

## WHAT IS CONGENITAL ADRENAL HYPERPLASIA (CAH)?

**Congenital Adrenal Hyperplasia (CAH)** is a family of inherited disorders affecting the adrenal gland. Over 90% of those diagnosed with CAH are affected by 21-hydroxylase deficiency. Inherited in severe, moderate and mild forms, the major types of CAH are:

**Classical CAH** – The severe form of CAH or Classical CAH can result in life-threatening imbalances in salt and hormone levels. If undetected at birth, Classical CAH can lead to adrenal crisis and death. Frequently, newborn babies show no outward signs of the disorder and are sent home only to present a few weeks later for urgent medical attention at a time when they are beyond resuscitation. Classical CAH also is the most common cause of urogenital birth defects in affected females.

**Non-Classical CAH** – The mild form of CAH may cause symptoms at anytime from infancy through adulthood. While each individual presents differently, common symptoms include: premature development of body hair, body odor, rapid growth spurt, but ultimately short stature as adult, early puberty, severe acne, anxiety, depression, mood swings, migraines and infertility.

For more information, visit our website: [www.caresfoundation.org](http://www.caresfoundation.org) or call our office: (908) 364-0272.



**CARES**Foundation 

2414 Morris Avenue, Suite 110  
Union, NJ 07083  
Phone (908) 364-0272  
Toll Free (866) 227-3737

**7th Annual  
N NEW JERSEY**  
 **i am  
CAH** CARES Foundation  
research, education and support for congenital adrenal hyperplasia  
**ANNUAL WALK/RUN**  
**Saturday, October 13, 2018**

**SADDLE RIVER  
PARK  
WILD DUCK POND  
RIDGEWOOD, NJ**

**Registration: 9:00 AM  
Kids' Fun Run: 9:30 AM  
Walk/Run starts: 10:00 AM**

# How to Help

**Become a Social Fundraiser (SF)\*!** A participant who raises funds for CARES for this event via an online page that is simple to create.

**Start a Team\*!** If you plan to walk with other family members and friends, then you can create a walk/run TEAM page for other walkers/runners to join and/or support. Teams can consist of other individual social fundraisers, (their pages/names will be displayed on TEAM page) and/or other members of a family (family page will be displayed). To join a TEAM, you must create a SF page. If you want children (all ages) to be included without having their own SF page, we suggest you create a SF page for a family. For example, instead of setting up your page as "Sarah Jones", set it up as "The Jones Family".

**Register to Participate!** Walkers/Runners register to attend the event. Every person age 5 and up, must be registered to participate. You can register up to twelve people per registration transaction. To register online, visit [www.caresfoundation.org](http://www.caresfoundation.org). The registration fee of \$25/adult and \$10/child (ages 5-15) includes an **i am CAH Walk/Run** T-shirt. Must register **by Sept 28th** to receive a t-shirt at the event.

**\*A Step-by-Step Guide** to becoming a Social Fundraiser for CARES is available on our website: [www.caresfoundation.org](http://www.caresfoundation.org)

**Become a Sponsor!** We have many sponsorship opportunities available. Please contact Dina Matos at [dina@caresfoundation.org](mailto:dina@caresfoundation.org) or (908) 364-0272 for more information.

**Spread Awareness!** Spread the word about this event on your social media and ask others in your community to do the same. This is a wonderful opportunity for your community to support **CARES Foundation**.

All funds raised benefit **CARES Foundation, Inc.**, a 501(c)(3) non-profit organization committed to improving the lives of families and patients affected by Congenital Adrenal Hyperplasia (CAH).

CARES Foundation  
2414 Morris Avenue, Suite 110  
Union, NJ 07083  
**THANK YOU FOR YOUR SUPPORT!**

## CONTRIBUTIONS:

We encourage you to register online but if you want to collect checks or cash, stay organized by recording all donations received on this log.

**Your Name:** \_\_\_\_\_

**Team Name:** \_\_\_\_\_

**My Goal:** \_\_\_\_\_

Name	Check#	Amount
1.		
2.		
3.		
4.		
5.		
6.		
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20.		

**Total:**

**Note: Many companies offer Matching Gift Programs which could double the impact of your contribution!**

Donations can be made online or mailed to:

## REGISTRATION FORM:

Registration is also available online at [www.caresfoundation.org](http://www.caresfoundation.org)

**Name:** \_\_\_\_\_

**Last Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Adult t-shirt size:** \_\_\_\_\_  
Registration fee of \$25 includes a CARES Foundation **i am CAH Walk/Run** T-Shirt.  
(Register by Sept 28th to guarantee a t-shirt.)

**Would you like to become a member of CARES Foundation? (Y) (N) (Already a member)** \_\_\_\_\_

### Assumption of Risk, Release, and Permission

The **i am CAH Walk/Run** involves walking and in some cases, running – activities which may include risks. I hereby assume all risks and relieve CARES Foundation of any liability associated with this event. I grant full permission to CARES Foundation to use, reuse, publish, and republish my image as a participant in the event in photographs, video or other recordings. I have read, understand, and agree to the terms of this agreement.

If participant is a minor, the parent or guardian must sign and agree to the above terms.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_