

All proceeds from this race will be given to the **Sarcoma Foundation of America** (www.curesarcoma.org) to fund research to find new and better therapies with which to treat patients with sarcoma.

Through this race, we remember and celebrate the life of Bud Swanson. Bud left life here after a race against sarcoma, a rare type of cancer. Bud coached girls' cross-country and track at Glenbard North High School in Carol Stream for 18 years. Among his friends, family, and colleagues, Bud's commitment to running as a way to be physically and mentally healthy is well known. This race is our way of embracing that mission. Please enjoy your run/walk and celebrate your fitness!

*To learn more about Bud Swanson and this race visit our website at:
www.budsrn.org

We are seeking sponsors to help with costs, volunteers to assist on race day and, of course, runners and walkers to participate.

All questions, please email us at:

sharon@budsrn.org

Or call

Sharon Swanson 630-466-0809

Sponsors

Beaird, Inc.
Podiatry & Sports Center, Ltd.
The Belha & Bauer Family
Dick Pond Athletics, Inc.
Glenbard North High School
Dulany Consulting
Glen Ellyn Runners
Flood Brothers
Olympic Chiropractic & Physical Therapy
Olde Town Pub & Eatery
Trader Joe's
Flip Flop's Tiki Bar and Grill
Ducat Chiropractic & Wellness Center

Release

In consideration of your acceptance of my registration, I do hereby, for myself and anyone else on my behalf, waive and release Celebrate Life 5K Bud Swanson Memorial Run/Walk, the village of Carol Stream, Carol Stream Park District, the sponsor, and all agents, affiliates and volunteers from any and all claims for damages whatsoever created as a result of my participation in this event, including bodily injury. I attest and do hereby verify that I am physically fit and have trained sufficiently for this event, and I am aware of the risk of physical injury. I intend by this release to assume full responsibility for anything that may happen to me. I further agree to indemnify and hold harmless and defend the aforementioned organization and their officers, agents, servants and employees from any and all claims resulting from injuries, including death, damages, and loss sustained by me and arising out of, connected with, or in any way associated with the activities of this event.

Signature

Date

If under 18, Parent/Guardian's Signature

Bud's Run Celebrating Life

**A Fundraiser for the
Sarcoma Foundation
of America**



Saturday

June 26, 2010

8:00 AM

Ross Ferraro Town Center
Carol Stream, IL
www.budsrn.org

Bud Swanson Memorial 5K Run/Walk & Fun Run

Location & Time

Town Center in Carol Stream, IL 60188
Corner of Gary Avenue and Lies Road

7:00-7:45 a.m. Packet Pickup &

Race Day Registration

8:00 a.m. 5K Run/Walk (All Ages)

8:45 a.m. 1K Fun Run (12 and under)

9:00 a.m. "Budd"ing Run (5 and under)

Pre-Race Packet Pick Up!!

Pre-race packet pick-up is available at the Dick Pond Athletics store in Carol Stream, IL:

Thursday, June 24th noon to 9:00 p.m.

Friday, June 25th noon to 5:00 p.m.

Awards

Check Our Age Groups!

Overall Top Male Finisher

Overall Top Female Finisher

Top 3 Finishers in Each Age Group

(13 & Under,14,15,16,17,18-19,20-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70+)

Ribbons to all Fun Runners

Course

USTAF Certified Course #IL-5011-7W. Start and finish is on Fountainview in Town Center.

The run/walk will primarily be on runner-friendly paths through residential lakesides and Armstrong Park.

Registration

Register Online at www.budsrn.org

Register On-site

Register by Mail to:

Celebrating Life

751 Manor Hill Place

Sugar Grove, IL 60554

**Make all checks payable to:
Sarcoma Foundation of America**

Last Name, First Name Age Gender

Street Address

City, State, Zip

Preferred Phone Number

Email Address

Age as of June 26, 2010

Run Walk Fun Run "Budd"ing Run

*Remember to sign release on back

Fees

\$25 per person Thru 6-20-10

\$30 per person After 6-20-10

\$65 per family Thru 6-20-10

\$80 per family After 6-20-10

\$5 for Fun Run / "Budd"ing Run Only

☐ Enclosed is my --\$ _____
Registration Fee (Make Check Payable to Sarcoma Foundation of America)

☐ Please accept my additional *Donation of \$ _____

☐ I am unavailable to attend although I would like to *donate \$ _____

Matching gift * donations from your company \$ _____

*Raffle Info: Bring some cash on race day for your chance to win our donated raffle items. Winners posted and announced race day at 9:15 am. Must be present to win.

T-Shirt Sizes

(Please indicate tee-shirt size of each participant.)



_____ Child Size S, M, L



_____ Adult Small



_____ Adult Medium



_____ Adult Large



_____ Adult X-Large



_____ Adult XX-Large