



Global public relations professional serves as chair of New York City charity run

(Philanthropy, Fitness, Health, Running, Sports, Nonprofit)

October 20, 2011 - (New York, New York) – Community Options, a national nonprofit organization with the mission to develop homes and employment for people with disabilities is preparing to host for its fourth year in a row, the Cupid’s Chase 5K Run.

The Cupid’s Chase 5K Run is the largest, national, simultaneous 5K Run in the country held by any nonprofit organization. With 5K’s held in 25 cities across 10 states on the same day and same time, the Cupid’s Chase offers participants great prizes and giveaways, certified USATF courses and even the opportunity to make a love connection by choosing an “Available” or “Unavailable” shirt to wear. And yes, there have been love connections made as a result of this event over the years.



For over six years, Rachel Wallins has been volunteering with Community Options. Two years ago, she was asked to be the chair of the New York City Cupid’s Chase 5K Run.

“Becoming the chair helped me marry two things I love to do - volunteer for an organization I believe in, and run,” says Wallins, Global Head of Human Resources for Ketchum Public Relations.

Wallins has a deep belief in the mission of Community Options, which is the reason she continues to serve the organization in a volunteer capacity. “I believe that every human being has the right to be treated with dignity and respect,” says Wallins.

Holding the position she does at Ketchum Public Relations, Wallins appreciates the social enterprise models that Community Options has developed and sustained to offer relevant work and training for people with disabilities.

“I feel like my role dovetails nicely with Cupid’s Chase and Community Options; as an HR person I think work has the ability to provide a sense of well being to everyone, so I love the job training programs Community Options provides,” she added.

Over the summer, Wallins injured her foot and has been unable to run, but has every intention on running in the Cupid’s Chase 5K in addition to fulfilling her chair responsibilities.

“I just read “Born to Run”, by Christopher McDougall, about the Tarahumara tribe in Mexico who run hundreds of miles in sandals, and am considering running in the new “thin skin” shoes that give the illusion of running barefoot. Might be fun in the snow,” she said.

Join Wallins and other participants at the Manhattan Cupid’s Chase 5K on Saturday, February 11, 2012. can visit www.comop.org/cupidschase. To join the Cupid’s Chase on Facebook, you can visit www.facebook.com/cupidschase.

About Community Options:

Community Options is a national nonprofit organization founded in 1989 by Robert Stack that works to develop homes and employment for people with disabilities. Community Options operates in 37 cities across 10 states supporting thousands of people with disabilities and their families with the help of over 2,500 employees.