

Bear Necessities Pediatric Cancer Foundation  
 55 W. Wacker Dr., Suite 1100  
 Chicago, IL 60601  
 312.214.1200 fax: 312.214.7797  
 www.bearnecessities.org



**The 16th Annual  
 "Run for the Bear"  
 Sunday, September 26, 2010**

**5K Run/Walk & 10K Run**

**800 Meter Fun Run  
 &  
 Field Events for Children**



**Starting line at Eastview Elementary  
 Algonquin, Illinois**

**The 16th Annual  
 "Run for the Bear"  
 Sunday, September 26, 2010**

**5K Run/Walk & 10K Run  
 800 Meter Fun Run  
 Field Events for Children**

6:30 - 7:30 a.m. Check-In & Registration  
 8:00 a.m. 5K Run/Walk, 10K Run  
 8:30 a.m. 800 Meter Fun Run  
 Field Events for Children

\*Field Events for Children (11 & Under) includes belly bumpers, "Teddy Bear Fun Run", relay races, an obstacle course and much more!



**Registration**

**Online/Postmarked by 9/20**

[www.active.com/donate/runforthebear2010](http://www.active.com/donate/runforthebear2010)

\$25 Adults \$20 Children(11 & Under)

**Race Day**

\$30 Adults \$20 Children(11 & Under)

**Payment Methods:** Visa, MasterCard or checks payable to: **Bear Necessities PCFI**  
 Mail payment and entry form to:

**Bear Necessities PCFI  
 P.O. Box 367  
 Algonquin, IL 60102**

(Registration fees are non-refundable.)  
 T-shirts and race bags for the first 500 registrants.  
 Sign up early!

**5K & 10K Run Race Divisions:** 9-11, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over.  
**800 Meter Fun Run:** 4 & under, 5-6, 7-8, 9-11.

Awards presented to the top male/female in the 5K, 10K Runs, the 800 Meter Fun Run as well as the top three male/female finishers in each division. Our 5K and 10K runs will be timed professionally.

**Pancake Breakfast**

Participants: FREE  
 Non-participants: \$5 Adults  
 \$3 Children(11 & Under)

**Run Site Headquarters**

Eastview Elementary School  
 540 Longwood Drive  
 Algonquin, IL 60102  
 847.458.5501



**Run Routes**

Whether choosing the 5K Walk/Run or 10K Run, enjoy a scenic route on the Fox Valley Bike Path, which takes you along the beautiful shoreline of the Fox River. Courses are USATF certified. Our 800 Meter Fun Run will take place on the Algonquin Middle School track.

**Note:** Only running strollers are permitted.



The Chicago Area Runners Association is a non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicagoland. To learn more about CARA, visit [www.cararuns.org](http://www.cararuns.org).

**Water & First Aid**

Water will be available at the start, finish and on course. An ALS ambulance and first aid station will be on hand.

**Official Race Results**

[cararun.org](http://cararun.org) and [chicagoaa.com](http://chicagoaa.com)





