closed. Office open.
October 14	Last day to register for Village Run/Walk at reduced rate
November 2	Daylight Saving Time ends. Turn clocks back one hour.
November 9	\Village Run/Walk Sponsored by Kaiser Permanente Woodland Hills – Registration is OPEN! Start your team now!
November 11	Veterans Day. Day programs closed. Office open.
November 27-28	Thanksgiving holidays. Office and day programs closed.

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info@valleyvillage.org
 [\(818\) 587-9450, ext. 120](tel:8185879450)

"I'm not telling you it's going to be easy, I'm telling you it's going to be worth it."

- Unknown

DONATE NOW



Manny and Garrett

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