

February 22, 2016

To the Arlington Board of Selectmen  
Town Hall, Massachusetts Avenue  
Arlington, Massachusetts 02476

**Request for Approval for Our 7th Annual 5K Race; and Notification of Our Support for the Arlington Council on Aging and Senior Citizens.**

Dear Board of Selectmen:

**The Friends of the Arlington COA (the Friends) requests the Town of Arlington's permission and support for our intergenerational *Running with Friends 5K* race.** We plan to hold the race on **Sunday, September 11, 2016**; with an official start time at 10:00 AM. We expect award ceremonies and festivities to end no later than 1:00 PM.

Our Annual 5K race has become a fun and very popular fundraising event; and we work hard at improving it every year. The race course is now USATF-certified; thus, it attracts runners from many cities and towns throughout Massachusetts, as well as from other states.

The Friends, once again, would like to organize this event to help raise community-wide awareness in support of the programs offered by the Arlington Council on Aging for the benefit of the Town's senior citizens. In the past, we have been very fortunate to have the participation of our local businesses in helping to sponsor our race. It is these businesses whose assistance is so important with both in-kind and direct financial sponsorship, along with their volunteer participation. The race serves as a major community outreach that brings together all ages of Arlington and helps to support senior programs at the Council on Aging; and, as such, is truly a community-wide effort. Therefore, we would appreciate the approval and support of Arlington's Board of Selectmen in this important fundraising event.

The Friends recently announced their 2015 Grant Approval for Senior Programs in the amount of \$14,600 for the upcoming 2016 senior programs calendar. COA Director Susan Carp designs and implements a variety of plans to help keep our elders safe, healthy, and vibrant. For example, the Friends' donation for this year includes funds for:

- Transportation for senior health and medical needs and events.
- Evidence-based Health and Wellness outreach programs, which Geriatric Nurse Mark Waksmonski and Social Services' Lourie August and Marci Shapiro-Ide implement. In 2016, there will be a program for Diabetes Self-Management, Healthy Eating for Successful Aging, and a series of additional sessions for Seniors Living Independently.
- In addition, popular socialization and informal programs/events—such as luncheons and the popular "Walk the Rink" program—are being helped by the Friends' donations.
- The Friends' Emergency Assistance Fund has been replenished; and a small fund for after- hours medical trips is provided to help keep our mature citizens living well and at home.

In addition, the Friends organize a Holiday Stockings for Seniors fundraiser, in celebration of the holidays. The Friends' Holiday Stocking program receives a variety of donations directly from Arlington residents—as well as decorated stockings and greeting cards from the kids at Dallin, Brackett, Bishop and St. Agnes schools—that help to provide cheer to seniors during the holidays. Whole Foods Arlington and BrightView Assisted Living provide significant contributions to the event. BrightView has graciously hosted our Holiday Stocking celebration party at their facilities, open to the public for viewing the decorated stockings. Last year, the donations filled over 70 stockings, which were then delivered to Arlington senior citizens in need by volunteers and the Arlington Police Department.

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## **5K RACE OVERVIEW**

**The race start and route:** The race route will be the same as that of prior years. A copy of the route is attached, and the Arlington police are familiar with the route. It is a 5K race that we would like to start in front of Town Hall, and end at the Senior Center on 27 Maple Street. The race itself would start at 10 AM; and registration on the day of the race would start at about 9 AM.

The race flows initially along Massachusetts Avenue and then cuts over to side streets, paralleling the bike path. The return leg of the race is largely along the bike path. The police have approved and participated with details in years past. As in previous years, we expect to employ appropriate police detail support on the day of the race, along with numerous volunteer race spotters and helpers.

**Awards location and community participation:** We have not made a final determination; however, we are looking at the Town Hall for this year, or the adjacent Robbins Park. We intend to have entertainment at the start of the race and hold the awards, celebration, and entertainment at the finish line. We have reached out to Ms. Kraemer, the Town Event Planner, about using these sites upon approval by the Selectmen. The Council on Aging, Arlington Senior Association, and other senior-supporting organizations will be invited to provide information and participate in the event.

We have been getting great support from volunteers and public servants across the community, especially from the Arlington Police Department and the Town Manager's Office. We will approach Town organizations and community businesses to gain their participation this year. We have had support from Town groups such as the Arlington High Track teams, Student Council, Arlington Fire Auxiliary, Public Works Department, as well as Armstrong Ambulance; and we will approach them, again, in the hope of gaining their support this year. Their volunteer efforts help make this work!

Following your approval of the 5K race, we will place all details of this year's event on our website, [www.FriendsArlingtonCOA.org](http://www.FriendsArlingtonCOA.org), in addition to local publications and media.

### **Race Organization will be similar to the prior years:**

- North Shore Timing Co. will officially time the race and help with organization on the day of the event.
- We request that the police department **be copied** on this document regarding the route and supporting police details (Note: the 5K race route has not changed).
- We will be in contact with the Arlington Board of Health regarding suggested support on the day of the event.
- There are many other organizations that have provided their support in the past. After approval of the 5K race from the Board of Selectmen, we will reach out to these organizations once again.
- We intend to use the same event insurance as we did last year.

We will publish race information and our website in local media and running websites. Race information will also be published in "Senior Notes" and will be available at the Council on Aging. Additionally, we will link our website to others that wish to promote our race.

Sincerely,

Ken S Greenly - President  
Friends of the Arlington Council on Aging, Inc.

**Board of Directors:** Ken Greenly, Robert McInnes, Lois Shannon, Vicky Giannakas, Tyler Buck.

*We are an IRC 501 (c)(3), all-volunteer public charity, dedicated to helping Arlington's senior citizens. E-mail: [FriendsArlingtonCOA@yahoo.com](mailto:FriendsArlingtonCOA@yahoo.com). Website: [www.FriendsArlingtonCOA.org](http://www.FriendsArlingtonCOA.org)*