

Race Facts

Who

With an 8K and a 2K Fun Run for all ages, this race offers something for **everyone**, from the marathoner in training to the weekend warrior, to those who are just starting out.

This event, hosted by the Susco Family is held in memory of **Tim Susco**, who suffered a fatal cerebral aneurysm in 2007. The race is a celebration of his life as well as a way to raise awareness and funds for two wonderful causes — **The Brain Aneurysm Foundation** and the **Washington Regional Transplant Community**.

What

A **U.S.A. Track and Field Sanctioned 8K**, and a **2K Fun Run** for all ages.

Where

South Lakes High School, Reston, Virginia.

When

October 17, 2009 at 9:00 a.m.

Why

To get out there and run! Because of the competitive spirit of life. **To celebrate** Tim's life. **To raise awareness** and needed funds for the Brain Aneurysm Foundation and Washington Regional Transplant Community.
Why not?

To learn more go to www.susco8k.com.

The Brain Aneurysm Race for Awareness 8K In Memory of Timothy P. Susco

October 17, 2009



The first event in the Washington Metro Region supporting the Brain Aneurysm Awareness Foundation and the Washington Regional Transplant Community.



The Brain Aneurysm Race for Awareness 8K In Memory of Timothy P. Susco is the first race in the Washington Metro Region to support the Brain Aneurysm Foundation and the Washington Regional Transplant Community.

The race will take place this year on October 17, 2009. It will begin and end at South Lakes High School in Reston, Virginia. The 8K is U.S.A. Track and Field sanctioned. Additionally, there will be a 2K Fun Run for all ages. Whether you're a seasoned runner, have just gotten into jogging or just want to come out and support the cause, there is a place for you at this race.

Adding to the day's festivities, U.S. record holder and Olympian, Alan Webb will be attending the event. Webb is a South Lakes High School Alumnus and former teammate of Tim Susco.

Runners can pick up their race packets on Friday, October 16, from 2:00-8:00 p.m. at Reston Hospital Center. To view the race course or learn further details about awards, time limits, and prizes please go to www.susco8k.com.

Facts About Brain Aneurysm

A brain aneurysm is a weak or thin spot in a blood vessel in the brain that fills with blood. Some brain aneurysms go undetected for years, while others bulge with blood and cause a variety of neurological symptoms, including numbness, paralysis, headaches, vision changes and weakness. Aneurysms may burst or bleed into the brain which can cause hemorrhagic stroke, permanent nerve damage, or death.

A ruptured brain aneurysm is a medical emergency. Seek immediate medical attention if you develop a sudden, extremely severe

headache particularly if it's accompanied by nausea and vomiting.

If you're with someone who complains of a sudden, severe headache or who loses consciousness or has a seizure, call 911 or emergency medical help and get the person to a doctor immediately.

Facts about Organ Donation

Did you know that one organ donor can save up to seven lives? One person can donate a heart, two lungs, two kidneys, a liver, and a pancreas. Additionally, tissue donors can change the lives of up to 50 people. Tissue donations give the gift of sight to up to 10 individuals who have lost their vision, give skin to burn victims who are in need of grafts, and enhance the lives and livelihood of many other recipients.

You can register as an organ donor at your local DMV, or through the Washington Regional Transplant Community. Please sign up today to give the gift of life!

Interested in Donating to the Cause?

Can't make it to the race? If you'd like to support the Brain Aneurysm Race for Awareness 8K, In Memory of Timothy P. Susco, please make checks payable to The Brain Aneurysm Race for Awareness 8K, and mail to:

Brain Aneurysm Race for Awareness 8K
C/O Nancy and Tom Susco,
12701 Hitchcock Court
Reston, VA 20191

Or go to www.susco8k.com and click *Remembering Tim*, this page will allow you to make a donation to the Brain Aneurysm Race for Awareness 8K online, supporting the Brain Aneurysm Foundation and the Washington Regional Transplant Community.

Please mail this form with the appropriate registration fee. Early-bird 8K registration is \$28 until September 17. From September 18 through October 16 is \$33, and race day registration is \$35. Registration for the 2K Fun Run is \$20 (no change in fee). Registration includes a technical T-shirt. Please make checks payable to the Brain Aneurysm Awareness 8K and mail to:

12701 Hitchcock Court, Reston, VA 20191.

Name (Last, First)

Birthdate (MM/DD/YYYY)

Age on Race Day (10/17/2009)

Address

City, State, Zip

Phone

Email Address

Gender (circle one)

Male Female

T-shirt Size (circle one)

S M L XL XXL

Race Length (circle one)

8K 2K Fun Run

Disclaimer: I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I agree to abide by the rules of the USATF. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the race, Robert Bruce Lung, the Reston Runners, Reston Association, Fairfax County Public Schools, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature (parent or guardian if under 18)