



**FOR IMMEDIATE RELEASE**

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**Lace Up Your Shoes for the 10<sup>th</sup> Annual Summer Sunset 5K and 10K Run to Support Rainbows For All Children**

*No Matter Your Pace, Help Children and Teens Grieve and Grow after Loss*

ITASCA, Ill. (March 2, 2011) — Whether running or walking, join [Rainbows For All Children](#) at the 10<sup>th</sup> Annual Summer Sunset 5K/10K Run, which takes place Saturday, June 25, 2011 at Busse Woods Forest Preserve in Schaumburg, Ill.

The Summer Sunset 5K and 10K Run/Walk is a chance for seasoned runners and amateurs alike to support Rainbows, which is the largest international children's charity dedicated solely to helping youth successfully navigate the difficult grief process.

Registration begins at 2 p.m., followed by a warm-up and stretch clinic at 3:15 p.m. The 5K and 10K runners take off at 4 p.m. and then the children and walkers' start time is 4:15 p.m.

“The 10<sup>th</sup> Annual Summer Sunset run brings together local fitness enthusiasts and Rainbows supporters to further our mission of helping children and teens who are hurting from a significant loss or life-altering change,” said Suzy Yehl Marta, founder and president of Rainbows. “I’m touched that for the past nine years, we were able to gather hundreds of runners and walkers to support our cause. I’m looking forward to personally lacing up my shoes again.”

The cost is \$30 online or \$35 for race day registration and the event proceeds will benefit Rainbows. Teams of four or more can register online for just \$25 per participant before June 1 and prizes will be awarded to fundraisers who collect more than \$100 in pledges plus a grand prize to the top fundraiser.

All participants will receive a t-shirt and goody bag. The top two finishers in each race and age group will be awarded a medal. This race is a CARA certified race and USATF certified course. Participants can park and enter off the south side of Higgins Road at the sign marked “Busse Woods South, Groves 5-16.”

This year alone, Rainbows has supported more than 12,000 youth participating in its programs throughout Illinois. Since 1983, Rainbows has helped more than 2.5 million youth internationally.

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To sign up as an individual or a team, please visit [www.rainbows.org](http://www.rainbows.org) and click on the events tab.

### **More About Rainbows For All Children**

Rainbows For All Children is an international, nonprofit organization that gives children and teens the guidance to grieve and grow after loss. Since 1983, Rainbows has helped more than 2.5 million children in the wake of their personal or community tragedies. The goals include helping children to develop and strengthen coping skills, learn appropriate behavior and anger management, alleviate depression, and reduce emotional pain and suffering. These coping tools will build the confidence and self-esteem of these hurting children, improve communication in their families and peer relationships, prevent destructive behaviors such as involvement with gangs, alcohol and drug abuse, and ultimately improve school attendance and academic performance.

For more information about Rainbows, please visit [www.rainbows.org](http://www.rainbows.org). To join Rainbows on Facebook and Twitter, please visit [www.facebook.com/rainbowsforkids](https://www.facebook.com/rainbowsforkids) and [www.twitter.com/rainbowsforkids](https://www.twitter.com/rainbowsforkids), respectively.

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