



# Angels Run 5K

## 4 Years and Still Running—NYC Marathon

The Light Up the Room Foundation established in memory of Karen Rust has recently celebrated its third year anniversary. This past year has been an amazing journey as we have experienced an outpouring of love and support from so many people; we truly could not feel any more blessed. While the pain of losing our wife, mother, and friend will never fully go away, we gain comfort in knowing that we continue to do Karen's work to the best of our ability.

The most gratifying achievement has been our dedication to running the NYC Marathon for the Light Up the Room Foundation; this is our 4<sup>th</sup> year running. Past races keep us coming back each year as one of the most spiritual and satisfying experiences of our lives. This year we are running for Memorial Sloan



Kettering Cancer Center  
([www.mskcc.org](http://www.mskcc.org))

My dad and I are currently in the midst of training, and have been pounding out 15+ mile runs on Saturday's. Many times, these training sessions seem much tougher than the actual marathon as your adrenaline is not as high and you don't have the support of

a near two million spectators on the streets of NYC. I certainly am looking forward to "New York, New York" blaring from the speakers as we start out over the Verrazano Bridge; it's now only a month away!

The Angels Run will enable us to raise a portion of the funds we would like to raise for MSKCC and any contribution you make will go directly to this cause. We recognize that these are tough times but, we cannot stress enough important your contribution is to further the purpose of MSKCC.

Once again, thank you all for the continued support.

The Rust Family

*Send us Angels to win a night in New York City!!*



With less than one week left we are going to have a little competition to see who can bring out the most Angels on October 6th....

The Angel who gains the most referrals for the race will receive a free night at the Westin in Midtown and an American Express Gift Card

<http://www.westinny.com/>

Second Place will also receive an American Express gift card

To obtain credit for a race referral, the person MUST register for the race than list you as the "referred by" on the sign up page.

Good Luck to all Angels!!!



### SPECIFIC GUIDELINES FOR 'LARGEST GATHERING OF PEOPLE DRESSED AS ANGELS'

1. All Participants must wear a full white coloured outfit including halo and wings.
2. All participants must be in position simultaneously and remain so for a minimum of 10 minutes.

3. A loud start and finish signal recognised by all participants must be used. Two experienced timekeepers (e.g. from a local athletics club) must time the attempt with stopwatches accurate to 0.01 seconds.
4. All participants must wear the costume for the entirety of the attempt.

Thank you to our Sponsors!



Boelsen Family  
 Orvieto 2 – Friends of Angels  
 Surf Kennel English Springer Spaniels  
 October 6th Birthday Wings Sponsor

Valhalla



FLYWHEEL

Roomie Brett

## Angels Run —Start and Finish



The location of the Angels Run is on the Hudson River Greenway; the race will begin and end in front of Stuyvesant High School at the corner of Chambers and West Street. Keep an eye out for our angel wing markers and group of enthusiastic angels. There is parking in the area but please arrive at least 30 minutes before race time to ensure time to acquire your bib and prepare to run. We look forward to seeing you all on Saturday morning.

**Race Starts: 8:30 am**