

# Local community things to know and do for the Pasadena area for Oct. 1, 2015

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0 COMMENTS

## ARCADIA

### Walk to benefit genetic disorder research

CARES Foundation will hold its second annual CAREing Hearts Walk for Congenital Adrenal Hyperplasia on Sunday at Santa Anita Racetrack and Park, 285 W. Huntington Drive, Arcadia.

The 3-mile walk, which includes a Kids Fun Run, is held to raise awareness for the disorder and funds for CARES' programs including patient and medical education, research and more.

The event also will include pony rides, face painting and other activities for children, music, raffles with prizes and food.

Registration starts at 10:30 a.m. with the kids fun run at 11:30 a.m. and the walk at noon. Lunch will be from noon to 2 p.m.

Registration is \$25 for the walk and \$10 for the fun run, which includes a T-shirt.

To register or for more information, go to [www.caresfoundation.org](http://www.caresfoundation.org).

The foundation is a national organization that supports those affected by CAH, a family of genetic disorders affecting the adrenal glands. In the severe form, it can lead to shock, cardiac arrest and death in newborns and emergency situations. The milder form of CAH affects 1 in 27 to 1 in 1,000 in the general population and can seriously affect quality of life, cause growth and pubertal problems in children, infertility in adults, and other long-term symptoms such as anxiety and depression.