

# SueBo 5k Run/Walk



([www.sarcomaalliance.org](http://www.sarcomaalliance.org))

Dear Friends,

On August 22, 2009 the first SueBo 5k run/walk will be held in Vandalia, Ohio. The SueBo 5K is an event to help support the Sarcoma Alliance and to honor the life of Susan Bohardt who died December 29, 2008 from Sarcoma. We have chosen a 5k event because throughout her life Susan was dedicated to a healthy lifestyle which included a healthy diet and workout regimen. Running or walking and weight training were her favorite fitness activities. She maintained these activities even through three years of chemotherapy and would still walk or run several miles a day. She often walked four miles on her treadmill with her chemotherapy bag slung over her shoulder. (She knew that she would not feel well the next day and was determined to get her workout in). Susan was a courageous woman who endured much suffering in her 5 year battle with her horrible disease. She was the mother of three wonderful women and was loved deeply by her husband, daughters and seven beautiful grandchildren. She was a woman of great character and inspired many of her peers and colleagues. She was a nurse at Children's Medical Center in Dayton, Ohio for 23 years. She dedicated her life to helping ill and injured children. Through this event we hope to raise awareness about the terrible affliction of sarcoma and to assist the Sarcoma Alliance in providing guidance, education and support for others who are facing this terrible disease. We also strive to honor Susan who gave so much of herself to all she knew. She was truly a hero. Please join us in our cause.

Sincerely,

The family of Susan Bohardt

For a printable registration form for this event please visit [www.alliancerunning.com](http://www.alliancerunning.com) or [www.sarcomaalliance.org](http://www.sarcomaalliance.org) . Keyword: Suebo