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Walking, rolling, running - fundraising fun on the trail

By Pippa Fisher



Walk n' Roll participants at a prior year's event.
Photo provided

Lafayette residents may notice a whole lot of fun happening on the Lafayette-Moraga Trail this weekend as Las Trampas takes to the trail for the Eighth Annual Walk n' Roll.

Members of the community are welcome to join in the family-friendly one-mile or 5K event, which kicks off at 9 a.m. Saturday, Sept. 23 from Las Trampas, 3460 Lana Lane in Lafayette, along the leafy trail.

Las Trampas Executive Director Daniel Hogue is looking forward to the day. "The energy of this event is always so fun and hopeful," he says. "Seeing clients, families, staff, and neighbors come together for a morning of community and enjoy the wonderful resources we all share is really special. I wish everyone could experience that feeling of joy and belonging."

They welcome members of the community to join in the fun event. Hogue says, "There is always a small but mighty group of neighbors who join us for the Walk n' Roll. We would love to have more community members come out to enjoy the trail with us and stay for the music, refreshments, and other Walk n' Roll festivities."

He says that about 80 clients and family members participate each year and about 30 staff members.

New this year is peer-to-peer participation. "We heard from our families, staff members, and community friends that they wanted an easy way to help support the Walk n' Roll, so we organized a peer-to-peer campaign this year," says Hogue. "Participants set up a fundraising page where they talk about why they support Las Trampas and the Walk n' Roll. They share it with their communities through email or social media and ask their friends and family members to sponsor their participation. It's a great way to share your support for Las Trampas."

Las Trampas is a center for the support of adults with developmental disabilities established in Lafayette in 1958. Their many programs allow individuals to reach their highest potential and lead full lives in their homes, at work and in the community.

Registration for this event is available online at www.lastrampas.org and costs \$25 per person, with children under five free. The fee includes a T-shirt, raffle ticket, goodie bag as well as face painting, refreshments and live entertainment after the event.

Says Hogue, "Come and join us on Sept. 23!"

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