



# RUN THIS WHEY

a race to benefit Parents of Galactosemic Children INC.

**10 MILE RUN** 1:00 PM, Sunday, December 18<sup>th</sup>, 2011  
Burdette Park Shelter 18, Evansville IN  
[www.swiftathletics.com/runthiswhey](http://www.swiftathletics.com/runthiswhey)

**Why the name?:** Galactosemic people cannot break down foods that contain galactose – one of those foods is whey! On March 26, 2009, I gave birth to Alexandra Ellen – our first child. She was perfect and beautiful. Three days after coming home I got a phone call that her newborn screening test needed to be redone for a possible Galactosemia diagnosis. Three weeks after being home and numerous tests later we had a diagnosis of Duarte Galactosemia. Normally when a person consumes a product that contains lactose (e.g., dairy products such as milk, cheese, butter), the body breaks the lactose down into galactose and glucose. Glucose is the sugar used by the body for energy. Galactosemia means too much galactose in the blood caused by the individual "missing" the enzyme (known as GALT) to convert galactose into glucose. This accumulation of galactose is a poison to the body and can cause serious complications such as an enlarged liver, kidney failure, cataracts, brain damage, ovarian failure, and if untreated, as high as 75% of infants will die. Alexandra was switched from breast milk to soy formula and rice cereal – she is still perfect and beautiful. She shows no signs of complications at this time. But not all families are as blessed as we are. All of the proceeds will go to Parents of Galactosemic Children, Inc organization.

**Location:** Registration and Race festivities will begin at Shelter House #18 at Burdette Park in Evansville.

**Course Description:** A fast, mainly flat course through the Ohio Riverbottoms. There will be 4 water stations along the course (approximately every 2 miles) as well as one at the finish area. For safety, we ask that participants keep a 20 minute pace.

**Shirt:** Long-sleeve moisture wicking shirts are guaranteed to all pre-registered runners. Availability of shirts on race day will be on a first-come, first-served basis. Please register early or don't complain about not getting a shirt! Never fear: There will be a reduced fee to participate if there are no shirts available.

**Refreshments:** Water on the course and post race refreshments will be provided.

**Awards:** 2 awards per runner age group ( 0-19, 20-29, 30-39, 40-49, 50-59, 60+), per Male & Female.

**Fees:** Pre-registration fee is \$30 (non-refundable) on entries postmarked or received before December 8<sup>th</sup>, 2011. The late registration fee is \$40 on all entries after this point. If shirts run out, you can run for \$20.

**How to register:** Make checks payable to "Swift Athletics." Complete the form and sign the waiver below. Detach and mail entry with check to "Swift Athletics, 701 N Weinbach Ave. Suite 540, Evansville IN 47711."

For additional race information contact Graham or Rebecca Paxton at 812-401-4991. Race benefits the Parents of Galactosemic Children, Inc ([www.galactosemia.org](http://www.galactosemia.org))

## WAIVER

In consideration of the acceptance of my entry, I for myself, any executors, administrators and assignees, do hereby release and discharge Swift Athletics, The City of Evansville, Vanderburgh County, The State of Indiana, and any associated assistants or sponsors and all employees and officers or the aforementioned organizations from all claims of damages, demands and actions whatsoever in any manner arising or growing out of my participation on said athletic event. I attest and verify that I am physically fit and sufficiently trained to participate in this event.

Signature (must be signed by parent/guardian if under 18)

## REGISTRATION

name \_\_\_\_\_ age (day of race) \_\_\_\_\_ M / F  
gender

address 1 \_\_\_\_\_ address 2 \_\_\_\_\_

city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

S / M / L / XL \_\_\_\_\_  
\*long-sleeve shirt size email address

\*you may inquire about other shirt sizes, as they may be available at an additional fee