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For Immediate Release

Abilis Announces 2023 Walk/Run for Abilis Ambassador — Kristen Schumacher of Stamford

Schumacher will Participate in the 18th Annual Walk/Run for Abilis Event on October 15 that includes a 1-Mile Walk and 5K Run to Support Abilis and Families with Disabilities

GREENWICH, Conn., October 2, 2023 — Abilis is pleased to announce that this year's **Walk/Run for Abilis ambassador** is **Kristen Schumacher**, age 23 of Stamford, Connecticut. Kristen lives in an Abilis residence and is part of the Abilis competitive employment program. Kristen will help kick-off the festivities at the 18th annual Walk/Run for Abilis held on **Sunday, October 15, at Greenwich Point Park**. The event features a 1-mile family-friendly and accessible walk and a 5k run. Registration is free for walkers, \$40 for adult 5k runners 18+, \$20 for runners ages 11-17, and free for runners under 11 years old. To register, participants should visit abilis.us/walkrun.

Kristen has been with Abilis since she was a baby, starting with the Abilis Birth to Three program. Today she works at Greenwich Country Club and at the Abilis Café, located at the Abilis headquarters, where she is responsible for setting up the Café every day. She is also a graduate of the Abilis Project SEARCH program at the Darien YMCA.

"We are thrilled to feature Kristen Schumacher as our Walk/Run for Abilis ambassador," noted Amy Montimurro. "Kristen has been with Abilis for most of her life and exemplifies how services and supports, starting at a young age and carrying through adulthood, have helped her become more independent and a dedicated employee and friend to our other Abilis community members. She was a stand-out intern in the Abilis Project SEARCH class and was one of our featured speakers at both our Abilis annual meeting and the Darien YMCA's annual meeting. We are pleased to have her as our Walk/Run for Abilis ambassador this year."

"I'm so excited to be selected as the 2023 Walk/Run for Abilis ambassador," said Kristen. "The Walk/Run is my favorite event of the year. My whole family attends and this year they will be extra proud knowing that I received this honor to be the ambassador of the event. I'm so excited!"

Walk/Run for Abilis provides a fun opportunity for family, friends and Abilis community members to come together for a morning of physical fitness and to enjoy the beauty of Greenwich Point Park. Proceeds of the event support all of Abilis' programs and services for individuals with disabilities and their families. Walk/Run for Abilis is the organization's largest annual fundraiser and its signature "friend-raising" event of the year. Many who take part in Walk/Run for Abilis do so because they are inspired by a friend or family member with a developmental disability.

"This year's Walk/Run for Abilis is going to be bigger and better than ever before," noted Amy Montimurro, CEO and president of Abilis. "The walk and the 5k run are fun for the whole family. Serious runners all the way to those who are just starting out participate in the 5k run; individuals and teams join us for the walk - and it is just one of our most favorite events of the year!"

Activities at this year's Walk/Run for Abilis include celebrity fitness guru and choreographer Billy Blanks Jr., who will once again be the master of ceremonies and warm up the crowd with fun dance and exercise moves and stretching. The Dance Pointe troupe will be there to show off some of their dance moves; Carnival for a Cause, face painting and a balloon artist will entertain the kids.

Prizes are awarded for the best outfits and teams are encouraged to create team t-shirts, buttons, hats, or create their own banner to increase visibility, show team spirit and potentially win an Abilis creativity award! The morning event opens at 7:30 a.m., with the 5k run and kids' activities at 9:00 a.m., followed by the 5k run awards, a Walk warm-up session and other activities, with the Walk starting at 11:00 a.m. The whole event is over by 12:00 p.m.

Abilis thanks its generous sponsors including its Platinum Premiere sponsors Holland & Knight and DARCARS Automotive Group; as well as its Gold, Silver, Bronze and partner sponsors William Blair, The Custar Family, J.Dwyer Builders, The First Bank of Greenwich, New England Total Landscaping and Moffly Media.

Abilis is a 501c3 non-profit organization that supports more than 800 individuals with disabilities and their families from birth throughout their lives. Founded in 1951, Abilis is a leader in providing meaningful support to the community in Fairfield County, Connecticut, in towns including Darien, Greenwich, New Canaan, Norwalk, Ridgefield, Stamford, Westport and Wilton. The organization has a long-standing reputation for individualized, high-quality care. For more information, visit www.abilis.us, or follow on Facebook @Abilis, Inc., Instagram @abilis_us or Twitter @Abilis.

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