

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. Classical CAH also is the most common cause of urogenital birth defects in affected females.

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.



www.CARESFoundation.org

CONTRIBUTIONS:

We encourage you to register online but if you want to collect donation checks or cash, stay organized by recording all donations received on this log.

Your Name: _____

Team Name: _____

My Goal: _____

Name	Check#	Amount
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Total:

Note: Many companies offer Matching Gift Programs which could double the impact of your contribution!

Donations can be made online or mailed to:

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

THANK YOU FOR YOUR SUPPORT!



Santa Anita Racetrack & Park

Registration: 10:30 AM
Kids' Fun Run: 11:30AM
Walk Begins: 12:00PM



How to Help

Become a Fundraiser (also referred to as Peer-to-Peer fundraising) A participant who raises funds for CARES for this event via an online page that is simple to create. **A Step-by-Step Guide** for becoming a Fundraiser for CARES is available at <https://tinyurl.com/24nhzwhk>

Start a Team*! If you plan to walk with other family members and friends, then you can create a walk TEAM page for other walkers to join and/or support. Teams will consist of other individual 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 fundraising page. If you want children (all ages) to be included without having their own fundraising page, we suggest you create a page for a family. For example, instead of setting up your page as "Sarah Jones", set it up as "The Jones Family". WE CAN HELP YOU SET UP FUNDRAISING AND TEAM PAGES. Send us an email, contact@caresfoundation.org.

Register to Attend! Walkers register to attend the event. Cost is \$30/adult and \$15/child (age 5-17*). Children of every age are welcome, but only registered children will receive a walk t-shirt. To get t-shirts, you MUST BE REGISTERED by SEPTEMBER 16. Register up to twelve people per registration transaction. To register online, visit www.caresfoundation.org. Go to Event Calendar

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).

REGISTRATION:

Registration fee of \$30/Adults & \$15/Kids,(ages 5-17) includes a CARES Foundation CAH Awareness Walk T-Shirt. **(Register by Sept. 16th to guarantee a t-shirt.)** Registration is also available online at www.caresfoundation.org

First Name: _____

Last Name: _____

Address: _____

Mobile Phone: _____

Email: _____

Age: ____ T-shirt size: _____

CAH Status: ___ Unaffected ___ Patient

\ ___ Parent ___ Grandparent ___ Friend
___ Other

Attendee 2 Name: _____

Age: ____ T-Shirt size: _____

CAH Status: ___ Unaffected ___ Patient

___ Parent ___ Grandparent ___ Friend ___ Other

Attendee 3 Name: _____

Age: ____ T-Shirt size: _____

CAH Status: ___ Unaffected ___ Patient

___ Parent ___ Grandparent ___ Friend ___ Other

Attendee 4 Name: _____

Age: ____ T-Shirt size: _____

CAH Status: ___ Unaffected ___ Patient
___ Parent ___ Grandparent ___ Friend ___ Other

Attendee 5 Name: _____

Age: ____ T-Shirt size: _____

CAH Status: ___ Unaffected ___ Patient

___ Parent ___ Grandparent ___ Friend ___ Other

If you are registering more than five people with this form, please use the back table to record names, t-shirt sizes and CAH status.

PLEASE READ AND SIGN:

Assumption of Risk, Release, and Permission

The CAH Awareness Walk involves walking – an activity 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 & the images of all participants included on this registration form for this 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 _____