

Run for Research
5K
Thursday August 6, 2009

Proceeds to support clinical research for
pulmonary fibrosis

Course: Fast flat Downtown
West Chester 5K course.

Disclaimer: In consideration of the furtherance of your purpose, objective and work, and in consideration of your permitting me to participate in your "Run/Walk" event on behalf of myself, my heirs, executors, administrators and assigns, I hereby waive and release any and all rights and claims for damages which I may have against you, the municipalities through which the event will take place, as well as any other person connected with the event, their heirs, executors, administrators, successors, and assigns for any and all injuries which I may suffer while taking part in the event or as a result thereof.

Signature: _____

Date: _____

Parent/Guardian's Signature (if under 18):

Date: _____

Our Mission

The Pulmonary Fibrosis Foundation is dedicated to finding a cure for and raising awareness of pulmonary fibrosis, a terminal lung disease. The Foundation is devoted to improving the quality of life for those diagnosed with pulmonary fibrosis. The Foundation provides hope for patients through funding and supporting research, education and advocacy.

www.pulmonaryfibrosis.org

Sponsors

Ryan, Manousos & Brown Families

In Memory of
Timothy J Ryan
1918 - 2009

In Memory of
Terence D. Keane
1942-2007



STARTING NOW  **Beneficial** BANK

Chester County Running Store

Cruisin' Style
Men's Barber Shop

Carrousel Toyota - Scion

CAROUSEL
Toyota - Scion



Pulmonary Fibrosis Foundation
1332 North Halstead Street
Chicago, IL 60642
Phone: 312-587-9272

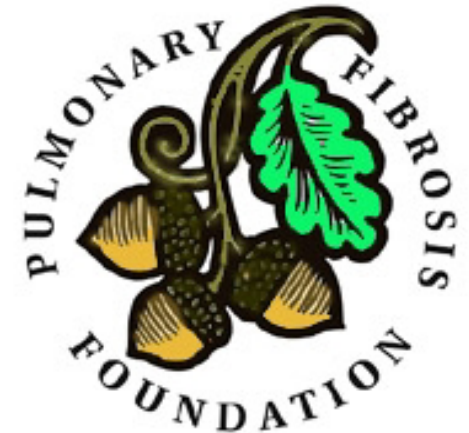
Run for Research
5K

Thursday, August 6th
@ 7:00PM

Downtown West Chester, PA

Swingin' Summer Thursday!

Happy Hour by Kildares!



A cure is just a breath away!

Information: Chester County Running Store www.runccrs.com
Call John Ryan 484-995-4727 Email: johnryan01@mac.com

About Pulmonary Fibrosis...

What is Pulmonary Fibrosis?

Pulmonary Fibrosis involves scarring of the lung. Gradually, the air sacs of the lungs become replaced by fibrotic tissue. When the scar forms, the tissue becomes thicker causing an irreversible loss of the tissue's ability to transfer oxygen into the blood-stream.

What are the symptoms?

- Shortness of breath, particularly with exertion
- Chronic dry, hacking cough
- Fatigue and weakness
- Discomfort in the chest
- Loss of appetite
- Rapid weight loss

What is the prevalence of Pulmonary Fibrosis?

There are **five million people** worldwide that are affected by this disease. **In the United States there are over 200,000 patients** with Pulmonary Fibrosis. As a consequence of misdiagnosis the actual numbers may be significantly higher. Of these more than 40,000 expire annually. This is the same as die from Breast Cancer. Typically, patients are in their forties and fifties when diagnosed. However, diagnoses have ranged from age seven to the eighties. Current research indicates that many infants are afflicted by Pediatric Interstitial Lung Disease.

RACE INFO

Time-7:00PM.

Registration starting at 6:00PM at Kildares Restaurant.

T-shirt to the first 200 to register. Asics technical running shirt to age group winners. Cash to the top 3 overall.

Great post-race festivities in downtown West Chester Swingin Summer Thursdays Sign up on-line at www.runcrs.com
The course will be the Downtown West Chester Grand Prix course.

Start at Church and Market Streets and finish by Mitch's Gym.

Happy Hour for all runners at Kildare's post race. 50% off draft beer!



Kildare's Pub
18-22 West Gay Street
West Chester, PA 19380
610-431-0770

Registration Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Sex: M or F

Are you on the ccrs email list? Y N

Email: _____

Age on race day: _____

T-Shirt SHIRT SIZE
(adult sizes) S M L XL

[] Pre-Registration (postmarked by July 23) \$20

[] Late Registration (Race Day) \$25

Make Checks payable to:
Pulmonary Fibrosis Foundation

Mail To: Chester County Running Store
24 South High St
West Chester , PA 19382

A cure is just a breath away!