



BeaverDash Charity Fun Run for Families of SMA
c/o Families of SMA Iowa Chapter
PO Box 326
Johnston, IA 50131



15th Annual 5K Charity Fun Run & 1-Mile Frolic
Saturday, September 17, 2011

15th Annual



BEAVERDALE BEAVERDASH

5K Charity Fun Run & 1-Mile Frolic



Families of SMA
Support. Research. Hope.

All proceeds go to help cure
Spinal Muscular Atrophy (SMA),
the No. 1 genetic killer
of children under age 2.



Saturday, September 17, 2011

BeaverDash Charity Fun Run for Families of SMA • September 17, 2011

Who

Anyone who enjoys running, walking or wheelchair racing (no rollerblades or bikes). Children 8 yrs. and under can participate in the Beaver Trot (1/20 mile). Ribbons & T-shirts to all Trotters!

When

5K & 1 Mile Frolic begin Saturday, September 17, at 8:00 a.m. The Beaver Trot begins at 9:00 a.m.

Where

The run starts and ends at Urbandale Ave. and Beaver Ave. in Des Moines winding through scenic Beaverdale. Walkers will line up behind runners. At 9:00 a.m. Beaver Trotters line up at 44th and Urbandale Ave.

Why

To benefit Families of SMA (Spinal Muscular Atrophy) and to celebrate the 2011 Beaverdale Fall Festival, Inc. All proceeds go to Families of SMA Iowa Chapter to support SMA research.

Registration Options

1. By mail (see attached Entry Form)
2. Friday, September 16, 4:30-7:30 p.m.
At First Federated Church, 4801 Franklin Ave.
3. At the race site, September 17, beginning at 6:30 a.m.
Registration ends at 7:30 a.m.

Register online before midnight September 12th
at www.fsma.org/beaverdash

Fees

\$20 - before September 7, 2011
\$25 - on/after September 7, 2011
\$30 - on September 17, 2011
Family \$80 (\$90 on/after 9/7)
(5 max immediate members only \$100 on 9/17)
\$15 - Beaver Trot (deadline – 8:00 a.m. 9/17)

No refunds. Note: registrations received by 9/12 are guaranteed t-shirts. Please don't mail after 9/7/11. Those entering the race at First Federated Church on 9/16 or on race day 9/17 will receive an event t-shirt while supplies last.

T-Shirt Pick-up

1. September 16, 4:30-7:30 p.m.
At First Federated Church, 4801 Franklin Ave., or
2. At the race site on September 17 until 7:30 a.m.

Long-Sleeve T-Shirts

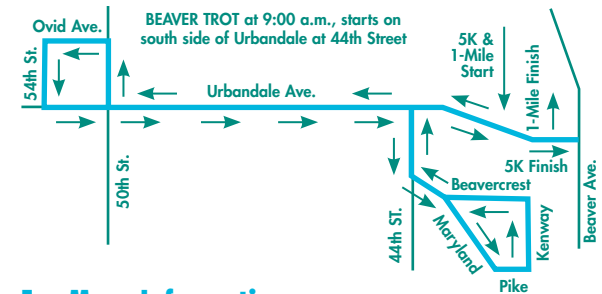
2011 BeaverDash/FSMA T-shirt featuring art by the nationally known Des Moines cartoonist Buck Jones.

Refreshments

Provided for entrants after the run.

The Course

Flat loop on cement and asphalt for both runs. Splits at each mile. Traffic control provided by Des Moines Police Department. Basic First Aid will be provided.



For More Information

Please call 515-371-5133.

Schedule (Saturday - all times A.M.)

6:30-7:30 Pre-race t-shirt pick-up and registration
7:50 National Anthem
8:00 Beaver Trot registration closes
5K and 1-Mile runs begin
(Walkers line-up behind runners, start at same time)
9:00 Raffle
Beaver Trot starts at 44th St./Urbandale Ave.
10:00 Beaverdale Fall Festival parade (Events all day)



Important!

The Beaverdale Beaverdash [is no longer a timed event](#), but a clock will be set up for runners to check their times.

What is SMA?

(SPINAL MUSCULAR ATROPHY)

SMA is a genetic, neuromuscular disease resulting in progressive degeneration of motor neurons in the spinal cord. It is the leading genetic cause of death in children under the age of 2.

When the gene mutation is present in both parents, each child has a 1 in 4 chance of developing SMA.

SMA is categorized in three types, **Type I, II, and III**. Type I is the earliest to develop, with the highest incidence usually in infancy, and is nearly always fatal. Type II usually develops by age two. While it may be fatal, Type II patients may live well into adulthood. Type III appears by age three or four. Type III patients are often in a wheelchair or on crutches by the time they reach their teens, but often live well into adulthood.

Families OF SMA

Families of SMA is one of only a few organizations dedicated to the needs of SMA patients and their families. Founded in 1984 by families who had nowhere to turn in their quest

for support and information about Spinal Muscular Atrophy. FSMA has 27 Chapters throughout the United States and 8 international Chapters. FSMA is a 501 (c) (3) organization, who is intensely volunteer-driven, with nearly all its work, including fund raising, done by volunteer members. As its Mission Statement indicates, *FSMA is dedicated solely to eradicating Spinal Muscular Atrophy by promoting and supporting research; helping families cope with SMA through informational programs and support; and educating the public and professional community about SMA.*

During the past year alone, their chapters were able to raise nearly five million dollars for research, most of it coming from family or group fundraising events conducted by individual chapters.

For every dollar raised by Families of SMA, 88 cents goes to research, a remarkably high percentage.



Making an Impact!

LETTER FROM THE PRESIDENT OF FSMA

Since 1997, your relentless support of the Beaverdale BeaverDash and the mission of Families of SMA has provided hope for the SMA community right here in Iowa and throughout the country. We remain grateful to you; the families, volunteers and participants who have helped to turn this event into an annual celebration of the progress being made toward achieving our mission.

Recently, we announced the accomplishment of a major milestone for the SMA community; FDA approval to begin a Phase I clinical trial for Quinazoline, the first ever clinical trial for a new drug designed specifically to treat SMA. Dollars raised from the BeaverDash have played a key role in our ability to fund this and other drug discovery programs. We are excited to now be moving forward into an expanded stage of research funding, building on the initial success we have had at advancing new therapies towards clinical trials. Drug development is risky, and so our primary goal now is to move from performing just one drug development program at a time to running several concurrently.

We thank each of you for your contributions to the 15th Annual Beaverdale BeaverDash. Because of your support, we are moving one step closer to making our vision a reality; a world where Spinal Muscular Atrophy is treatable and curable.

*With gratitude,
Kenneth Hobby
President, Families of SMA*



Find out more at: www.fsma.org

Sponsors AND Donors

Sponsors

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Hy-Vee Windsor Heights
Krispy Kreme Donuts
Town Crier, LTD

A special thanks to Town Crier, LTD. for the paper and printing, Fitness Sports for assistance with mailing, and Highway Sigadi for sharing his talent singing the National Anthem.



ENTRY FORM: 2011 Beaverdale BeaverDash/Families of SMA Run • Saturday, Sept. 17, 2011

Last name _____ First name _____ Apt./Suite _____
 Address _____ State _____ Zip _____
 City _____ Ext. _____
 Birth Date ____/____/____ Day Telephone Ext. _____
 Shirt Size (while supplies last) Youth Adult (S, M, L, XL, 2X, 3X) _____ Email _____

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may have against the City of Des Moines, Iowa; Holy Trinity Church; First Federated Church; Beaverdale Neighborhood Association; Beaverdale Fall Festival; FSMA Iowa Chapter; Beaverdale BeaverDash; sponsors and officials associated with the BeaverDash; their successors and assigns for any injuries incurred by me or my minor child in said event. The applicant also hereby attests that he/she has the preparation and physical shape to run this race. I also hereby authorize any medical treatment deemed advisable by any licensed physician or emergency medical services personnel while participating in this event.



Signature (or Signature of Guardian if under age 18) _____ Date _____

MAIL TO: BeaverDash Charity Fun Run for Families of SMA Iowa Chapter, PO Box 326, Johnston, IA 50131

*** DO NOT MAIL AFTER SEPTEMBER 7, 2011
 * PLEASE DO NOT DROP OFF AT BEAVERDALE BUSINESSES**

REGISTER ONLINE AT WWW.FSMA.ORG/BEAVERDASH BEFORE SEPTEMBER 9TH FOR REDUCED RATE. FINAL CHANCE TO REGISTER ONLINE IS 9/12/2011 (MIDNIGHT)

Age on 9-17-11 _____
 5K run 1-mile run Beaver Trot
 wheel wheel Trot
 walk walk
 FEE _____ AMT. ENCLOSED _____
Before 9/7 \$20 \$ _____
After 9/7 \$25 \$ _____
On 9/17 \$30 \$ _____
Beaver Trot \$15 \$ _____
Family \$80 \$ _____
(\$90 after 9/7 • \$100 on 9/17)
 Maximum number of five immediate family members. Please submit separate forms for each participant.

Donation to Families of SMA Iowa Chapter \$ _____
 (indicate donation & amount on check)
Total \$ _____
 (checks payable to FSMA Iowa Chapter)