

5K Run & 1 Mile Fun Walk/Roll HUGE Success!



By Rica Abbott

On May 1, 2011, Parent to Parent of the High Country held their 1st annual 5K race. Beginning at 8:30 am, people of all ages were able to register at the Watauga County Parks and Recreation and then 9:00 started the 5K Fun and 1 Mile Walk/Roll at the beautiful Greenway Trail. Families came in with food, chairs, and coolers almost as if they were preparing for an Appalachian State football game. Even though they didn't take part in the run, they still came out to support Parent to Parent and cheer on the runners. Face-painting was available for the children and prizes were given out such as gift certificates to restaurants and tickets to an ASU football game.

Parent to Parent is a non-profit organization that provides resources to families who have children with special needs. One advantage that this organization provides is a Support Family. One such support family, Ken and Jessica Powell, was able to come this event. When asked what being a support family is all about, they replied, "Being a listening ear and an advisory notes. It means friendship over the phone. We are the ones who have been there." After seeing that Parent to Parent was a great resource with them and their daughter, they decided to become a Support Family and allow others to benefit from this organization just like they had. According to them, Support Families "help with financial planning, teach families on how to talk to their special needs child, but most importantly, are there for whatever is needed."



When asked why they decided to come to this particular event, people gave out many responses. Jessica Thackray, a nutritionist for the CDSA, said, "I came out because this is a wonderful support group, has great programs for the families, and I wanted to help Parent to Parent." Many others had sisters, grandchildren, cousins, etc. with disabilities and came out to show their support. People, such as Angie Holman, have worked with special needs for several years so participating in this event really hits home. Elizabeth Kerley said she came out to this event because she loves the organization and what it does for the community.

From families who are involved with Parent to Parent to ASU students who just wanted to show some support, the turnout for was incredible. The event turned out to be a great success and was able to raise \$2075.00 for Parent to Parent. Parent to Parent of the High Country would like to give a special thanks to everyone who have showed their support throughout the years and to those who participated in this event.

