

Area races Saturday for diabetes

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One American is killed every three minutes, and a new case of this deadly disease is diagnosed every 40 seconds. It is the leading cause of kidney failure and adult blindness, and a primary contributor to nerve damage, stroke and heart attacks. You may be surprised to learn that diabetes is the source of these grim statistics.

There is no cure for diabetes, but the Juvenile Diabetes Research Foundation is dedicated to finding one. The Fruecht family is actively helping JDRF reach that goal. They have coordinated the Second Annual Dash to Cure Diabetes, to take place on Saturday in their hometown of Barrington.

Last year's event was a success, despite rainy conditions. Reflecting on the highlights, Karl Fruecht cites "the warmth the community showed in embracing this event, particularly in inclement weather."

Fruecht emphasizes that this is as much a fun family event as it is a fund-raiser. Junior Dashes have been added, offering 1/4-mile, 1/2-mile and 1-mile races for children under 10 years old. Diaper Dash is a 100-yard dash for those aged 4 and younger. Three-year old Noah Fruecht is eager to lace up his running shoes, although he finds the diaper reference objectionable. All Junior Dashers will receive an award.

The 5K and 10K runs and 5K walk are open to all ages, and will tour Barrington's scenic countryside. All routes begin at GE Capital, 540 W Northwest Highway. The first race sets off at 8 a.m., following a performance by the Barrington Children's Choir. Awards for top finishers will be presented at the conclusion of the day.

Everyone is invited to enjoy the festivities, and support this event. Volunteers for race day activities are still needed, call the race hotline at (847) 382-9118 for details. Event and donation information, and on-line race registration, are available at <http://sites.netscape.net/dashfordiabetes>.

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