



What is the Histo Heroes 5K?

The Histo Heroes 5K is a fundraiser for the Histiocytosis Association. The race is run along the beautiful Fox River Trail in downtown Batavia, IL. The Little Heroes Hop, a short non-competitive race for kids 9 and under follows the 5K. Over the last 12 years, we have raised nearly \$500,000 for the Association.



A Way for your Family & Friends to Support You

We know firsthand how difficult it is when you or your child are diagnosed with histiocytosis. Your family and friends want to support you, but often do not know what to do. The Histo Heroes 5K gives family and friends a great way to show their support. They can join your team and come out in force to support you and help to raise money to fight this awful disease!



12th annual
HISTIO
HEROES 5K
 10.21.18

Histio Warriors are given special personalized shirts to wear, so you can spot these brave fighters everywhere.



Many of our teams will create t shirts to show their support of their particular “histio warrior.” We even have a small novelty prize to award each year to the t shirts judged best. Our teams can be very creative!



Please note, team t shirts are not at all required, and if this is not your thing, there is certainly no obligation to participate in the contest!

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Meet Histiocytosis Association Staff We will have a tent at the race where you can meet staff from the Histiocytosis Association. They will have educational materials to distribute and would love to meet you in person!



Connect with other Histo Families

Your battle with histiocytosis can be very isolating. You may not know anyone who has had this disorder, and you may not know anyone who knows what it is. It can be difficult to describe, and you may feel that no one understands what you are going through. At this race, you will see and have the chance to meet other families like yours. If you see another team, feel free to stop over and introduce yourself. It can help a lot to talk with others who have been in your shoes.



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Family Fun

We try to make our race fun for your family. From our fantastic DJ who plays great music and also engages kids and adults in fun group games (think musical chairs and hula hoop contests!)



to face painters to adorable children chasing Tigger in the Little Heroes Hop, we have lots of activities to keep both kids and adults entertained.



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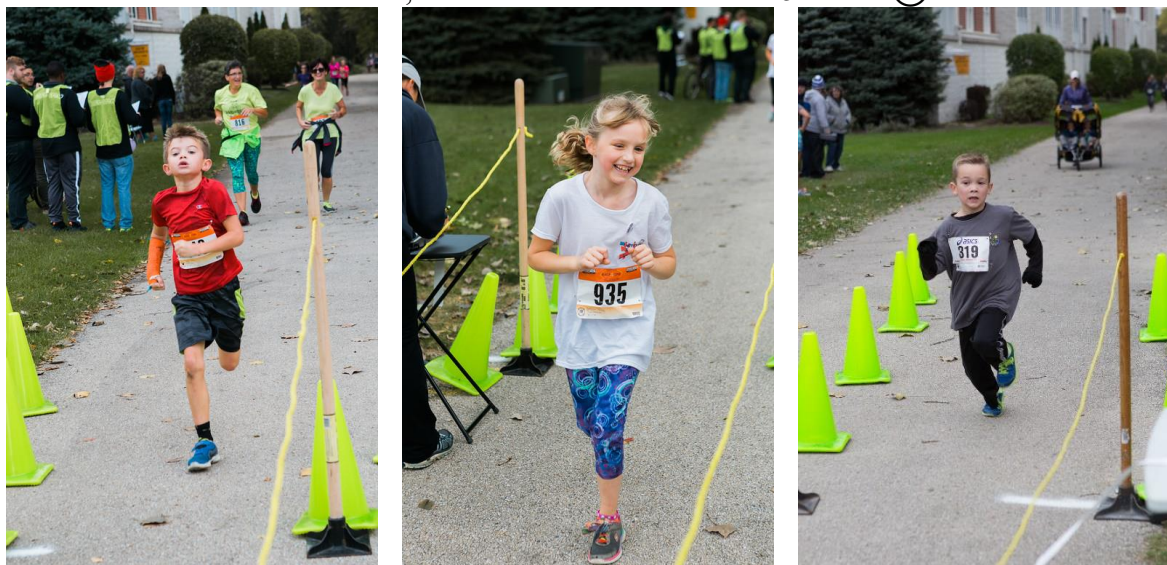
We also have fantastic post-race food for all participants to enjoy!



We are stroller friendly, so feel free to bundle the little ones up and walk or run with them.



Don't underestimate those kids, either! Lots of them run the 5K too! 😊





Fundraising Competition

Our main goal is to raise money for the Histiocytosis Association to help them fund research to fight histiocytosis and support families battling histiocytosis. Fundraising is not mandatory for any of our participants, but we encourage our families to fundraise! Family, friends and co-workers who cannot attend the race can support you by sponsoring you. We offer great fundraising prizes for our top fundraising children, adults and teams. We also offer sweatshirts to anyone who raises at least \$500. And, those who raise \$100 or more are entered in to a raffle to win other fun prizes.



But, I'm Not a Runner

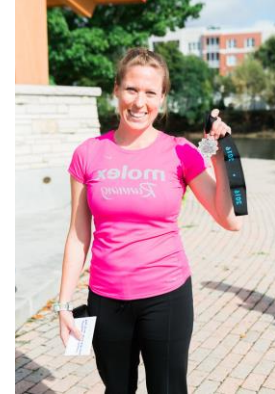
That is okay! Many of our participants are walkers. It is perfectly acceptable to walk the entire 5K if you do not wish to run.





I am a Serious Runner. Is this Race for Me?

Absolutely! We may have a lot of walkers, but we cater to serious runners too. Our beautiful course is USATF certified, and, new this year, we will have chip timing! We offer custom awards and dri-fit t shirts in both womens and mens cuts.



We are on a mission to fight histio – to support families, fund research and improve outcomes. We'd love to have YOU be a part of this! Please join us Sunday, October 21st at the 12th annual Histio Heroes 5K!