

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

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 or call our office: (908) 364-0272. Toll Free (866) 227-3737



CARESFoundation 

2414 Morris Avenue, Suite 110
Union, NJ 07083
Phone (908) 364-0272

3rd Annual MARYLAND
 **i am CAH** CARES Foundation
research, education and support for congenital adrenal hyperplasia
ANNUAL WALK/RUN
Saturday, June 9, 2018

Quiet Waters Park
Annapolis,
Maryland

Registration: 8:30 AM
Walk/Run Begins:
9:30 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 over the 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. The registration fee of \$25/adult and \$10/child (ages 5-17) includes an *i am CAH Walk/Run* T-shirt. Children under age 5 are welcome to attend but don't need to be registered. Participants registered **by May 25th** will 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

Become a Sponsor! We have many sponsorship opportunities available. Please contact Dina Matos at 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).

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.			
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6.			
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8.			
9.			
10.			
11.			
12.			
13.			
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16.			
17.			
18.			
19.			
20.			

Total:

Note: Many companies offer Matching Gift Programs which could double a contribution amount!

Donations can be made online or mailed to:

CARES Foundation
2414 Morris Avenue, Suite 110
Union, NJ 07083

THANK YOU FOR YOUR SUPPORT! REGISTRATION FORM:

Registration form can also be completed online at www.caresfoundation.org

First 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 May 25th 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/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: _____