

Community News For The Valley Edition

2018 Shine On 5k

BURLINGTON — The 8th annual Shine On 5k will be held on Sunday, May 20, at Lewis Mills High School, 26 Lyon Road.

The event is held in memory of Karen DuCotey, who taught at Lake Garda Elementary School in Burlington after growing up in Burlington and attending Region 10 schools herself. This year's shirt color is teal, to honor the memory of Candi Jodoin, Karen's mother. Candi lived courageously with ovarian cancer for the past four years. She was a huge part of the Shine On 5k family, always helping out and greeting participants and volunteers on race day.

The 3.1-mile run and walk benefits the Karen DuCotey Fund for Kids, an immediate response fund operated by the Main Street Community Foundation that supports students and families in Region 10 schools. Proceeds from the race also support The Karen DuCotey Memorial Award, which is given annually to a college bound Lewis Mills senior interested in becoming an elementary educator.

Check-in and day of registration begins at 9:30 a.m. Runners and walkers can register online at www.myburlingtonrec.com, clicking on Activities and selecting Shine On 5k from Special Events. There is no fee to register online. Applications can also be printed from our website, www.shineon5k.com, and mailed to the Burlington Parks and Rec.

The USATF certified 5k run and walk begins at 11 a.m. The overall 5k winners, both male and female, will receive cash prizes. The first male and female finishers that are teachers receive prizes as well, and the top three male and female finishers in each age group will receive medals. Post-race bagels are provided by Bagel Chalet of Avon, CT and energy drinks are provided by Body Armor.

The Shine On 5k is a family centered event with activities and fun for the whole family. The day will include snacks and entertainment, including a bounce house as well as two different kids' fun runs. At 10:40 a.m., there will be a one-mile fun run for kids 13 and under. The top three finishers in the 1 mile run will receive medals and gift certificates.

After the finish of the 5k, there is also a free event, the Dolphin Dash, a 1/4 mile fun run for kids 8 and under. Visit www.shineon5k.com or contact shineon5k@gmail.com for more information.