

Participate in one of the area's most scenic races at both 5K and 10K distances!

RUN FAST **RUN SLOW**

BREAKING FREE'S

GREATER WEST SUBURBAN

RUN FOR RECOVERY 2012

10K/5K Run and Fitness Walk

Saturday, September 15, 2012

7:00 Am – 8:00 AM – Registration

8:15 AM – Run Begins

9:30 AM – Awards/Refreshments/Raffle

— PROCEEDS TO BENEFIT BREAKING FREE —

Run, walk or stroll to support Breaking Free's community services. We provide the highest quality education, prevention and counseling services focused on child abuse, alcohol and drug abuse, family relationships, mental health and wellness in your community.

Breaking Free has provided services in DuPage, Grundy, Kane, Kendall, and Will counties for 33 years and last year alone we assisted more than 15,000 people and families.

Help support our efforts by registering for Run for Recovery or making a donation. All proceeds will directly benefit the people we assist in your community.



Registration and Starting Location

Waubonsie Lake Trail Picnic Shelter

Aurora, IL 60505

Shelter and parking is located east of Kautz Road and north of Montgomery Road

Early Bird Registration before September 1, 2012

- | | <u>5K-10K</u> |
|-----------------|---------------|
| • Adults (18+) | \$25/35 |
| • Teens (13-17) | \$20/30 |
| • Youth | \$10/20 |

Save \$ - Registration costs increase on September 1, 2012 by \$5 per event

Certification pending for both 10K and 5K course on recently renovated course.

For more information or to register, call Michael Moran at (630) 897-1003

To register online, visit www.active.com



Medals will be awarded for the top three males and females in each age category

You can also visit us online at: www.BreakingFreeInc.org