

Have Fun While Giving Back to Your Community

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(Left to right) Bora, Melinda, Joe, and Raven the dog at the Unified 5K in SLC.

I understand that getting out and contributing to your community is harder if a disability challenges you. During the year, there are at least half a dozen 5K races that also have 5K roll races. Both are held as a single event, usually with different start times. These events are organized by various organizations that support different nonprofit initiatives for the disabled community. The cost to participate in these events ranges from fifteen to thirty dollars per event. The swag from one of these events can include the race t-shirt and a completion medal upon finishing the race.

Yes, it is important to be giving support to these organizations. Receiving support from members of the disability community is important. This shows a united front that we care and support those with a disability. However, more important is getting out and being part of the community you live in. Showing support for what happens in your community is very important. Most of these events have taken place at Liberty Park in Salt Lake City. The races have a track that races around the inner running track at the park. Other events are held at Sugar

House Park. This location is slightly more challenging than Liberty Park.

These events are not held to promote the winner in each category but to promote the event as a whole; that the disability community can participate in community events, races and competitions. Three of these events have already happened this year. [Unified 5K](#) and [Disability:IN](#) events were both held at Liberty Park this summer. Additionally, [Flutie 5K for Autism](#) was just held on Sept. 13 at Sugar House Park.

Even if you do not race, come out and support the racers. Cheer them on, it is a festive time. So come out and support wonderful organizations that promote all aspects of having a child with special needs or just having a disability.

Giving back to these different organizations that help support community members and their challenges and helping promote these conditions can bring a deep sense of accomplishment. Remember the people who were in your corner during challenging times. Could you have done it without their support, both financially and spiritually, without knowing you had members around you who believed in the same things you did?

As others have helped you, it's your turn to help someone else who needs help with these events that happen within our communities almost every weekend. It is not about how much it costs to support; it is about the communities coming together to help one of their own get ahead, get a foot up on the fight of their life against the disability that is trying to quiet their tap shoes, their voice, their speed, any other exceptional talent they have.