

Muscular dystrophy (MD) is a genetic disorder that weakens the muscles that help the body move. MD weakens muscles over time, so children, teens, and adults who have the disease can gradually lose the ability to do the things most people take for granted, like walking or sitting up.

Show your MUSCLE, make a DIFFERENCE.

**Sunday, March 22, 2015 at Berlin Community School
1:00-3:00pm Suggested donation: \$10**

Event Registration and T shirt pickup: 12:00-1:00pm at BCS
Online Registration: <http://www2.mda.org/goto/TeamBonamassa>



For those who don't know us, let us introduce ourselves—we are Jessica and Julia Bonamassa. We are 14 years old. Around 2010 we were both diagnosed with Facioscapulohumeral (FSHD) Muscular Dystrophy. No one ever really appreciates something until it's gone, and we both have figured this out. The transition of being athletic and involved in so many activities to struggling just to walk has been extremely mentally and physically challenging.

Muscular Dystrophy affects adults and children and is a genetic, hereditary muscle disease that causes progressive muscle weakness. We suffer from facial weaknesses, weakness in shoulder and upper arm muscles, scapular winging, weakness in abdominal muscles, and especially loss of strength in our legs. It truly is amazing to have so many students and staff members help make things much easier for the two of us. Please join us in this walk to help find a cure for this debilitating disease.

MD Walkathon Official Registration Form

Please complete one per registrant and turn into homeroom or mail to: BCS MD Walk
215 S. Franklin Avenue Berlin, NJ 08009

Name _____ Phone number _____

Address _____

Email address _____

BCS student? yes no Homeroom: _____

T-shirt size (please check) CHILD CHS CHM CHL
ADULT S M L XL 2XL

T-shirts guaranteed to the first 300 registrants.

*Make checks payable to BCS Student Activities Fund, put "MD Walk" in the memo line on check.

Emergency Contact Name _____ Phone number _____

Waiver: I the undersigned, certify that I have trained sufficiently for this event, so as to compete effectively. In consideration of this entry, I waive and release all claims and rights that I, my heirs, executors, and administrators might have against the Berlin Board of Education, any staff and volunteers, race sponsors, or sanctioning body in the event of any injury suffered by me in the MD Walkathon.

Name _____ Signature _____ Date _____

(signature of parent if under 18)