

**ALL PROCEEDS OF THE BEAVERDASH GO TO FAMILIES OF SMA (FSMA).**

**ABOUT 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 one in four chance of developing SMA. Parents, relatives, friends of SMA patients, along with SMA professionals and patients themselves make up the membership of FSMA. 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 do live well into adulthood.

**ABOUT FAMILIES OF SMA:**

Spinal Muscular Atrophy (SMA) strikes children throughout the world. Families of Spinal Muscular Atrophy (FSMA) 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 24 Chapters throughout the United States and 8 international Chapters. A 501 (c) (3) organization, 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, FSMA chapters were able to raise nearly five (5) 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.**

**RAFFLE/PLEDGE TO FIND A CURE**

**\$30 donation = Grand Prize Drawing Entry (online registration donations included and easiest way to raise \$ for a Cure for SMA!)**

**Please help in our effort at funding for a cure for SMA.** Last year nearly 1,000 people participated or volunteered in the BeaverDash. With an additional \$30 per participant in pledges we would have almost **tripled** our final dollars raised. This is a significant amount. Funds and services are donated or provided at reduced costs by local businesses for the BeaverDash event. We want to make every effort to raise as much as possible to stop SMA now! This pledge is optional but remember that if you can do your part to **ask two friends to sponsor you for \$15, your job is done. AND you have helped in our goal of funding for a cure. ANY AMOUNT IS GREATLY APPRECIATED.**

**Please seriously consider this. Thank You!**  
(Make checks payable to FSMA Iowa Chapter)

Matching Gift programs apply. Check with your employer.

**SUCCESSFUL RESULTS FROM FSMA FUNDED RESEARCH SO FAR!**

*In 2004 it launched what has come to be known as Project Care SMA, an all-out effort to discover a treatment and cure for SMA. Persons familiar with neurological diseases know that SMA research has for several years been on the cutting edge, recently successfully identifying drugs which have the potential to slow or reverse the effects of SMA. It is the clinical trials of those drugs that encompass the present Project Cure SMA Trials.*

For more information contact:

**FAMILIES OF SMA IOWA CHAPTER**  
PO Box 326, Johnston, IA 50131  
Ph. 515-986-2181



Register online at [www.fsma.org/beaverdash](http://www.fsma.org/beaverdash) before September 11th for reduced rate. Easiest way to raise \$ for a Cure for SMA! Final chance to register online 9/15/midnight

**DATES AND EVENTS TO REMEMBER**

**FRIDAY, SEPTEMBER 11**

- Deadline to register for 1 mile & 5K at reduced entry fee. Do not mail after 9/10.

**FRIDAY, SEPTEMBER 18**

**4:30-7:30 p.m.**

- Raffle Deadline & Packet pick-up and registration at Beaver Avenue Dental, 2901 Beaver Ave.

**SATURDAY, SEPTEMBER 19**

**6:00-7:30 a.m.**

- Packet pick-up and registration before race.

**7:50 a.m.**

- National Anthem

**8:00 a.m.**

- Beaver Trot registration closes
- 5K and 1-mile run begins. Walkers will line up behind runners and begin at the same time.
- Refreshments

**9:00 a.m.**

- Raffle
- Beaver Trot starts at 44th St. and Urbandale Avenue

**10:00 a.m.**

- Beaverdale Fall Festival parade

*Fall Festival Events continue throughout the day and evening.*

**Families of SMA stands optimistically devoted to the goal of curing all children with SMA and preventing the onset of Spinal Muscular Atrophy.**

A special thanks to Town Crier, LTD. for donating the paper and printing, and FitnessSports for help with mailing.

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**Entry Form • 2009 Beaverdale BeaverDash/Families of SMA Run • Saturday, Sept. 19, 2009**

Age on 9-19-09	<input type="text"/>	<input type="text"/>	Sex	<input type="text"/>
5K run	<input type="checkbox"/>	1-mile run	<input type="checkbox"/>	100 yard
wheel	<input type="checkbox"/>	wheel	<input type="checkbox"/>	Beaver
walk	<input type="checkbox"/>	walk	<input type="checkbox"/>	Trot
Fee	<input type="text"/>	AMOUNT ENCLOSED		
Before 9/11	\$20	Before	\$	
After 9/11	\$25	After	\$	
On 9/19	\$28	On	\$	
Beaver Trot	\$10	Beaver Trot	\$	
Family	\$80	Family	\$	
<b>(\$90 after 9/11 • \$100 on 9/19)</b>				
Maximum number of five immediate family members. Please submit separate forms for each participant.				
Donation to Families of SMA Iowa Chapter	\$	Donation to Families of SMA Iowa Chapter	\$	
(indicate donation & amount on check)				
Total	\$	Total	\$	
(checks payable to FSMA Iowa Chapter)				
Do not mail after September 10, 2009				

Last name	<input type="text"/>	First name	<input type="text"/>
Address	<input type="text"/>	City	<input type="text"/>
State	<input type="text"/>	Zip	<input type="text"/>
Birth Date	<input type="text"/>	Day Telephone	<input type="text"/>
	<input type="text"/>	Ext.	<input type="text"/>

**Choose t-shirt sizes at packet pick-up. (While supplies last)**

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; 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.



X 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 10, 2009 PLEASE DO NOT DROP OFF AT BEAVERDALE BUSINESSES**



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



5K Charity Fun Run & 1-Mile Frolic for Families of SMA • Sat. Sept. 19, 2009



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



# 13th Annual BEAVERDALE BEAVERDASH



Families of SMA  
Support. Research. Hope.

5K Charity Fun Run & 1-Mile Frolic for Families of SMA  
Saturday, September 19, 2009

## BEAVERDASH CHARITY FUN RUN FOR FAMILIES OF SMA • SEPT. 19, 2009

**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, Sept. 19, at 8 a.m. Beaver Trot begins at 9 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. 9:00 Beaver Trotters line up 44th and Urbandale Ave.

**WHY:** To benefit Families of SMA (Spinal Muscular Atrophy) and to celebrate the 2009 Beaverdale Fall Festival, Inc. All proceeds go to Families of SMA Iowa Chapter to support SMA research.

**REGISTRATION:**

1. By mail (see attached Entry Form) or...
2. Friday, Sept. 18th, 4:30-7:30 p.m.  
At Beaver Avenue Dental, 2901 Beaver Ave., or
3. At the race site on Sept. 19 beginning at 6:30 a.m. Registration ends at 7:30 a.m.

Register online before midnight September 15th at [www.fsma.org/beaverdash](http://www.fsma.org/beaverdash)

- FEES:** \$20 - before Sept. 11, 2009  
\$25 - on/after Sept. 11, 2009  
\$28 - on Sept. 19, 2009  
Family \$80 (\$90 on/after 9/11)  
(5 max immediate \$100 on 9/19, members only)  
\$10 - Beaver Trot (deadline – 8:00am 9/19)

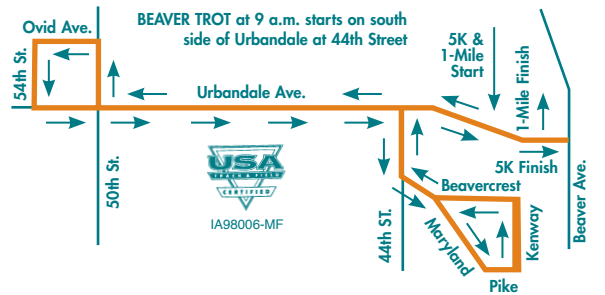
*No refunds. Note: Registrations received by 9/11 are guaranteed T-shirts at packet pick-up. Please don't mail after Sept. 10th. Those entering the race at packet pick-up will receive T-shirts following the race while supplies last.*

**PACKET PICK-UP OCCURS:**

1. Sept. 18, 4:30-7:30 p.m.  
At Beaver Avenue Dental, 2901 Beaver Ave., or
2. At the race site on Sept. 19 until 7:30 a.m

**LONG-SLEEVE T-SHIRTS:** 2009 BeaverDash/FSMA T-shirt featuring art by the nationally known Des Moines cartoonist Buck Jones.

**REFRESHMENTS:** For entrants after the race.



**THE COURSE:** Flat loop on cement and asphalt for both races. Splits at each mile. Traffic control provided by Des Moines Police Department, with lead and trail bikers. First Aid donated by Tim Neil & staff.

**IMPORTANT!**  
This year, the Beaverdash will not be a timed event. While there will not be any medals, small prizes will be awarded to the first male and female finisher in the 1 mile and 5k, and ribbons will be awarded to all Beavertrot participants. A clock will still be set up for runners to check their time. A raffle will be still be held. Again, the Beaverdash will no longer be a timed event.

**GIFT CERTIFICATE GIVE-AWAY:** Raise additional donations for *Families of SMA* and register by Friday night to be eligible to win valuable gift certificates donated by local merchants.

**MORE INFORMATION:** Please call Families of SMA Iowa Chapter at 515-986-2181

**SPONSORS:**

- Alliance Technologies
- Iowa Environmental Services, Inc.
- Win Communications
- Animal Doctor's Vet Clinic PC
- Tasty Tacos
- Dance Vision
- Johnston Eye Care

**DONORS:**

- Anderson Erickson Dairy
- Beaver Avenue Cleaners
- Boesen the Florist
- Bruegger's Bagels
- Buck Jones Humorous Illustrator
- Chef's Kitchen
- Christian Printers, Inc.
- Crystal Clear Water
- Dahl's Foods
- Deever Roofing Co.
- Dixon Enterprise, Inc.
- DM Radio Amateur Association
- Drake Athletics
- Earl May on Douglas Fareway
- Fitness Sports
- Flarah's of Beaverdale
- Gordman's
- Harding Hills Hy-Vee
- Hy-Vee Foods
- INS
- Iowa State University
- Michael's Restaurant
- Primary Source
- Snookies Malt Shop
- Town Crier LTD
- UpTempo Music
- Urbandale Hy-Vee
- Windsor Heights Hy-Vee

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Final chance to register online 9/15 before midnight