

Provena St. Joseph Medical Center  
333 N. Madison St.  
Joliet, IL 60435

  
In honor of 9/11 all police, fire, EMS,  
and military personnel can race for FREE!

Make Your  
Mark



# Shorewood "Scoot"

Saturday, September 11th  
Start Time 8:30 a.m.

Proceeds benefit the  
"Make Your Mark" Mark Staehely  
Pediatric Cancer Foundation

Presented by

 **PROVENA**  
Saint Joseph Medical Center



## Sponsors

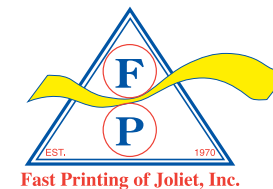
**Cardinal  
Fitness**



**CATERPILLAR**  
Joliet Employees Club

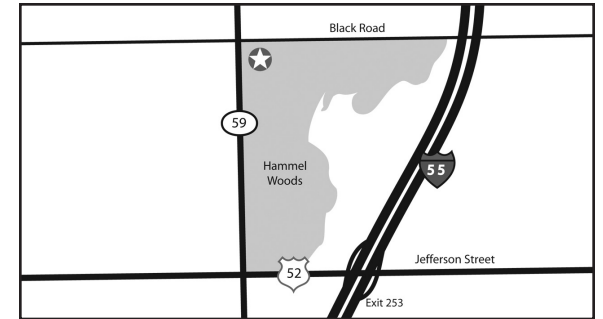
**Hinckley®  
Springs**

**DICK POND**  
ATHLETICS inc



**Dominick's**

THE GREAT AMERICAN  
**BAGEL**



### Race Day Schedule

Saturday, September 11th  
7:00–8:10 a.m. Registration and packet pick-up  
8:30 a.m. 5K Run/Walk

### Course

The 5K course is USATF certified and more importantly it's scenic and fast! It starts near Black Road in Shorewood and continues through the beautiful Hammel Woods Forest Preserve and finishes back on the roads. Split times and water stations will be available on the course.

### Location

The race begins and ends at Sharp Road and Black Road in Shorewood. Sharp Road is just one block east of Route 59. Ample parking is available.

### Registration Information

On-line: [www.provena.org/stjoes/scoot](http://www.provena.org/stjoes/scoot)

### By Mail

Provena Saint Joseph Medical Center  
Attn: Shorewood Scoot  
333 North Madison Street  
Joliet, IL 60435

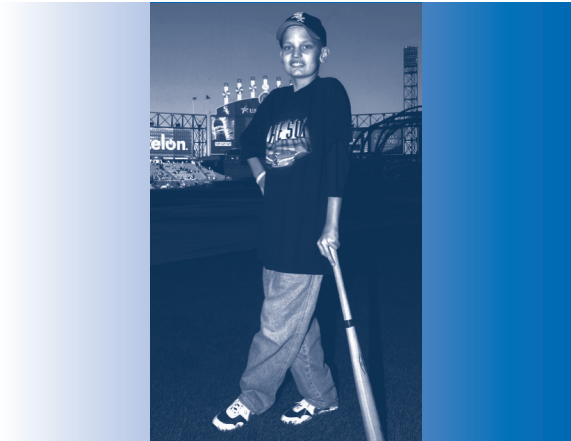
### In Person

Cardinal Fitness	Provena Physical Therapy
857 Center Ct.	852 Sharp Drive
Shorewood, IL	Shorewood, IL
815-730-0500	815-741-7416

### Questions Call

Provena Health Connections  
815-725-9438

\$23 through August 31st  
\$28 through September 11th



In spring of 2000 Mark Staehely, a Shorewood resident, was a usual 12 year-old boy. He loved playing baseball, collecting sport cards, riding his bike, and of course, video games. In June, Mark was diagnosed with Neuroblastoma (a rare form of children's cancer). Until Mark lost his battle to the disease in March of 2006, he exhibited an amazing form of strength and courage way beyond his years.

After spending that Christmas in the hospital and facing the sadness of those also hospitalized, he took it upon himself every Christmas after that to collect toys, movies, and video games, and bring them to young patients. This started with 100 toys in 2001 to over 12,000 toys collected for the patients of Children's Memorial Hospital in 2009.

Mark was honored by Children's Memorial Hospital with their highest award, the Kennedy Award. Larry Wiers, Superintendent of Troy Schools nominated Mark for the Red Cross Hometown Hero award, which he was awarded in 2005.

Mark's family and friends have formed a fund in his honor called "Make Your Mark." This fund will allow his family to continue his annual Christmas Toy Drive. The fund will also be used to fulfill a promise made to Mark to raise money to find a cure for Neuroblastoma.

In its first four years of existence, the Shorewood Scoot has averaged nearly 500 participants each year and has raised nearly \$60,000 for the "Make Your Mark" fund.

## OFFICIAL ENTRY FORM 2010 SHOREWOOD SCOOT

Return with check made payable to: SHOREWOOD SCOOT (NO REFUNDS—CASH ONLY RACE DAY)

To register online: [www.provena.org/stjoes/scoot](http://www.provena.org/stjoes/scoot)  
 In person: Cardinal Fitness, 857 Center Ct., Shorewood, IL  
 Provena Physical Therapy, 852 Sharp Dr., Shorewood, IL

Run/Walk:  
**\$23** (Through 8/31/10)  
**\$28** (Through 9/11/10)  
 Do not mail after 9/1/10  
 No discounts race day

LAST NAME		FIRST NAME	
ADDRESS			
CITY		STATE	ZIP
HOME PHONE		EMAIL ADDRESS	
M <input type="checkbox"/>	F <input type="checkbox"/>	T-SHIRT SIZE: S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>	
BIRTHDAY: ____ / ____ / ____		AGE ON 9/11/10: _____	
EVENT: (CHECK ONE) <input type="checkbox"/> 5K RUN <input type="checkbox"/> 5K WALK			
<input type="checkbox"/> TEAM CHALLENGE			

TEAM NAME *All members must have the same team name on their form.*

**In honor of 9/11 all police, fire, EMS, and military personnel can race for FREE!**

NAME OF FIRE/POLICE DEPARTMENT OR MILITARY AFFILIATION

### WAIVER

I know that running/walking a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of the race officials relative to my ability to safely complete the run/walk. I assume all risk associated with running/walking in the Shorewood Scoot including, but not limited to: falls, contact with other participants, the effects of weather, including low temperatures, high heat and/or humidity, traffic and conditions of the road and all other such risks being known and appreciated by me. Having read this waiver and knowing these facts in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Provena Saint Joseph Medical Center, Cardinal Fitness, City of Shorewood, Will County Forest Preserve & all event sponsors, and their agents, all event volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the forgoing to use any photographs, motion pictures, video tape recordings or any record of this event for legitimate purposes.

Runner's Signature \_\_\_\_\_ Date \_\_\_\_\_

The undersigned Parent or Guardian hereby consents to the applicant's participation and waives and releases all right and claims for liability as is more fully set forth above.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Parent or Guardian if under 18

### CASH CONTRIBUTION "Make Your Mark"

I have included my tax-deductible donation to the "Make Your Mark" fund with my entry fee in the amount of:

\$10  \$20  
 \_\_\_\_\_ other

### Awards

Categories Male & Female Top Overall and: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & Over.

### Results

Cards available after the race and complete results will be posted on [www.chicagoaa.com](http://www.chicagoaa.com) and [www.racetime.info](http://www.racetime.info)



### Kids Kruise

Free for children 11 and under. There will be three age categories with increasingly longer distances from approximately 100 to 400 meters as the age groups increase.

### Extras

There will be a nice spread of food with fruit, drinks, bagels and more at the post-race party. Free massages. Plus all participants are eligible for a prize-laden raffle with gift certificates and other fun stuff.



### Team Challenge

Corporations, businesses, groups of friends, civic groups, firefighters, EMS or police can put together a team of up to 8 runners. The top 4 runners from your team will be scored and compared to all other competing teams. The fastest team will receive a trophy and bragging rights for the next year. This year there will be a running club, corporate, and first responder category.

### T-Shirt

All pre-registered participants will receive a t-shirt. Race day entrants will receive a shirt while supplies last. Race day registrants may not get the size they want. REGISTER EARLY.



### Volunteer

Be a part of the fun! Volunteers are needed for a variety of positions. Receive a free event T-shirt. For information call 815-725-7133 ext. 3688.

### Theme

Wear patriotic colors to remember and honor those who lost their lives on 9/11.