

## ▶ PROGRAMS OFFERED BY THE MCLEAN COUNTY BRANCH OF THE ARTHRITIS FOUNDATION ◀

### TAI CHI FROM THE ARTHRITIS FOUNDATION

Tai Chi is for anyone with any type of arthritis or related condition. It can be done standing or seated and is recommended for persons with only mild to moderate joint impairment or involvement. Some benefits may include improved range of motion, balance and coordination, flexibility, posture and body awareness.

**ARTHRITIS FOUNDATION  
AQUATIC PROGRAM  
(SEE PAGE 8)**

**ARTHRITIS FOUNDATION  
EXERCISE PROGRAM  
(SEE PAGE 20)**

**ARTHRITIS FOUNDATION  
SELF-HELP PROGRAMS  
(SEE PAGE 19)**

**LUNCH AND LEARN  
SEMINARS**

**NEW BEGINNINGS  
SUPPORT GROUP**

### FOR MORE INFORMATION:

Craig Rogers  
McLean County Branch Director  
The Arthritis Foundation  
Greater Illinois Chapter  
108 Boeykens Place, Suite 115 • Normal, Illinois 61761  
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## 19<sup>TH</sup> ANNUAL BLOOMINGTON/NORMAL

# *Jingle Bell Run & Walk* FOR ARTHRITIS

### REGISTRATION & PACKET PICKUP

November 10th, The Chateau  
at 2:00 pm – 5:00 pm

### EVENT LOCATION

The Chateau  
1601 Jumer Drive  
Bloomington, IL

### DATE & TIME

Sunday, November 11th  
at  
1:00 pm

### RACE DAY SCHEDULE (ALL EVENTS AT THE CHATEAU)

Team Photos: ..... 11:00 am – 12:00 pm  
Late Registration: ..... 11:00 am – 12:30 pm  
Costume Contest: ..... 11:30 am – 12:30 pm  
5K Run/5K Walk: ..... 1:00 pm – 1:30 pm  
FunWalk: ..... 1:10 pm – 1:30 pm  
Post Party at The Chateau: ..... 1:30 pm – 2:30 pm

Both 5K Run/5K Walk & FunWalk start on Jumer Drive. Please Use College Avenue and Susan Drive to the available parking in the Carle Clinic Lot. Parking is also available off GE Road in the GE employee lot, next to the GE building. Avoiding Jumer Drive will save time and cause less traffic congestion. (see map on page 3)

Race Logistics coordinated by B/N Lake Run Club.

Please for the safety of all runners, no headsets, baby joggers, or dogs on the 5k run/walk.

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### 2007 JINGLE BELL RUN & WALK RACE DAY JOURNAL LOG

5K Run ☐ 5K Walk ☐ FunWalk ☐

Finish Time:     :     .     Place:     \_\_\_\_\_

Comments:     \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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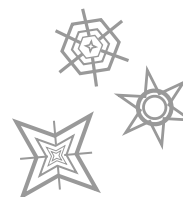
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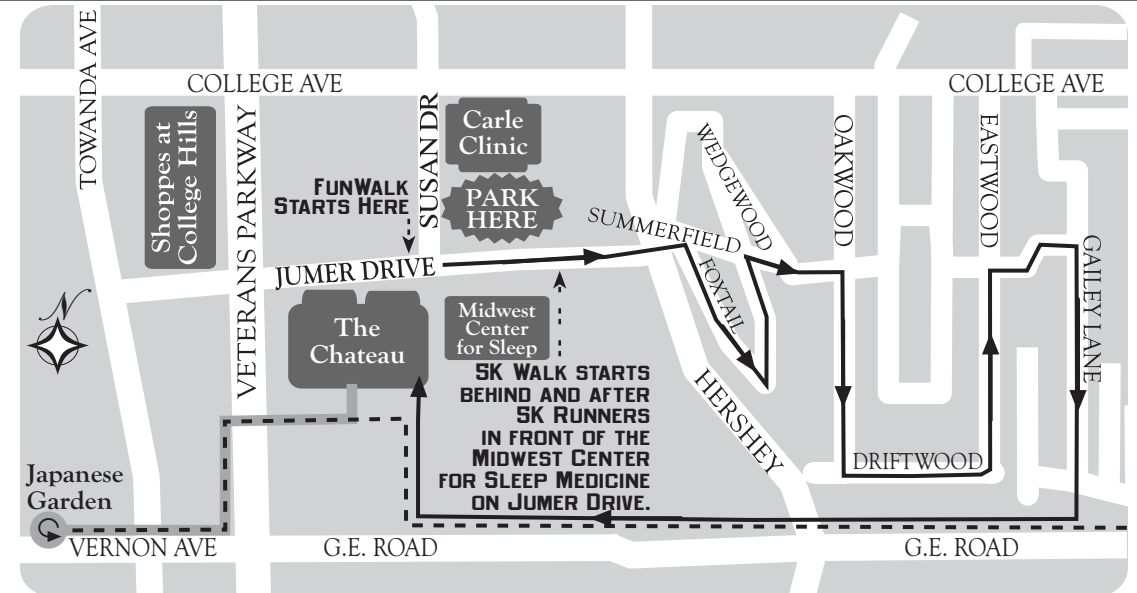


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## ▶ ROUTE MAP ◀



5K Run/Walk → FunWalk Route --- Constitution Trail

5K Run/Walk & FunWalk Start and Finish on Jumer Drive. Parking is available in the Carle Clinic Lot. Please use College Avenue and Susan Drive to drive to the parking lot. Avoiding Jumer Drive will ease parking.

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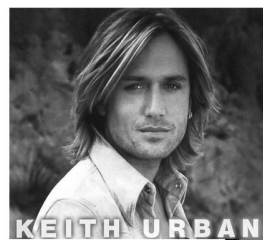




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<b>RACE DAY JOURNAL</b>	Tom Corcoran	<b>PARKING</b>	Tim Harbers
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<b>PRINTING</b>	FedEx Kinko's	<b>PRIZE CHAIR COORDINATOR</b>	Tara Funk
<b>FOOD CHAIR</b>	Marko Johnson	<b>JR/SR HIGH CROSS COUNTRY TEAMS</b>	Tara Funk & Seanan AlYasiri
<b>T-SHIRT NIGHT COORDINATOR</b>	Pam Negri	<b>PHOTOGRAPHY</b>	Todd Johnson
<b>VOLUNTEER CHAIR</b>	Lindsay Bierbaum		

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▶ **THE ARTHRITIS FOUNDATION** ◀  
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**W**e embrace, value, and recognize every contribution made toward accomplishing our mission- to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

A vital part of our mission is you. The Arthritis Foundation is about people- people who need our programs, services, support and education, as well as the people who commit their time and resources to the accomplishmet of our mission. Volunteers at the Arthritis Foundation, contribution of valuable resources (time, knowledge, skills and leadership) to serve in a variety of ways.

Many of you may not realize how important you are to the ones you help. Your time in preparing and labeling brochures, telephone answering, typing, and working at health fairs have helped us reach out to those needing our services. Some volunteer jobs are easy to do and very rewarding, but never assume it's just a little thing that you do. For more information on volunteering, please call The Arthritis Foundation at 309.451.0785.

Name _____	I am interested in becoming a volunteer. <input type="checkbox"/>
Address _____	Please send your booklet on wills. <input type="checkbox"/>
_____	
City, State, Zip _____	Please send Breakthrough Research information. <input type="checkbox"/>
Phone (    ) _____	I would like to become a member of the Arthritis Foundation -my membership check of \$25.00 is enclosed. (Please indicate "membership" on your check.) <input type="checkbox"/>
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7:00-10:00pm

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10:00pm-Midnight

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Midnight-3:00am

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## ► PRIZES & AWARDS ◀

#### INDIVIDUAL RACE AWARDS

Awards presented to the Top Three  
Female & Male 5K Run Finishers  
in each age category.

#### TOP OVERALL FEMALE & MALE 5K RUN FINISHERS:

Winter Running Suit donated by Often Running

#### TEAM CHALLENGE AWARDS

Fastest Team: 1st, 2nd, & 3rd Place.

#### TOP FUNDRAISING TEAM 2006 WERE:

Normal West Wildstaff- \$1,088.00

#### 2006 TOP INDIVIDUAL FUNDRAISER

Individual: Sheila Kaurin- \$1,191.00

#### TOP INDIVIDUAL FUNDRAISING PRIZE

Tempurpedic Mattress provided by Sherman's

#### TEAM AWARDS

All Teams are in competition for Team  
Challenge Awards & Individual Awards

#### TOP FUNDRAISING TEAM

Team raising the most in pledges.  
Special Awards also given to 2nd & 3rd place.

#### AGE CATEGORIES

10 & Under	40-44
11-14	45-49
15-19	50-54
20-24	55-59
25-29	60-69
30-34	70+
35-39	



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## Introducing the Arthritis Foundation Life Improvement Series Health Education and Fitness Programs to Help You Take Control

Change is good, especially when it comes to spreading the word about Arthritis Foundation programs you know help so much. The Arthritis Foundation is excited to bring more people into our programs by rolling out new names and marketing materials that were decided by people like you.

Your program, the Arthritis Foundation Aquatic Program™, will be marketed under the new Life Improvement Series, which also includes the Arthritis Foundation Exercise Program™ (formerly People with Arthritis Can Exercise) and the Arthritis Foundation Self-Help Program™ (formerly the Arthritis Self-Help Course).

The best advertising is the positive word of mouth that current participants can provide. So tell a friend about the Arthritis Foundation Aquatic Program and help them take control of their pain.

### Benefits include:

- Reduced pain and stiffness
- Programs developed specifically for people with arthritis
- Certified instructors for safe routines
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## ► 2006 PICTURES ◀



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## ▶ BACK BY POPULAR DEMAND ◀

### JINGLE BELL IN THE POOL

If you suffer from arthritis and still want to be involved with the Jingle Bell Run, we developed a Jingle Bell Run in the Pool at three local gyms including the YMCA, The Center for Health at Fort Jesse and Gold's Gym. You do not have to belong to the gym to join the fun event day! Participants receive the collectable Jingle Bell Run long sleeve t-shirt, goodie bag, and still qualify for fundraising prizes on race day. Participants can also fundraise additional money and receive a specially embroidered Jingle Bell Run towel, only available to Jingle Bell Pool participants.

If you missed out on this event at the YMCA or The Center for Health, you can still participate at Gold's Gym Jingle Bell in the Pool Thursday, December 6 from 10:00-10:55 am. We hope to see you in the pool with Jingle Bell Spirit!

The Arthritis Foundation also has aquatic programs through out the year at OSF Center for Health at Fort Jesse, Gold's Gym and the YMCA. Research has concluded participating in Arthritis Foundation aquatic and exercise classes reduces pain and fatigue by 28-30 percent. If you are interested in participating, or learning about other aquatic and exercise programs offered through The Arthritis Foundation, please call 309-451-0785.

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## ▶ STATISTICAL FACTS ◀

**Arthritis is the nation's leading cause of disability.**

**70 MILLIONS AMERICANS, OR ONE IN THREE ADULTS AND 300,000 CHILDREN, HAVE ARTHRITIS OR CHRONIC JOINT SYMPTOMS.**

**Children attending our Juvenile Arthritis Clinic have reported an increase in their ability to resume everyday activities as well as a 32% reduction in pain.**

**Participants in the Arthritis Foundation exercise programs have reported a 28-30% reduction in pain and fatigue.**

**ARTHRITIS AND RHEUMATIC CONDITIONS COST THE U.S. ECONOMY \$125 BILLION ANNUALLY.**



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## ► JOINT HEALTH TIPS ◀

### RELIEVE STRESS & PAIN

Let yourself go. On vacation, that is. Find time to take a break away from your routine - even if you are a stay-at-home mom or you work from home. Experts continue to emphasize the connection between stress and pain.

Rub out pain. If you have mild pain, you may find a topical analgesic, such as capsaicin, counter-irritants or salicylates, helpful.

### WORK SMARTER

Rest your wrists. Purchase a wrist rest for your computer or make your own with two strips of bubble-wrap packing material taped together. Make the bottom strip wider than the top one, and tape the excess width to the bottom of your keyboard so the wrist rest extends outward.

### EAT WELL

Build strong bones. Boost your calcium intake, because a diet rich in this important mineral helps to keep your bones sturdy and can lower your risk of osteoporosis (the brittle bone disease).

Keep a food journal. Putting your nutritional goals in writing increases the odds that you'll stick to your plan for eating better. Record what you eat daily to keep track of your progress.

### GET MOVING

Take a hike. Choose your favorite spots and walk them at least once a week. Hiking burns calories, strengthens muscles and builds denser bones, while providing interesting scenery and a chance to get in touch with Mother Nature.

FROM '51 WAYS TO BE GOOD TO YOUR JOINTS'. FOR MORE SEE [WWW.ARTHRITIS.ORG](http://WWW.ARTHRITIS.ORG)



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## ► CRAIG'S NOTE ◀

Dear Friends,

Thank you for participating in our 19th Annual Jingle Bell Run/Walk for Arthritis. The Arthritis Foundation wants to thank you for the opportunity to educate and inspire you. As the Branch Director of the McLean County Branch, it is my challenge to let people know that arthritis is not just minor aches and pains. I want them to know that with early diagnosis and treatment, disability and pain can be reduced and quality of life can be dramatically improved. Today, arthritis affects approximately 51,000 in McLean County. Chances are good that you know someone who has arthritis or you soon will.

Arthritis is our nation's #1 cause of disability. Arthritis costs the US Economy \$125 billion annually in medical costs and missed time from work. Until we find a cure, the Arthritis Foundation staff and volunteers will be helping those affected take greater control of their arthritis. Not only does arthritis affect those who have it, but also their family and friends.

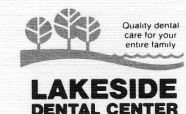
Please thank a volunteer today for their dedication and hard work. We could not do this event without them. Also, support our sponsors and tell them how much you appreciate their support in our community.

Finally, I want to thank the Jingle Bell Run Committee, my wonderful staff, our volunteers and board for all their support and commitment during the planning of this year's Jingle Bell Run/Walk for Arthritis. This would not have been possible without you.

Enjoy your day and we hope you will make it your tradition to "Come Jingle With Us" and support the Arthritis Foundation!

Have a safe and fun day!

Craig D. Rogers  
Branch Director  
Arthritis Foundation  
McLean County Branch



**Robert S. Novotny, D.D.S.**

1415 E. Croxton Ave.  
Bloomington, IL 61701

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Change is good, especially when it comes to spreading the word about Arthritis Foundation programs you know help so much. The Arthritis Foundation is excited to bring more people into our programs by rolling out new names and marketing materials that were decided by people like you.

Your program, People with Arthritis Can Exercise (P.A.C.E.), will be marketed as the Arthritis Foundation Exercise Program™ under the new Life Improvement Series, which also includes the Arthritis Foundation Aquatic Program™ and the Arthritis Foundation Self-Help Program™ (formerly the Arthritis Self-Help Course).

The best advertising is the positive word of mouth that current participants can provide. So tell a friend about the Arthritis Foundation Exercise Program and help them take control of their pain.

## Benefits include:

- Reduced pain and fatigue
- Programs developed specifically for people with arthritis
- Certified instructors for safe routines
- Doctor-recommended



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- **Wound Care & Ostomy Care**
- **Social Services**
- **Home Health Aide**
- **Companion**
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## Introducing the Arthritis Foundation Life Improvement Series Health Education and Fitness Programs to Help You Take Control

Change is good, especially when it comes to spreading the word about Arthritis Foundation programs you know help so much. The Arthritis Foundation is excited to bring more people into our programs by rolling out new names and marketing materials that were decided by people like you.

Your program, Arthritis Self-Help Course, will be marketed as the Arthritis Foundation Self-Help Program<sup>SM</sup> under the new Life Improvement Series, which also includes the Arthritis Foundation Aquatic Program<sup>SM</sup> and the Arthritis Foundation Exercise Program<sup>SM</sup> (formerly People with Arthritis Can Exercise).

The best advertising is the positive word of mouth that current participants can provide. So tell a friend about the Arthritis Foundation Self-Help Program and help them take control of their pain.

### Benefits include:

- Reduced pain
- Programs developed specifically for people with arthritis
- Certified leaders
- Practical tips for better self-management
- Doctor-recommended



 **Arthritis Foundation  
Self-Help Program<sup>SM</sup>**

LIFE IMPROVEMENT SERIES

*Arthritis Foundation Certified. Doctor Recommended.*

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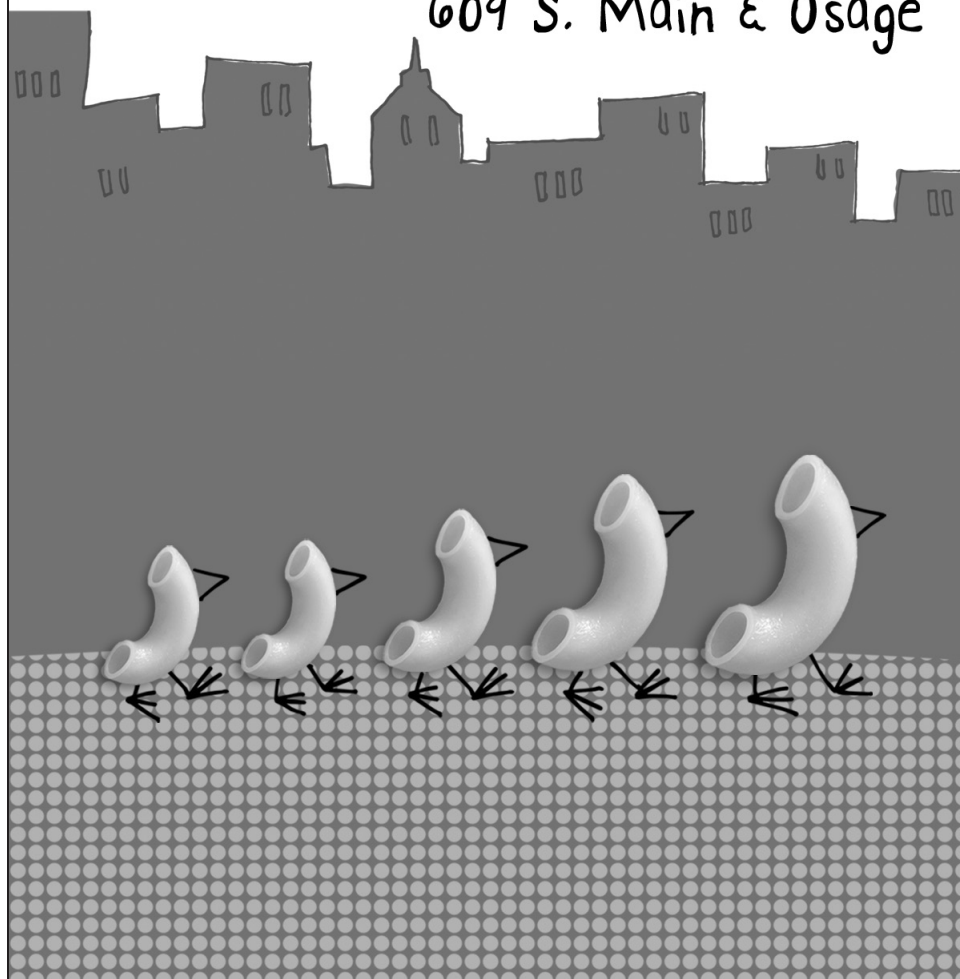
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BRING THE FAMILY

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## 2006 WINNERS

### 10 & UNDER FEMALE

1. Brie Hines 10 (23:49.5)
2. Natalie Martin 10 (28:05.4)
3. Emma Young 6 (31:40.8)

### 11 - 14 FEMALE

1. Carly Pederson 12 (19:51.6)
2. Brooke Gordon 12 (19:53.7)
3. Sarah Klass 14 (20:38.9)

### 15 - 19 FEMALE

1. Kelsey Surbeck 17 (21:58.5)
2. Clare Mahoney 18 (22:14.8)
3. Wen Yang 15 (22:28.5)

### 20 - 24 FEMALE

1. Heather Deutsch 21 (21:02.7)
2. Marcia Backstrom 24 (22:13.0)
3. Emilee Bocker 22 (23:05.9)

### 25 - 29 FEMALE

1. Joelle Felumlee 29 (21:41.2)
2. Sarah Isbell 28 (23:19.6)
3. Emily Irwin 25 (23:58.3)

### 30 - 34 FEMALE

1. Alison Ecker 32 (21:14.2)
2. Erin Furimsky 31 (22:17.1)
3. Corey Rayburn 31 (23:44.6)

### 35 - 39 FEMALE

1. Teresa Herbert 37 (22:26.5)
2. Kim Gutschow 39 (23:31.0)
3. Stephanie Gillam 39 (23:31.3)

### 40 - 44 FEMALE

1. Cheryl Richards 41 (22:10.6)
2. Cindy Blackburn 43 (22:29.4)
3. Shirley Walker 42 (23:33.6)

### 45 - 49 FEMALE

1. Carol Pratt 47 (20:44.2)
2. Debra Lowell 47 (21:29.3)
3. Tamara White 45 (22:08.7)

### 50 - 54 FEMALE

1. Janet Connelly 54 (22:51.8)
2. Kathy Alexander 53 (24:56.9)
3. Barbara House 54 (25:30.2)

### 55 - 59 FEMALE

1. Que Harbor 56 (21:19.8)
2. Meg Anderson 58 (25:14.6)
3. Vicki King 56 (31:03.4)

### 60 & OVER FEMALE

1. Annette Lobdell 64 (28:55.4)
2. Rose Marsaglia 60 (30:35.7)
3. Suan Guess-Hanson 64

### 10 & UNDER MALE

1. Degroot Matthew 8 (21:59.4)
2. Tyler Gilliam 10 (23:30.0)
3. Ryan Masters 9 (23:39.4)

### 11 - 14 MALE

1. Matt Barnet 14 (18:19.3)
2. Logan Abeling 13 (18:32.3)
3. Bryce Basting 13 (18:32.9)

### 15 - 19 MALE

1. Connor Milliam 15 (16:27.2)
2. Josh Roig 16 (16:30.3)
3. Ben Nathan 17 (16:44.9)

### 20 - 24 MALE

1. Keith Schmerer 21 (17:18.8)
2. Ben Suiercz 21 (18:55.7)
3. Paul Armstrong 23 (20:18.1)

### 25 - 29 MALE

1. Josh Vance 27 (16:29.3)
2. John Shaffer 25 (17:54.1)
3. Brian Rossi 28 (18:45.5)

### 30 - 34 MALE

1. Christopher Friedman 33 (16:34.2)
2. Greg Huffaker 30 (17:23.0)
3. Derek Johnson 34 (18:30.7)

### 35 - 39 MALE

1. Mike Heffron 39 (16:04.5)
2. Seanan Alyasiri 35 (17:30.7)
3. Eric Cook 35 (17:56.4)

### 40 - 44 MALE

1. Kevin Henderson 43 (17:38.8)
2. Kevin Fahling 43 (18:27.6)
3. Tod Williamson 43 (18:58.4)

### 45 - 49 MALE

1. Ken Endrizzi 45 (17:01.7)
2. Larry Schumacher 45 (19:19.6)
3. Fred Martin 46 (19:39.3)

### 50 - 54 MALE

1. Ron Greene 53 (19:52.8)
2. Den Patten 51 (20:56.4)
3. Paul Gorden 53 (21:17.4)

### 55 - 59 MALE

1. Merlin Anderson 59 (19:32.7)
2. Gary House 55 (20:35.0)
3. James Williamson 56 (21:10.4)

### 60 & OVER MALE

1. Ken McMillen 66 (20:33.9)
2. Jay Wilson 64 (23:09.5)
3. Auburn Wells 69 (24:43.5)

### OVERALL WINNERS BY GENDER

**FEMALE** 1. Emily Dewald 23 (18:49.5)

**MALE** 1. Andy Bloom 20 (15:45.0)