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Running to Support her Children with Autism

Syracuse, NY- Running in February requires a certain level of dedication and passion. No one knows this better than the runners who brave the cold at a Cupid's Chase 5k run.

Cupid's Chase 5k began in 2009 in Princeton, NJ. The event takes place every February on the Saturday before Valentine's Day. Now in its fourteenth year, Cupid's Chase has expanded to 34 cities across 10 states. The events raise funds to improve the lives of people with developmental disabilities.

Runners like Tami Keiser make Cupid's Chase unique from other 5k series. Tami has been coming to the race in Syracuse since 2016 and is always among the first to register. Cupid's Chase has extra significance for the Keiser family. Tami is the mother of 5 children. Two children, Brayden and Logan, have autism. Tami has made it her mission to run in support of her children and others like them.

"Cupid's Chase is a super event, and I am immersed in the cause," said Tami. "I love spreading the word about the sense of community and purpose that Community Options creates."

Tami has instilled the importance of advocacy into her children. Logan, 11, creates anti-bullying videos stressing the importance of treating everyone, regardless of ability, with respect and dignity.

"Watching everyone come together for a cause that I care so deeply for is one of the main reasons I keep coming back," said Keiser. "I love being able to give back to the community that I care so much for, while catching up with my fellow Syracuse residents."

Runners interested in registering for the Cupid's Chase 5k series can still do so, online, at www.cupidschase.org. Runners can also register at the event on the day of the race.

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About Community Options, Inc.:

For over 30 years, Community Options has developed housing and employment supports for people with disabilities – serving thousands of people from over 50 offices across 10 states. Community Options provides advocacy assistance to empower people with disabilities because all people – regardless of ability level – should live and work in the community with dignity, choice and self-determination. For more information please visit our website: www.comop.org and to follow along with the #AllItTakes campaign, search #AllItTakes on Facebook, Twitter and Instagram.