



Mothers' Milk Bank  
of the Western Great Lakes

## Race To Save Tiny Lives

Join our team of Illinois and Wisconsin families raising money and awareness for the nonprofit *Mothers' Milk Bank of the Western Great Lakes*.

Saturday • September 10, 2011 • 8:30am



### Long Grove Heritage Run and Walk

**Calling all racers!** Enjoy a walk or run on a lovely late summer morning in beautiful, historic Long Grove, IL. Racers can RUN 5K (chip timed and USATF certified) or WALK 3K on this picturesque, rolling terrain along winding country roads. Walkers can wear their babies or push them in strollers. Our course features a great downhill finish.

**Register Online!** [www.rotaryrace.org/mmb/](http://www.rotaryrace.org/mmb/)

**\$30 registration fee** (\$35 after 8/30/11) includes:  
Race entry • T-shirt • Pancake breakfast • Awards • Goodie bag

**100% of money raised** (after registration fees) will go to the milk bank start-up fund.

QUESTIONS? Call 224-286-4551 • E-mail [info@milkbankwgl.org](mailto:info@milkbankwgl.org) • Visit [www.milkbankwgl.org](http://www.milkbankwgl.org)



## Help Us Reach Our Race Goals

**We encourage** each racer to raise at least \$100 for the milk bank. Find someone to **match** your donations or—even better—to **match** our whole group! All contributions are fully tax deductible and tax receipts will be provided.

### Don't want to race?

- **Donate money** to help us meet our fundraising goal of \$15,000!
- **Consider a Sponsorship!** For a \$300 donation, we will insert your business's "goodie" in the goodie bags of all ~900 racers. A great way to reach a dedicated and informed group!

**100% of money raised** (after registration fees) will go to the milk bank start-up fund.

## Race Details

### Check-in/Registration • 6:30-8:00 am

Runners & Walkers: \$30 entry fee (*\$35 after 8/30/11*)  
Kildeer Countryside School, 3100 Old McHenry Rd.,  
Long Grove, IL (NW of Routes 83 & 53)

### Pancake Breakfast • 8:30-11:00 am

Free to all registered participants. Guests pay on site: \$6 adults/\$3 children under 5.

**Course:** 5K Race and 3K Walk start in the historic business district then wind over Long Grove country roads. Split times given at 1 & 2 mile marks. Water and aid stations are provided.

**Awards:** Five deep in all age/gender categories and to the overall male and female runners (based on Chicago Area Runners Association guidelines). Race results will be posted at **www.cararuns.com**. All walkers will receive a participation ribbon.

**Notes:** Dogs are not allowed on the race course nor are bicycles, inline skates, roller skates, or other wheeled vehicles (except wheelchairs). Runners may **not** race with babies or strollers but walkers may.

## Saving Tiny Lives

The **Mothers' Milk Bank of the Western Great Lakes** is a developing nonprofit milk bank whose mission is to provide pasteurized donor human milk primarily to premature and ill babies in our region. Preterm babies fed anything other than human milk are at much greater risk for serious health problems. One terrible scourge—known as NEC—is so widespread and so expensive that its treatment accounts for **19% of all newborn healthcare costs**. When NEC requires surgery, half of these babies die. Many of those who survive suffer from lifelong disabilities.

Although most mothers who give birth prematurely work hard to provide their own milk for their babies, premature delivery and medical complications can reduce milk production. If Illinois and Wisconsin mothers supplied their milk for half of their babies' feedings, we would still need 534,000 ounces of donor milk annually to bring these babies to a weight of about 4.5 lbs., which would greatly reduce their risk of serious complications, significantly decrease healthcare costs, and save lives.

Yet today, Illinois and Wisconsin mothers donate milk to nonprofit milk banks in other states. Our milk bank will make it possible for this valuable local resource to benefit families in our region. Our milk bank will screen and collect milk from local moms who have extra milk and process and distribute this donor milk to local patients. It will also serve the community by providing education to the public and medical professionals about human milk as the standard of care.

We are currently raising funds to establish our processing facility. We welcome donors and volunteers. To learn how you can help, visit our web site at **www.milkbankwgl.org**.