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Saturday  
September 9

## FAMILIES AND FRIENDS

### WHO WILL YOU BE RUNNING/WALKING FOR?

ON RACE DAY, WRITE YOUR CSS PAL'S NAME ON YOUR RACE BIB!

Dear CSS Friends & Families,

Community Support Systems is excited to announce that our 2nd annual CSS Cares 5K and Fun Run will be held on Saturday, September 9th. Due to runners' requests, we have added a 10K option for this event as well! The run will start at 9 am with registration beginning at 7:30 am. The race will begin and end at our Community Day Services Building located at 223 Harvester St in Teutopolis.

Many of the individuals that we serve are very excited about the event! Our day programs are holding daily practices, and we are working ourselves up to walking a full mile. We've been having a great time with the training! Please consider joining your loved one on September 9th and walk and/or run with them. It will be a family friendly event that will have something for everyone regardless of ability level. Each person participating in the 10K, 5K or the 1 Mile Fun Run/Walk will receive a race shirt. Additionally, you can honor or recognize an individual served by CSS by writing their name on your race bib. Joe Sippers will be serving refreshments following the race to all participants!

There are lots of ways to register: Register online at <https://runsignup.com/Race/IL/Teutopolis/csscares>, scan the QR code above, or fill out the attached registration form and return it with a check to CSS. Registrations are due by August 20 to guarantee a race shirt!

If you have any questions, please feel free to give Pete Niccum a call at 217.673.7044. We look forward to seeing you & your friends & family at this event on September 9th!

Sincerely,

Executive Director

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Shirt Sizes (Adult Small, Medium, Large, XL, 2XL, 3XL, 4XL) (Youth Small, Medium, Large)

Cost to register: \$32.95 per person \* Checks may be made payable to CSS, 618 W. Main, Teutopolis, IL 62467