



*Achieve with us.*

**For Immediate Release**

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## **You Can Be a Superhero!**

*The Arc Northern Chesapeake Region Hosts Freedom Fun Run*

**[Aberdeen, MD]** July 8, 2015 – Caped crusaders unite – The Arc Northern Chesapeake Region (The Arc NCR) invites you be a superhero and support the freedom for people with differing abilities to learn, work and participate in our community! On Saturday, October 10, 2015, The Arc NCR will host its 2<sup>nd</sup> Annual Freedom Fun Run at Perryville Community Park in Perryville, MD. Participants are encouraged to dress in costume as their favorite superhero for the event.

The Freedom Fun Run is a non-timed 5K scenic loop by the water in a fully accessible park. Walkers are welcome! Although this race is untimed, participants are welcome to time themselves and set a personal record or to take their time and hang out with other real-life superheroes. Your support makes a direct impact on the lives of adult individuals and families who have children with an intellectual and/or developmental disability. It means The Arc NCR can provide their own version of a superhero power: transportation for individuals to achieve greater independence as part of the Cecil County community.

Registration includes a commemorative t-shirt and refreshments at the event. For those who wish to donate but can't attend the event, a fundraising site is available. For more information and to register, sponsor or donate, visit [www.arcncr.org/freedomrun.html](http://www.arcncr.org/freedomrun.html), visit [facebook.com/TheArcNCR](https://www.facebook.com/TheArcNCR) or call Andrea Lynn, Events & Marketing Manager at 410-836-7177.

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About [The Arc Northern Chesapeake Region](http://www.arcncr.org): For sixty-two years, The Arc Northern Chesapeake Region has helped people with intellectual and developmental disabilities build better lives by providing support services and advocacy to adults and children and their families in Harford and Cecil Counties. For more information, call 410-836-7177 or visit [www.arcncr.org](http://www.arcncr.org).