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Get set for annual Res Run this weekend

By Pippa Fisher



The Chamber of Commerce and the City of Lafayette are getting ready to host the 26th annual Lafayette Res Run for Education. This year the event, which attracts all ages and all levels of athletic ability - from serious runners to dogs in tutus - will be held on Sunday, Oct. 21.

It is a family affair - grandparents running with grandchildren and everyone in between. There is something for all levels, including some elite runners. From the fast, flat 5K certified race for runners only (no baby strollers or dogs allowed) to the more challenging, hilly 10K certified race (leashed dogs and baby strollers permitted) which takes runners up around the reservoir, to the 2-mile run/walk for fun, which is not timed and is just for fun.

Last year's Lafayette Res Run at Lafayette Reservoir. Photo Gint Federas

The races start and end on Mt. Diablo Boulevard at Oak Hill Road. The staggered starts are at 8 a.m. for the 5K, 8:15 a.m. for the 10K and 8:45 a.m. for the 2-mile fun run.

Hilary and Bob Shipway are both local Lafayette runners with a long history of coaching at the middle school and CYO level. Hilary Shipway says she has been running in the event on and off for the last 18 years and enjoys seeing her students in the same race. She says the Res Run is one her favorites because of community: "It's my hometown race, it's easy to get to, it's a great course and it's one of the most scenic."

The atmosphere is festive, with live music provided by Stanley Middle School and a Healthy Lifestyles Fair.

Dr. Christina Alba and her husband have had a vendor booth for Rivulet Chiropractic at the event since 2014. She says she and her husband have run the 5K with other members of the Chamber as well as some of their Orange Theory workout buddies and BodyZing trainers.

"The most enjoyable aspect of the Res Run for Education is the community coming together to celebrate," says Alba. "It's like a health and wellness block party really early in the morning! I love the fact that beneficiaries are our local schools so it makes it a total family affair."

It is a time to mingle with neighbors and friends, even for those who are just spectating, and there are plenty of those - usually as many as enter the event.

Vice Mayor Cam Burks says he and his family are big fans of the event.

"My wife, Julia, and two daughters, Hannah and Sadie, who attend Stanley and Acalanes, are looking forward to running together as a family this year," he says.

Burks says that he is grateful to the Chamber of Commerce for hosting this event. "Not only does it directly benefit our local schools, it represents a special community gathering and annual family-oriented tradition that exemplifies Lafayette's hometown character. It's something we look forward to every year."

The race benefits local schools and the programs and series of the Chamber. Participants can choose which school they want to help at registration. Previously funds raised have been used to provide instructional assistants, field trip funding and technology in the classrooms.

Registration for the event is now open online at <https://lafayettechamber.org/resrun/>. On-site registration will open at 6:30 a.m. Sunday, Oct. 21.

Reach the reporter at: pippa@lamorindaweekly.com

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