

## About Mitochondrial Disease

Every 30 minutes, a child is born who will develop a mitochondrial disease by age 10. These diseases can affect any organ, appear as any disease and occur at any age. With such wide-ranging indicators, many experts refer to mitochondrial disease as a “notorious masquerader” because it wears the mask of any number of illnesses. The United Mitochondrial Disease Foundation seeks to unmask this perpetrator and help families reach an earlier diagnosis, which can help in treatment.

### Sponsored By:



Stylenasters College  
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Longview, WA



### THERE IS A CHILD WHO...

- HAS SEIZURES
- CANNOT PRODUCE THE ENERGY TO GET OUT OF BED
- CANNOT DIGEST FOODS
- CANNOT HOLD HIS GRANDMA'S HAND



For more Information contact:  
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## 4th Of July Fun Run 5K & 10K Run



July 4, 2010

5K & 10K Run 8:30 a.m.  
Tam O'Shanter Park  
Kelso, WA

# 4th Of July Fun Run

## 5K & 10K Run



### Awards

Overall Male & Female  
And  
Top 3 in each age divisions  
Both Races

SUNDAY, JULY 4TH, 2010  
TAM O'SHANTER PARK  
KELSO, WA

8:30 A.M. RUN BEGINS

### ENTRY FEES

Pre-registered individual.....\$15  
Pre-registered family.....\$40  
Day-of-event individual.....\$20  
Day-of-event family.....\$45  
CVR members receive.....\$3.00 discount

Please note that family registration includes two adults and unlimited children. Only two t-shirts will be provided per family registration. Additional t-shirts may be purchased for \$11 each based on availability.

### Directions

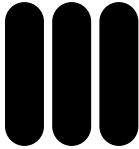
From South I-5 take right on to Allen St., then turn next right on S. Kelso Dr., turn left on to Tam O'Shanter Way, parking will be to your right from the baseball fields. (Watch for Signs)



### REGISTRATION

To pre-register, please fill out the Registration form and mail it, along with your check payable to Cowlitz Valley Runners. Entries must be postmarked by June 18, 2010. Mail Entries to 4th Of July Fun Run, 1339 Commerce Ave., Suite 110, Longview, WA 98632  
Or register online at <http://www.cowlitzvalleyrunners.org> and follow the 4th Of July Fun Run link  
Day-of-event registration will be held at the Tam O'Shanter Park in Kelso, from 7:15 a.m. to 8:15 a.m.

Event proceeds will benefit



**UNITED  
MITOCHONDRIAL  
DISEASE  
FOUNDATION®**

HOPE. ENERGY. LIFE.



Name \_\_\_\_\_ Age on race day \_\_\_\_\_

Please check one:  5K Run  10K Run Gender:  Male  Female

T-shirt size:  Small  Medium  Large  X-Large XX  -Large

Mailing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I know that running in this event can be a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of the event organizer or official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather and conditions of the road and traffic on the course, all risks being known and appreciated by me. Having read this waiver and knowing these facts I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Cowlitz Valley Runners and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons and entities named in this waiver. I grant permission to all of the foregoing to use my name, likeness and identity in any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent /Guardian if under 18 years of age: \_\_\_\_\_  
Date \_\_\_\_\_