

THRESHOLD

WINTER 2006



Run. Walk. Support. RHC Partners with The Flying Pig Marathon



RHC President & CEO Patrick Maynard and Board member, Barbara Dundee, at New York City Marathon assisting with their Hope & Possibility Run

On Saturday, May 5, 2007, RHC will present the 1st Annual "Hope & Possibility" 5K Run/Walk in Cincinnati, in partnership with The Flying Pig Marathon, The NYC Achilles Track Club, and with other tri-state organizations serving people with disabilities.

The goal of the Hope and Possibility Walk/Run is to promote community among people with disabilities and others who live in Cincinnati. The day is intended to remind us that we are a community of people with ALL-ABILITIES, who are more alike than different, and we can work together on that

day to achieve our shared goals of good health, good will, and good times.

Join the team! The Hope & Possibility Run/Walk is an event for everyone with ALL ABILITIES to come together and participate in a fun event. Runners/walkers may choose to use this event to get pledges to raise money for RHC programs and CITE services. This is a great opportunity for families and friends to walk together and we hope you'll join us.

Individuals who would like to participate, but need a partner can be matched with a volunteer guide. The Achilles Track Club will help organize 2-person teams by matching individuals with varying abilities together. Each paired team will train together, and prepare to walk with each other on race day. Team members will encourage each other to reach their personal goals while at the same time building a bond of friendship that extends beyond their physical realities.

City-wide training begins in March. Training will focus on stretching and walking (not running marathons!) We'll get our heart rates pumping while making friends and building community. Look for the training schedule and locations on the RHC website (www.rhcorp.org) in February.

For information on the history of the Achilles Track Club serving people with disabilities, visit www.achillestrackclub.org.

Let's Go Team RHC!



RHC

Partnering
with People
with
developmental
disabilities
to achieve
their desired
lifestyle

Since 1963

A PUBLICATION OF THE
RESIDENT HOME
CORPORATION
3030 WEST FORK ROAD
CINCINNATI, OH 45211
PH: 513.389.7500
FX: 513.389.7508
WWW.RHCOMP.ORG

Call
(513) 619-2903
or
Email
lchandrl@rhcorp.org
to receive additional
information about
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