

## Community Haven for Adults and Children with Disabilities, Inc. announces 16th Annual Jingle & Jog 5K Road Race.

*Hear the bells ringing on over 450 runners' shoes on Saturday, December 7<sup>th</sup>*

SARASOTA, FL – **Community Haven for Adults and Children with Disabilities, Inc.** is proud to announce their 16<sup>th</sup> Annual Jingle & Jog 5K Road Race on Saturday, December 7<sup>th</sup> 2013. This 5K race will start and end on Community Haven's serene, 32-acre campus at 4405 DeSoto Road, the race is sanctioned by the Manasota Track Club and is part of their circuit. Registration will begin at 7:00 AM and the race starts promptly at 8:00 AM. Registrants will receive commemorative a Jingle & Jog T-Shirt and goody bags.



Complimentary healthy snacks and beverages will be served to participants and place finishers will receive medals. A Haven Creators Art Show, Door Prizes and a 50/50 raffle will also be offered with 100% of the proceeds supporting Community Haven. All registration fees will be matched by The Fry Family Foundation. To register online, please go to [www.communityhaven.org](http://www.communityhaven.org) or call **Race Coordinator, Anny Barker Schefler at (941) 355-8808 ext. 258.**

### **About Community Haven**

Community Haven for Adults and Children with Disabilities, Inc. is entering their 60<sup>th</sup> year as a community-based human service agency. Established in 1954, we annually serve, 700+ children, teens and adults with physical and developmental disabilities and their families. The mission of Community Haven for Adults and Children with Disabilities, Inc. is to empower children, teens and adults with disabilities, one person at a time. This is achieved by creating solutions with specialized services/programs that change the lives of consumers enabling them to become educated, self-sufficient, responsible community members involved in all aspects of everyday life. The organization fosters and promotes equal opportunities, a better quality of life and full involvement in the community for those served.