



Team Sylvie is a group of runners (and walkers!) of all abilities who are participating in the Ridgewood Run on Monday, May 31, 2010 in memory of Sylvie Hughes. We are raising funds to benefit the Tomorrows Children's Fund. Last year's inaugural Strides For Sylvie running team included over 100 runners and raised over \$15,000 for TCF.

ABOUT SYLVIE

Sylvie Hughes was a three and a half-year old Ridgewood resident who was diagnosed with a rare form of liver cancer on 2/11/09 and was treated successfully by the wonderful doctors, nurses and staff at the Tomorrows Children's Institute for Cancer and Blood Disorders at Hackensack University Medical Center. Sylvie made a full recovery and was back to her normal toddler activities and preschool by September. She regained her strength, confidence and wit. So did her family. On 11/29/09, Sylvie suddenly passed away from a mysterious infection.

ABOUT THE RIDGEWOOD RUN

The Ridgewood Run is a family-focused day of running events that provide a fun environment in a festive atmosphere. Seven distinct runs – four types of 1-Mile races, 5K, 10K, and Family Fun Mile, provide the center of activity. They start at 8:30 AM and continue until after the conclusion of the Fun Run at noon.

HOW DO I REGISTER FOR THE RACE?

1. Online registration at www.raceforum.com/ridgewood is open until noon Thursday, May 27th. There will be a special registration category for Strides for Sylvie Team members, with the discounted rate of \$22 for 5k/10k (fun run reg price remains the same). Runners will be asked to enter a code to receive the discount - "SFS10"
2. In person registration at either the Ridgewood YMCA at 112 Oak Street or Ridgewood Running Company located at 39 E. Ridgewood Avenue. Please indicate on your race form that you are participating on Team Strides For Sylvie.

WHAT IS THE TOMORROWS CHILDREN'S FUND?

The Tomorrows Children's Fund (<http://www.atcfkid.com>) is a non-profit organization that was developed by the parents of children with cancer and blood disorders. The organization addresses the critical needs of families facing childhood cancers and blood disorders by working with the medical staff to provide:

- State-of-the-art care in a warm, healthy, and loving atmosphere for children during their treatment
- A wide range of services to relieve emotional and financial stress
- Funding for research on childhood cancer and serious blood disorders

WHAT CAN I DO TO HELP?

We kindly ask that each runner on team Strides For Sylvie raise funds for The Tomorrows Children's Fund in honor of Sylvie. Forms are available at Stridesforsylvie.com. There will be a Team Sylvie tent at the race start where the team will meet before. T-Shirts will be available for pick up the week prior or on race day at the tent. Additional T-shirts for non-runners will also be also available for purchase on site. Please know that 100% of all proceeds will go directly to the Tomorrow's Children Fund. Every dollar we raise helps the children and families whose lives are forever changed by pediatric cancers.