



A 5K Walk/Run  
benefitting the  
CdLS Foundation

February 13, 2010  
10:00 AM  
Medlock Park  
Decatur, GA

## Information About CdLS

- Cornelia de Lange Syndrome occurs between 1:10,000 to 1:30,000 live births
- Common characteristics include low birth weight, developmental delays, delayed growth, heart defects, feeding difficulties, hearing loss, and limb differences
- The cause is currently being researched and the gene has recently been located. There is much more research ahead to be done.
- The Cornelia de Lange Syndrome Foundation is a family support organization which exists to ensure early and accurate diagnosis of CdLS, promote research into the causes and manifestations of the syndrome, and help people with a diagnosis of CdLS, and others with similar characteristics, make informed decisions throughout their lifetime.
- [www.cdlsusa.org](http://www.cdlsusa.org)



Maya  
Pomfret

## Race Information

- To benefit the Cornelia de Lange Syndrome Foundation and research facilities
- Delicious refreshments will be available
- Great playground for kids to play
- Guaranteed long sleeve t-shirts for all pre-registered runners; while supplies last for on-site registrants
- **Entry Fees:**  
\$20 pre registration by February 6, 2010  
\$25 late and race day registration
- **Awards:** Overall male and female; overall masters male and female; top male and female in each age group as follows: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60 & over

### Questions/Contacts:

Ed Williams 404.327.7738  
roadraceservices@comcast.net  
Jen or Jim Pomfret 404.228.3915  
pomfretj@comcast.net

### Directions:

From the south: 675N-Merge onto 285E toward Augusta Greenville-Exit 39A toward Decatur/Atlanta-Follow 78W(turns into 29S)-Pass light at Orion Road-First road on right past light turn onto Harrington Dr.-Turn left onto Wood Trail Ln-Pass Medlock Elementary School on right-Turn left onto Desmond Dr-Turn right onto Scott Circle-Park ahead on right

Coming from Emory - on North Decatur Rd. - turn left onto Willivee Drive (if you hit Scott Blvd. you have gone too far) - follow signs to Medlock Park

From 85:  
If you are coming south on 85 - get off at the Clairmont Rd. Exit - take a left off the exit - follow Clairmont Road until you get to N. Decatur Road - turn left on N. Decatur - take a left on Willivee Drive - follow signs to Medlock Park

If you are coming north on 85 - get off at the Clairmont Rd. Exit - take a right off the exit...continue above directions

## CdLS Awareness 5K run/walk Entry Form

(information also available at [www.active.com](http://www.active.com) and [www.rungeorgia.com](http://www.rungeorgia.com))

February 13, 2010 10:00AM

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

E-Mail \_\_\_\_\_

Phone \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_

T-Shirt Size: S M L XL

Fee Enclosed: \$ \_\_\_\_\_

**Phantom Runner:** I am unable to participate, but I would still like to support CdLS with my enclosed tax-deductible contribution.

In consideration and acceptance of this entry to the CdLS Awareness Run/Walk, I waive any and all claims for myself and my heirs and assigns on the officials and sponsors of the race for any injury or illness that may result from my participation. I realize this is a physical event which requires proper physical health. \*\*\*In the event of severe weather conditions, the race will be cancelled and your entry fee will be considered a donation.

Signature \_\_\_\_\_

Parent/Guardian Signature if under 18)  
\_\_\_\_\_

Make Your check Payable To: **CDLS Foundation**

Mail To:

Jen Pomfret

744 Avery St

Decatur GA 30030