

Thank You for Your Support!!

PLEASE MAIL THIS FORM WITH THE
APPROPRIATE REGISTRATION FEE.

- EARLY-BIRD 8K REGISTRATION IS **\$35** UNTIL AUGUST 28, 2019.
- FROM AUGUST 29TH THROUGH SEPTEMBER 20TH THE 8K IS **\$40** AND RACE-DAY REGISTRATION IS **\$45**.
- REGISTRATION FOR THE 2K FUN WALK IS **\$20** IN ADVANCE AND **\$25** ON RACE-DAY.
- CHILD "NO SHIRT" OPTION - **\$10**.
- REGISTRATION INCLUDES A **RACE SHIRT**.

PLEASE MAKE CHECKS PAYABLE TO THE

SUSCO 8K

AND MAIL TO:

**12701 HITCHCOCK COURT
RESTON, VA 20191**

Special Thanks to our
event sponsors:



=PR=TM

POTOMAC RIVER RUNNING STORE

Arlington • Ashburn • Burke • Cleveland Park • Reston • Rockville • Tyson's Corner
www.potomacriverrunning.com

Race Facts



WHO

With an 8k Run and a 2k Fun Walk 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 competitive **8k** and a **2k Fun Walk** for all ages.

WHERE

South Lakes High School, Reston, VA.

WHEN

September 21, 2019 at 8:30 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 the Washington Regional Transplant Community.

TO LEARN MORE GO TO
WWW.SUSCO8K.COM

SUSCO 8K

RUNNING FOR BRAIN ANEURYSM
AND ORGAN DONATION AWARENESS

IN MEMORY OF

TIMOTHY P. SUSCO

SEPTEMBER 21, 2019



*The Only Event in the Washington Metro
Region Supporting the Brain Aneurysm
Foundation and the Washington
Regional Transplant Community.*



SUSCO 8K:

IN MEMORY OF TIMOTHY P. SUSCO

IS THE ONLY RACE IN THE WASHINGTON REGION TO SUPPORT THE BRAIN ANEURYSM FOUNDATION AND THE WASHINGTON REGIONAL TRANSPLANT COMMUNITY.

THE RACE WILL TAKE PLACE THIS YEAR ON SEPTEMBER 21, 2019, AND WILL BEGIN AND END AT SOUTH LAKES HIGH SCHOOL IN RESTON, VIRGINIA.

THERE WILL BE A 2K FUN WALK 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!

TO VIEW THE RACE COURSE OR LEARN FURTHER DETAILS ABOUT PACKET PICK-UP, AWARDS, TIME LIMITS, AND PRIZES, PLEASE GO TO:

WWW.SUSCO8K.COM

FACTS ABOUT BRAIN ANEURYSMS

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 HEADACHES, VISION CHANGES, AND WEAKNESS. ANEURYSMS MAY BURST OR BLEED INTO THE BRAIN WHICH CAN CAUSE HEMORRHAGIC STROKE, PERMANENT NERVE DAMAGE, OR DEATH.

FACTS ABOUT ORGAN DONATION

DID YOU KNOW THAT ONE ORGAN DONOR CAN SAVE UP TO EIGHT 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 100 PEOPLE. TISSUE DONATIONS GIVE THE GIFT OF SIGHT TO UP TO 2 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 AND GIVE THE GIFT OF LIFE!

WWW.BEADONOR.ORG

INTERESTED IN DONATING TO THE CAUSE?

CAN'T MAKE IT TO THE RACE? IF YOU'D LIKE TO SUPPORT THE SUSCO 8K: IN MEMORY OF TIMOTHY P. SUSCO, PLEASE MAKE CHECKS PAYABLE TO THE SUSCO 8K AND MAIL TO:

SUSCO 8K
C/O TOM AND NANCY 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 SUSCO 8K ONLINE, SUPPORTING THE BRAIN ANEURYSM FOUNDATION AND THE WASHINGTON REGIONAL TRANSPLANT COMMUNITY.

NAME (LAST, FIRST)

DATE OF BIRTH

ADDRESS

CITY, STATE, ZIP

PHONE

EMAIL ADDRESS

GENDER?

MALE

FEMALE

T-SHIRT SIZE?

S

M

L

XL

XXL

EVENT?

8K

2K FUN WALK

OTHERS AT THIS ADDRESS?

T-SHIRT

NAME

DOB

M/F

8K/2K

SIZE

DISCLAIMER: I KNOW THAT RUNNING CAN BE A HAZARDOUS ACTIVITY AND THAT I SHOULD NOT ENTER AND RUN UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING, INCLUDING, BUT NOT LIMITED TO, FALLS, WEATHER CONDITIONS INCLUDING HIGH HEAT AND/OR HUMIDITY, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF THE ROAD AND TRAFFIC ON THE COURSE, ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME. HAVING READ THIS WAIVER AND KNOWING THESE FACTS, I FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE POTOMAC RIVER RUNNING, INC., POTOMAC RIVER RUNNING CHARITABLE AND EDUCATIONAL EVENTS, INC., COMMONWEALTH RACE MANAGEMENT, INC., AND ALL EVENT PARTNERS, SPONSORS, AND VOLUNTEERS, THEIR REPRESENTATIVES AND SUCCESSORS FROM ALL CLAIMS OR LIABILITY OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THIS RACE EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE 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, OR OTHER RECORD OF THIS EVENT FOR ANY LEGITIMATE PURPOSE WITHOUT COMPENSATION TO ME. I UNDERSTAND THAT THERE ARE NO REFUNDS SHOULD SEVERE WEATHER CANCEL THE EVENT. I FURTHER UNDERSTAND THAT THIS EVENT MAY CHANGE DATE OR LOCATION IF REQUIRED BY LOCAL AUTHORITIES. I AGREE THAT MY EMAIL ADDRESS WILL BE ADDED TO THE POTOMAC RIVER RUNNING AND COMMONWEALTH RACE MANAGEMENT EMAIL LIST.

SIGNATURE (PARENT OR GUARDIAN OF UNDER 18)