

# September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
<b>“Cape” Abilities Virtual 5K and Fun Run, Sept 1-26. See Reverse side for details.</b>						
6	7 <i>LABOR DAY</i>	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
<i>~~~~~ <u>BASCA Awareness Week</u> ~~~~~</i>						
27	28	29	30			

September 2020

*Happy  
Birthday!*

Elaine Cournoyer - Sept 1 ~ Krista Hinton - Sept 3 ~ Amy Grout - Sept 13  
 Cassandra Todd - Sept 14 ~ Daniel Dailo - Sept 19 ~ Shannon Bray - Sept 27  
 Do you or your loved one have a birthday you want listed here? Call us and tell us when it is!



Due to the Coronavirus pandemic, all in-person community activities have been cancelled until further notice. We will continue to monitor the situation and follow the recommendations of the CDC.

## BASCA “CAPE” Abilities Virtual 5k Run, Walk & Roll

The BASCA “CAPE”ability run has gone virtual! Because of current social distancing guidelines, we are making some changes to our race plans for this year. Though we may not be able to come together in person for the event, you still have an opportunity to have fun, get some fresh air and exercise all while supporting a great cause! So put on a cape (optional) and join us for this fun, family friendly event that celebrates all “CAPE”abilities!

For the first time ever, anyone, anywhere can participate! That’s right, you can participate as an individual or even form a Team with your friends from Chicago or your Aunt in Georgia! Then run or walk, fast or slow, one mile or 3.1 – it’s up to you – it all benefits individuals with special needs.

**Here is how it works:** Participants can run/walk their 5K or 1 mile fun run any time from Sept 1-26. You simply track your run using one of several popular tracking apps or a fit bit, and submit a screenshot of your run to 1<sup>st</sup> Place Sports. As part of your paid registration, you will receive some awesome perks: a digital race bib, t-shirt and finisher medal!

**Register at <https://bascainc.org/events/5krunwalkroll/>**

*\*\*\*BASCA individuals can get a discount code for \$20 off registration. Email Pam at [pammylrea@bascainc.org](mailto:pammylrea@bascainc.org) for the code\*\*\**

## BASCA Awareness Week

**BASCA Awareness Week is Sept 20 -27!** Anyone who sends in a picture/video wearing a cape while completing the run will be entered into a drawing for a VISA gift card! Pics will be shared during BASCA Awareness Week, see the BASCA website for more details.

Follow BASCA on Facebook, Twitter and Instagram to see photos!

<https://www.facebook.com/bascainc>

[https://www.instagram.com/official\\_basca\\_inc/](https://www.instagram.com/official_basca_inc/)

<https://twitter.com/BascaInc>

