

4th Annual
SMILE WITH ME!

5K Run and 1 Mile Family Walk

Saturday, May 9th 2009

to support
Heart Arrhythmia Research
&
Community Scholarships

CPVT - A Deadly Heart Arrhythmia

Tragically, thousands of infants, adolescents and young adults die suddenly and unexpectedly every year from undiagnosed heart arrhythmias. CPVT or Catecholaminergic Polymorphic Ventricular Tachycardia, is one such heart arrhythmia. Other related arrhythmias include Long QT, ARVD and Brugada's Syndrome.

Often there are no clues as to the cause of death and the case is closed as sudden unexplained death. In the case of an infant, it is called sudden infant death syndrome (SIDS) and in the case of a child, it is called sudden unexplained death in childhood (SUDC).

CPVT FACTS

- ◆ CPVT is a genetic disorder of the heart's electrical system
- ◆ CPVT is a highly lethal heart arrhythmia that typically emerges during physical exertion or emotional stress/excitement
- ◆ There isn't any known diagnostic test for CPVT beyond a "chance" ECG reading or genetic testing
- ◆ The first indication of CPVT is often exercise induced fainting or sudden death
- ◆ CPVT is thought to affect as many as 1 in 10,000 people.
- ◆ 60% of people affected by CPVT experience their first episode by the age of 20.
- ◆ Without diagnosis and therapy, the mortality rate of those with CPVT is estimated to be as high as 50% by age 20
- ◆ Approximately 15% of unexplained deaths of young people can be attributed to CPVT
- ◆ The only available treatment for CPVT is the use of Beta Blockers or an Implantable Cardioverter Defibrillator (ICD)

SYMPTOMS

- ◆ Unexplained fainting or seizures especially during exercise or stress
- ◆ Family history of unexplained death

SmileWithHannah.com

Hannah Wernke Memorial Foundation
SMILE WITH ME!

Benefiting
CPVT Genetic
Heart Research



Benefiting
Community
Scholarships

- ◆ Funding CPVT heart arrhythmia research through the Mayo Clinic
- ◆ Funding community scholarships
- ◆ Building awareness of heart arrhythmia disorders such as CPVT.
- ◆ Helping patients afford diagnostic genetic testing for CPVT
- ◆ With your help, CPVT can be diagnosed and treated before it is too late.
- ◆ Check if your employer has a matching gift program
- ◆ The Hannah Wernke Memorial Foundation is a 501(C)(3) nonprofit organization.

Hannah Wernke Memorial Foundation
P.O. Box 361221
Strongsville, Ohio 44136
(440) 725-9726

(email) HWMF@roadrunner.com

In Memory of Hannah Wernke

Hannah was an active child, had many friends, loved life to its fullest, and dreamed of being a teacher. Hannah was a student at Kinsner Elementary School in Strongsville, OH and tragically fell victim to CPVT on May 15th, 2005



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5K Run and 1 Mile Family Walk Saturday, May 9th 2009

Walter F. Ehrnfelt Recreation Center
18100 Royalton Road
Strongsville, OH 44136

8:45 am - Family Walk

9:15 am - 5K Run

Entry Fees:

Pre-Registration (by 5/1/2009):

\$20 Individual

\$50 Family of 4 (\$10 each additional)

Late/Day of registration:

\$25 Individual

\$60 Family of 4 (\$10 each additional)

Mail registration form with payment before 5/1/09 or register on-line at www.hermescleveland.com

All participants receive a t-shirt

Prizes awarded to top three male & female finalists overall and in each of the following age categories: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-& over.

In Memory of Hannah Wernke

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Heart Arrhythmia Research

4th Annual SMILE WITH ME!

5K Run and 1 Mile Family Walk

Benefiting Heart Arrhythmia Research & Community Scholarships

Please print clearly and complete **one registration form per individual or family**. Use additional forms as

Registration Type: Individual Family **Payment:** (fee includes both walk and race)

Pre-Registration (by 5/1/2009):

___ \$20 Individual Rate **or**
 ___ \$50 Family Rate (up to 4) **and**
 ___ \$10 Additional Family Members

Late/Day of Registration (after 5/1/2009):

___ \$25 *Late* Individual Rate **or**
 ___ \$60 *Late* Family Rate **and**
 ___ \$10 Additional Family Members

Make checks payable and mail to:

Hermes Sports & Events
 1624 St. Claire Ave
 Cleveland, Ohio 44114

All paid registrants receive a t-shirt

Total Enclosed \$ _____

By signature, I attest that I am physically fit and sufficiently trained to participate in this event. I have full knowledge of the risk involved. Therefore, in consideration of my entry in the Smile With Me! 5K Run and 1 mile Family Walk, I for myself, my heirs, my executors, and administrators waive any and all rights and claims for damages I may have against Hermes Sports & Events, the Hannah Wernke Memorial Foundation, the City of Strongsville, all sponsors and promoters and any individuals associated with this event and will hold them harmless for any and all injuries I may suffer in connection with this event.

Name: _____

Gender: ___ Age: ___ Shirt Size ___ (YL,S,M,L,XL,XXL)

Signature: _____
 (Parent / Guardian if under 18)

Name: _____

Gender: ___ Age: ___ Shirt Size ___ (YL,S,M,L,XL,XXL)

Signature: _____
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Name: _____

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Signature: _____
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Name: _____

Gender: ___ Age: ___ Shirt Size ___ (YL,S,M,L,XL,XXL)

Signature: _____
 (Parent / Guardian if under 18)

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

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Please support our sponsors



The Hannah Wernke Memorial Foundation is a 501(c)(3) nonprofit organization. All contributions are tax deductible.

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Saturday, May 9th 2009

Walter F. Ehrnfelt Recreation Center
 18100 Royalton Road
 Strongsville, OH 44136

Race Schedule

7:00 - 8:45am	Registration and packet pick-up
8:45 am	1 Mile Family Walk
9:15 am	5K Run
10:15 am	Awards

Other Activities

9:00 - 11:00 am	Face painting, Balloons, door prizes
8:30 - 11:00 am	Food/beverages

Prizes awarded to top three male & female finalists overall and in each age categories: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-& over.

Registration

All paid registrants receive a t-shirt (registration for children under the age of 5 is optional)

Entry fees: (registration includes walk and race)

Pre-registration (by 5/1/2009):

\$20 Individual
 \$50 Family of 4 (\$10 each additional)

Late/day of registration:

\$25 Individual
 \$60 Family of 4 (\$10 each additional)

Mail registration form with payment before 5/1/09 or register on-line at www.hermescleveland.com

Donations

Donations to support Heart Arrhythmia Research and the goals of the Hannah Wernke Memorial Foundation can be made through our website via PayPal or mailed directly to:

Hannah Wernke Memorial Foundation
 P.O. Box 361221
 Strongsville, Ohio 44136
 (440) 725-9726

email: HWMF@roadrunner.com

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