

Published October 4th, 2017

Lace up, Lafayette!

By Pippa Fisher



From left: Retired Acalanes High School Digital Design Instructor Susan Lane with Acalanes student Miles Wiesenthal, holding his winning poster, and Lafayette Chamber of Commerce Executive Director Jay Lifson. Photo provided

technology in classrooms.

It's October and fall is in the air, which means the Lafayette Reservoir Run is right around the corner.

The traditional "Res Run" - now in its 25th year - has something for everyone, with a 5k, a 10k and a 2-mile distance. The event is always popular and usually attracts close to 2,000 runners with an equal number of spectators cheering them on and enjoying the party. This year's Res Run takes place on Sunday, Oct. 22, with staggered start times at 8 a.m., 8:15 a.m. and 8:45 a.m.

All courses are an out-and-back format so all runners come back together and enjoy the Healthy Lifestyles Fair, live music and kid zone in the festive atmosphere. All participants receive a goody bag and T-shirt.

The annual race is put on by the Lafayette Chamber of Commerce and cosponsored by the City of Lafayette to benefit Lafayette schools and Chamber programs. Specifically the money raised for schools has helped provide instructional assistants, field trip funding and

The Res Run is family friendly with lots of children, grandparents, parents with strollers and dogs all entering to take part in the fun along with some serious runners. It is not unusual to see familiar faces among the runners - in past years Lafayette City Manager Steve Falk and several other members of city staff have been spotted along with several city council members.

Lafayette Chamber of Commerce Executive Director Jay Lifson says he would love to run but will be a little busy with keeping the event running smoothly. "Fall is my favorite time of the year. The air is cold and crisp, the colors are spectacular and sense of community is best displayed at this annual event."

The 5k and 10k races are chip-timed and certified, with the former being flat and fast. The 10k takes runners up and around the gorgeous Lafayette Reservoir for those who want a slightly hillier challenge (no dogs or strollers allowed). The 2-mile course is a run/walk for fun with no timing and is perfect for kids.

Each year the Chamber asks local high school students to create the poster for the run. This year's winning poster was designed by Acalanes High School student Miles Wiesenthal.

To sign up runners or walkers should go to the Chamber website and follow the link <http://www.lafayettechamber.org/events/reservoir-run/>. Registration includes a T-shirt and runner packet.

Reach the reporter at: pippa@lamorindaweekly.com

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