

# RUN FOR RETT PLEDGE FORM

(Must total \$100 or more to have entry fee waived)

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Name \_\_\_\_\_ Amt. \$ \_\_\_\_\_

Address \_\_\_\_\_  
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**CHECKS PAYABLE TO IRSA. ENCLOSE WITH REGISTRATION FORM. THIS FORM MAY BE DUPLICATED.**

**Sponsors:**

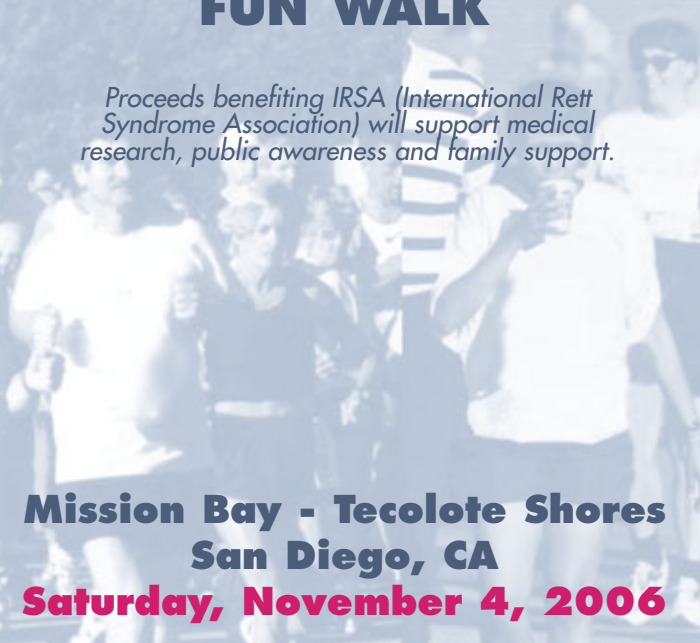


RUN FOR RETT  
9121 Piscataway Road #2B  
Clinton, MD 20735



## 8K RUN & 1 MILE FUN WALK

*Proceeds benefiting IRSA (International Rett Syndrome Association) will support medical research, public awareness and family support.*



**Mission Bay - Tecolote Shores  
San Diego, CA  
Saturday, November 4, 2006**

PLACE  
POSTAGE  
HERE



# A MESSAGE FROM *Julia Roberts*

## ON RETT SYNDROME



I want to tell you about a neurological disorder called Rett syndrome. You may not have heard of Rett syndrome, but it has affected countless lives, including my own. All it took was one smile from Abigail and I knew I wanted to help.

Rett syndrome becomes apparent after 6-18 months of early normal development, most often in girls. It results in a regression that leads to severe lifelong handicaps including loss of speech, hand use and mobility. There may be 200,000 girls and women worldwide who have Rett syndrome. We hope to find them – to provide care, advocacy and research that will make a difference.

*Julia Roberts*

### WHAT IS RETT SYNDROME?

Rett Syndrome (RS) is a neurological disorder seen almost exclusively in females, and found in a variety of racial and ethnic groups worldwide. The child with RS usually shows an early period of apparently normal or near normal development until 6-18 months of life. A period of temporary stagnation or regression follows during which the child loses communication skills and purposeful use of the hands. Soon, stereotyped hand movements, gait disturbances and slowing of the rate of head growth become apparent. Other problems may include severe scoliosis, seizures and disorganized breathing patterns which occur when awake. Apraxia, the inability to program the body to perform motor movements, is the most fundamental and severely handicapping aspect.

RS can interfere with every body movement, including eye gaze and speech, making it difficult for the girl with RS to do what she wants to do. Due to apraxia and lack of verbal communication skills, an accurate assessment of intelligence is difficult.

RS is often misdiagnosed as autism, cerebral palsy or non-specific developmental delay. While many health professionals may not be familiar with RS, it is a relatively frequent cause of neurological dysfunction in females. The prevalence rate in various countries is from 1:10,000 to 1:23,000 live female births. Most researchers now agree that RS is a developmental disorder rather than degenerative disorder as once thought.

Researchers from Baylor University have recently discovered the defective gene, called MECP2 that causes RS. Research is under way to provide a treatment and cure of RS.

Barring illness or complications, survival into adulthood is expected.







## THE INTERNATIONAL RETT SYNDROME ASSOCIATION PRESENTS RUN FOR RETT

The International Rett Syndrome Association will be hosting a series of runs in various cities across the United States.

From the serious runner to the recreational runner, to family members and friends of all ages the Run For Rett is an event you don't want to miss. Make a difference in the life of those affected by Rett Syndrome, join us in the Run For Rett.



### AWARDS

Awards will be given to the top male and female overall finishers and top male and female finishers in 10 year age groups.

## Mission Bay - Tecolote Shores San Diego, CA

### SATURDAY, NOVEMBER 4, 2006

7:30 am - On site late registration and Run For Rett packet pick up for pre-registered participants

8:30 am - Warm Up

9:00 am - 8K Run and Wheelchair start

9:30 am - Fun Run/Walk

The 8K course is USATF certified

In order to reduce on site registration time it is suggested that you preregister by mail or online at [www.signmeupsports.com](http://www.signmeupsports.com).

Additional pre-registration forms are available at the Run For Rett web site or photocopies are acceptable. Complete the pre-registration form and return with payment to the address below.

Early entry fee is \$25.00 if postmarked by October 25, 2006. No Refunds.

### RUN FOR RETT PRE-REGISTRATION IN-PERSON PICK UP

If you have pre-registered you may pick up your T-shirt and running number on race day, November 4 at the pre-registration area at Tecolote Shores, south of the Hilton, beginning at 7:30 a.m. T-shirts are available for the first 250 participants.

### RUN FOR RETT ON-SITE REGISTRATION

On site registration is available at the Race starting area at Tecolote Shores, south of the Hilton, beginning at 7:30 am. Race Day Entry Fee is \$30.00. No Refunds.

### RUN FOR RETT RACE INFORMATION

All miles are marked. Aid stations are located at the start and finish and at mid course. Post race refreshments will be available.

### RUN FOR RETT WEB SITE

Join the fun and run as a team. Race teams would consist of business associates, track clubs, and local organizations. Make a difference in the lives of those people affected by Rett Syndrome. For further information visit the Run for Rett web site at [www.rettssyndrome.org](http://www.rettssyndrome.org) or call 619-253-6928.



For more local info and meet some of SD's Angels, sign on to [www.sdrett.org](http://www.sdrett.org)

For further information on the Run for Rett, visit our web site at:

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

or for online registration, visit [www.signmeupsports.com](http://www.signmeupsports.com)

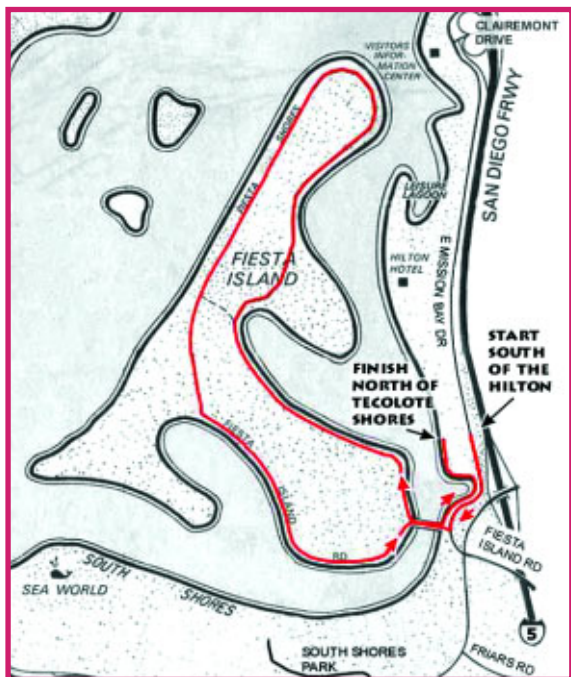
### MISSION STATEMENT

The mission of the International Rett Syndrome Association is to support and encourage medical research to determine the cause, treatment and cure for Rett Syndrome, to increase public awareness of Rett Syndrome, and to provide informational and emotional support to families of children with Rett syndrome.



## RUN FOR RETT COURSE MAP

The 8k Run & 1 Mile Fun Run/Walk will start and end at Tecolote Shores parking lot, south of the Hilton.



## PARKING

Parking is available at Tecolote Shores parking lot, south of the Hilton. Cost of parking is no charge.

## JOIN US! YOU'RE HELP IS NEEDED AS A RUN FOR RETT VOLUNTEER

Volunteers are needed to assist with Race setup, on site registration, and race packet pickup. Volunteers will receive a complimentary Run For Rett T-shirt. For further information or to volunteer, contact Veleria Fabiszak at 619-253-6928, email [veleria@sdrett.org](mailto:veleria@sdrett.org), or write:

**Veleria Fabiszak**  
1277 Old Janal Ranch Rd.  
Chula Vista, CA 91915

Visit IRSA's home page on the WEB. The address is:  
<http://www.rett syndrome.org>

The e-mail address for the IRSA office is:  
[irsa@rettsyndrome.org](mailto:irsa@rettsyndrome.org)

For online registration, visit  
[www.signmeupsports.com](http://www.signmeupsports.com)

## RUN FOR RETT PRE-REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (Hm) \_\_\_\_\_ (Wk) \_\_\_\_\_

E-MAIL \_\_\_\_\_

EMERGENCY CONTACT NAME/PHONE \_\_\_\_\_

☐ MALE ☐ FEMALE AGE ON RACE DAY \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

T-shirts are available for the first 250 participants.

T-SHIRT SIZE ☐ S ☐ M ☐ L ☐ XL ☐ XXL

I AM PARTICIPATING AS PART OF A RACE TEAM

☐ YES ☐ NO

RACE TEAM NAME \_\_\_\_\_

TEAM CAPTAIN/PHONE \_\_\_\_\_

I AM REGISTERING FOR

☐ 8K Run ☐ 8K Wheelchair ☐ 1 Mile Fun Walk

Early Entry Fee is \$25.00 postmarked by October 25, 2006  
Race Day Entry Fee is \$30.00.

I have enclosed \$100 or more in pledges (enclose completed form with pledges). My \$25 entry fee will be waived. Amount enclosed \$ \_\_\_\_\_

I would like to make the additional tax deductible donation to IRSA for \$ \_\_\_\_\_

I am unable to participate in the Run but I will make a tax deductible donation to IRSA for \$ \_\_\_\_\_

I know a corporation that may like to make a donation. Contact Name/Phone \_\_\_\_\_

**PLEASE MAKE CHECK PAYABLE TO THE:  
INTERNATIONAL RETT SYNDROME ASSOCIATION, INC.**

**Volunteers are needed and will receive a complimentary Run For Rett T-shirt.**

☐ Yes, I would like to be a Run For Rett volunteer.

☐ Yes, I would like additional information on Rett Syndrome sent to me.

☐ Yes, I may know of someone with Rett Syndrome, please have an IRSA representative contact me.

## RELEASE AND WAIVER

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, cold, wind or rain, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read the waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the Run For Rett, the International Rett Syndrome Association, all sponsors, police department, their representatives and successors from all claims or liability of any kind arising out of my participation in this event or carelessness on the part of the person named in this waiver. Further, I grant permission to all the foregoing to any photographs, motion pictures, recording, or any other record of this event for legitimate purposes.

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

**PARENT OR GUARDIAN MUST ALSO SIGN IF UNDER AGE OF EIGHTEEN (18)**

Entry will not be accepted unless the waiver is signed and dated.

Mail this form with your check to:

**VELERIA FABISZAK**  
1277 OLD JANAL RANCH RD.  
CHULA VISTA, CA 91915