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For Immediate Release

18th Annual Walk/Run for Abilis is Scheduled for October 15, 2023 *1-Mile Walk and 5K Run Supports Abilis and Families with Disabilities*

GREENWICH, Conn., July 28 , 2023 — Mark your calendar! The 18th annual **Walk/Run for Abilis** will take place on **Sunday, October 15**, at Greenwich Point Park in Old Greenwich, Connecticut. Participants can walk 1-mile or run a 5k. Participants are encouraged to register in advance at abilis.us/walkrun. 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

“We are so excited for the long-anticipated annual Walk/Run for Abilis event for all our families and friends,” said Amy Montimurro, CEO and president of Abilis. “Each year we look forward to celebrating our community members and welcoming new friends of Abilis at the event. There is something for all ages and abilities. Whether you run, roll, walk, skip, or jog, we are so appreciative to have so much support on this special day.”

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.

Walk/Run for Abilis provides a fun opportunity for family, friends and Abilis community members to join together for a morning of physical fitness and to enjoy the beauty of Greenwich Point Park. 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.

“Last year, we raised more than \$225,000, which surpassed our goal,” noted Amy Montimurro. “This year we hope to exceed that goal again. The funds raised at Walk/Run for Abilis will be restricted to new initiatives at Abilis to support the 800+ individuals with disabilities and their families, throughout lower Fairfield County.”

Prizes are awarded for 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 up 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 Lexus of Greenwich | Infiniti of Greenwich; as well as its Gold, Silver and Bronze sponsors William Blair, The Custar Family, J.Dwyer Builders, The First Bank of Greenwich and Moffly Media. Those interested in becoming a sponsor for Walk/Run for Abilis should contact Rebecca Muskus at muskus@abilis.us or 203-531-1880.

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 supports 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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