

Advance Reservations for child-care are requested in order to provide sufficient supervision. Children must be collected promptly after the parent or guardian has completed the 5K event and prior to the start of the youth 0.6K event. **Entertainment** will be provided for the children.

Directions to The Sternberg Lighting Roselle Run For The Roses:

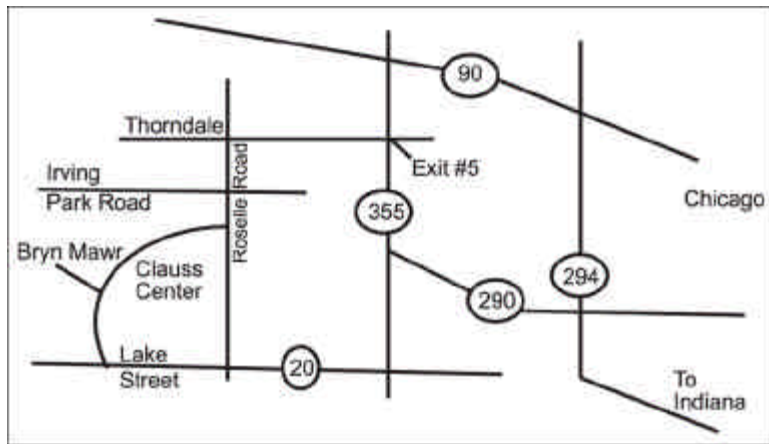
Located South of Irving Park Road and North of Lake Street, ½ mile West of Roselle Road at the Clauss Recreation Center at 555 W. Bryn Mawr.

From the West: Take Lake St. (Rt. 20) East of the Elgin-O'Hare to Bryn Mawr, turn left (north) and follow that to the Clauss Recreation Center.

From the South and Western suburbs: go **North** on Rt. 355 to exit #5 (Thorndale Rd), go west (left) to the Roselle Rd exit. Turn Left (south) about 1 mile to Bryn Mawr & turn right.

From the North and Northwest suburbs: go **South** on Rt. 53 to Exit #5 (Thorndale Rd); go west (right) to the Roselle Rd exit. Turn Left (south) about 1 mile to Bryn Mawr & turn right.

From Chicago: take either the Eisenhower (same as from **South**) or the Kennedy (same as from **North**) to Rt. 53 to exit #5 and follow the instructions listed above.



Chicago Area Runners Association (CARA):

This race was selected to be part of CARA's 2010 competitive circuit of races, named the RUNNERS' CHOICE CIRCUIT. CARA members can compete on this Circuit for year-end Overall, Age Group, Clydesdale (weight) and Club/Team awards. This race is a CARA *CERTIFIED RACE*. It has agreed to adhere to and uphold CARA's Best Practices Guidelines. These Guidelines embody the highest standards for quality, safety and comfort for participants in a road race.

Due to CARA's advocacy efforts, runners in the Chicagoland area enjoy some of the highest quality road races in the country. To view the Guidelines and to learn more about CARA, visit www.cararuns.org.

The Chicago Area Runners Association (CARA) is a non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicagoland. CARA connects runners to resources that enable them to run – further, faster, better, for life.

Rest Room/ Shower-Locker Room/Water Stops:

Inside rest rooms are located at the **Clauss Center at registration and at Lake Park H.S.** at the end of the race. Additional **Port-a-potties** are located near the start of the race **behind the Clauss Center**. Men and women **locker rooms and shower facilities** are located inside the Clauss Center. A water table and cooler will be near the race start. A single water station will be at mid-race at the 1.62 mile mark. Water, sports drink and juice will be at race end.

Parking:

There is plenty of **FREE PARKING** at the Clauss center, across the street in the Lake Park HS lot, east of the Clauss center on West End street and 200 yards west of registration at the Lake Park Driving Range lot.

Tourette Syndrome:

Tourette Syndrome (TS) is a neurological disorder characterized by tics – involuntary, rapid, sudden movements that occur repeatedly in the same way. To receive a diagnosis of TS, a person must have both multiple motor and one or more vocal tics, not necessarily simultaneously, throughout a span of more than one year. Tics periodically change in the number, frequency, type and location and wax and wane in their severity. While most people with TS have some control over their symptoms for seconds to hours at a time, suppressing them may merely postpone more severe outbursts. Tics are experienced as irresistible and (as the urge to sneeze) eventually must be expressed. Tics increase as a result of tension or stress and decrease with relaxation or concentration on an absorbing task. TS frequently exists in a co-morbid state with ADD, ADHD, OCD, Learning Disabilities or Anxiety Disorder. Although Tourette Syndrome is not generally considered life threatening, it is frequently described as being life tormenting.

Charitable Donations:

All donations are welcome. Additional donations may be made to benefit **Tourette Syndrome** through the **Run for the Roses Event** at the following levels of recognition: **Walker \$20, Jogger \$50, Sprinter \$100 or Marathoner \$200**. Contributions may be made either online at Active.com or Signmeup.com or with the attached registration form.

Fill out the form on the following page to register or sign-up online by clicking either of the links below:

<http://www.signmeup.com/67624>

[http://www.active.com/register/index.cfm?CHECKSSO=0&EVENT ID=1814970](http://www.active.com/register/index.cfm?CHECKSSO=0&EVENT_ID=1814970)

Registration Form: (Please Print

