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Spread the love with Cupid's Chase

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BY MEGAN TROTTER

COOKEVILLE — Members of the community will get the chance to show some love — just before Valentine's Day — to people with disabilities by participating in the Cupid's Chase 5k put on by Community Options.

This year's event is set for Saturday, Feb. 13, at 10 a.m. beginning at Tennessee Tech's Tucker Stadium. Registration begins at 8 a.m.

"Community Options provides supported living, day services and employment support for the individuals in our agency," Jeanette Preece, Community Options associate executive director, said. However, our dedication and commitment goes beyond those 'job duties.'

"We believe in what we are doing and we think of our individuals as family members, not just work. We want them to have the best life possible and that means more than just making sure they are healthy and safe. It means that we want them to be happy in their life and that's what all our staff strive to accomplish on a day to day basis."

The price for runners who sign up for Cupid's Chase 5k before Feb. 12 is \$30, and after that, the price goes up to \$40. Proceeds benefit Community Options, which provides housing, support, services and advocacy to help empower people with disabilities. The Cookeville branch was established in 2004 and currently provides residential services for 18 individuals, as well as community-based day programs for them.

Last year, Cupid's Chase brought in nearly \$4,500 for the program.

"Community Options takes the funds raised by the Cupid's Chase 5K race to purchase needed items such as medication, therapy equipment, home modifications, furniture and appliances," Preece said. "We are most proud of being able to take all of the individuals on outings such as to the General Jackson, Dixie Stampede and other activities. These type of activities are very special. We spend quality time with each other and we make memories for the individuals and staff."

To register for this year's race, visit <http://tinyurl.com/gko4wwl>. Those who want to help out, but are not too keen about running a 5k can also donate at the website.

For more information about the event, call 931-372-0955.