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Lace Up, Runners: STAR 5K Run, Walk & Roll Comes May 5 to Sherwood Island State Park

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Area 5K runners and walkers will be lacing up for the 14th Annual STAR 5K Run, Walk & Roll on Sunday, May 5 at Sherwood Island State Park in Westport.

— *an announcement from* [Star Inc., Lighting the Way](#)

Runners and walkers can [register online](#). The fundraising event includes a Family Fun Day celebration to benefit individuals with intellectual and developmental disabilities (I/DD).

On-site registration begins at 9 a.m. and the 5K Run will start at 10 a.m. There will be a 1K walk route suitable for any ability (walkers, strollers, wheelchairs and baby joggers are welcome) and an officially timed 5K run along the shoreline.

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The officially timed run offers prizes for the top finishers in each age group. To register to Run or Walk or to make a donation visit StarCT.org.

Attendees will enjoy a continental breakfast, tee shirts and a lineup of family activities including a Fun Bus, live entertainment by STAR Rubberband — an acoustic rock and roll musical group, SDSS Marital Arts of Westport demos, The Dance Collective of Westport warm up drills, Face-Painting, Balloon-Making, Crafts, Lawn Games and STAR 99.9 on hand.

Local pageant winners Miss Connecticut USA, Acacia Courtney and Miss Connecticut USA Teen, Kaliegh Garris, will be there as well as local civic leaders and legislators. Volunteers from Westport Fire Department generously donate their time each year to grill hot dogs for lunch.

New this year, there will be a taco truck in celebration of Cinco de Mayo and an Ice Cream truck. Guests will receive coupons for discounted treats and have a chance to win valuable door prizes donated by local merchants.

Over 800 walkers, runners and volunteers are expected to participate.

The event raises funds for STAR's programs benefiting local individuals with intellectual and developmental disabilities through Birth to Three Early Intervention therapies, Customized Job Training and Placement for transitioning high school students and adults and Scholarships for classes and self-enrichment programs for over 600 people per year in Fairfield County with I/DD.

About myTEAM TRIUMPH CT Chapter

STAR is pleased to welcome back, [myTEAM TRIUMPH Connecticut Chapter](#), to share the experience of running a 5K with people who have physical challenges that might otherwise interfere.

myTEAM TRIUMPH is an athletic ride-along program created for children, teens and adults (including veterans) with disabilities who would not normally be able to experience endurance events such as road running races and triathlons.

myTEAM TRIUMPH promotes health, teamwork and community and requires the involvement of many people with diverse abilities and disabilities. Persons with disabilities are referred to as the team "Captain" and will ride-along in the event.

The athletes helping their "Captains" are referred to as "Angels" who fundraise for and guide their "Captains" through the race. Each captain is fitted with a safe and comfortable chair based on their size and needs.

"We started the Connecticut Chapter for myTEAM TRIUMPH two years ago and the response from the community has been incredible," said Curtis Lueker of Westport who will be running along with over two

dozen team members.

“We’re particularly thankful, though, to partner with STAR again for their upcoming race as well as on an ongoing basis to complement their programs,” he said.

More About Star Inc., Lighting the Way

STAR, Inc., Lighting the Way is a not-for-profit organization established in 1952 to serve individuals of all ages who have intellectual and developmental disabilities, as well as providing support services to their families.

STAR creates opportunities for individuals to live full lives with independence, freedom of choice and personal growth by providing support, services and advocacy.

Headquartered in Norwalk and with a new office at 111 Elm St., New Canaan, STAR annually serves over 600 individuals from birth through their senior years in Fairfield County. They aim to inform and encourage the community to recognize and appreciate the value of all individuals.

For more information about STAR Inc., Lighting the Way, or to volunteer or donate, visit the [STAR Inc. website](#).