

Picnic Registration Form

The Picnic starts at noon and is open to anyone wishing to participate. There is no charge to attend the picnic, however, there is a \$7 vehicle entry fee to be paid at the park's entrance gate.

Name(s): _____

of Adults: _____

of Children: _____

Fragile X Association of Michigan members are asked to bring a dish to pass.

Families A-M Side Dish

Families N-Z Dessert

Anyone not participating in the Fun Run & Walk, wishing to purchase a T-shirt, may do so @ \$10 per shirt. Please indicate size and quantity.

_____ Youth SM	_____ Adult SM
_____ Youth MED	_____ Adult MED
_____ Youth LG	_____ Adult LG
	_____ Adult XLG

T-shirts _____ X \$10= _____

Please make checks payable to:

Fragile X Association of Michigan

Please mail completed forms to:

Fragile X Association of Michigan
2919 St. Jude Dr.
Waterford, MI 48329

Fragile X Syndrome (FXS) is a genetic condition that causes varying degrees of mental impairment ranging from mild learning disabilities to mental retardation (cognitive impairment). FXS is the most common inherited form of cognitive impairment known and a leading known cause of autism. FXS is caused by one gene that interferes with the formation of a special protein normally found in the brain. As many as one in 130 women and one in 800 men are carriers of this gene, and it affects one in 3,600 boys and one in 4,000 to 6,000 girls.

Characteristics that may be present are:

- Mild learning problems to severe cognitive impairment
- Behavior issues such as ADHD and ADD
- Autistic-like features such as poor social skills, poor eye contact, hand-biting and hand-flapping
- Shyness and social anxiety
- Prominent ears, prominent forehead and long narrow face
- Sensitivity to sounds or lights
- Difficulty adjusting to change

Some older adults who are fragile X (FX) carriers may develop a neurological condition called **Fragile X-associated Tremor/Ataxia Syndrome (FXTAS)**, often misdiagnosed as a "Parkinson's-like" and/or Alzheimer's-like condition.

Premature Ovarian Failure (POF), more commonly known as early menopause, is a condition that affects 20-28% of the female FX carrier population.

Mission

The **Fragile X Association of Michigan** unites the fragile X community to:

- Enrich lives through educational and emotional support,
- Promote public and professional awareness, and
- Advance research toward improved treatments and a cure for fragile X syndrome.

The Fragile X Association of Michigan is a 501(c)(3)
(fed. Tax ID#56-2450171)

Fragile X 5K Fun Run & Walk



Sunday, July 22, 2007
National Fragile X
Awareness Day
Independence Oaks
County Park



fraxmich@hotmail.com

313-381-2834

fragilex.org/html/michigan.htm

Please join the Fragile X Association of Michigan for our First Annual Fun Run & Walk

Where:

Independence Oaks County Park
Twin Chimneys Shelter
9501 Sashabaw Road
(2 1/2 miles north of I-75 -- Exit 89)
248.625.0877 (park)
oakgov.com/parksrec/ppark/independence.html

Date:

National Fragile X Awareness Day
Sunday, July 22, 2007

Time:

10-10:30 a.m. Check-In
10:30 a.m. 5K Start Time

Cost:

\$30 Fun Run & Walk Participant Fee (Adult)
\$10 Fun Run & Walk Participant Fee (Children under 12)
\$7 Vehicle Entry - Pay at the Gate (No Charge for County Parks Pass Holders)

On your mark, get set...

Runners and walkers will participate in a 5K race through wooded trails at Independence Oaks County Park.

Cool down...

Please join us at 11:30, upon completion of the race for a short "Victory Lap" around a .6K loop. All are welcome-runners, walkers, volunteers and cheering family members!

Children participating in "Victory Lap" will receive a medal for their accomplishment. This is a stroller, wagon, bike and wheelchair-friendly path.

Stay for the fun...

The Fragile X Association of Michigan will be hosting our annual family picnic following the race. We will have hot dogs and assorted snacks.

In addition, twin bounce houses, for different ages and abilities, will be set up at the Twin Chimneys site from 12:00-2:00 p.m. Children MUST wear socks to bounce!

Fun Run & Walk Registration Form

Name(s):

Address:

City: Zip:

Telephone:

Email:

Adults X \$30=

Children (under 12) X \$10=

I would like to sponsor a fragile X child's walk X \$10=

Please accept my tax-deductible donation to FXAM \$

Total Enclosed \$

Please make checks payable to: Fragile X Association of Michigan

Registration includes a T-shirt and certificate. Please indicate size(s) and quantities:

Youth SM Adult SM
Youth MED Adult MED
Youth LG Adult LG
Adult XLG

REGISTRATION DUE JULY 6, 2007