

DAWS WEEKLY

VOLUME 1, EDITION 4



Quick Hits for the week of June 26th through July 2nd 2017:

- Cure SMA held its Annual Conference from June 29th through July 2nd 2017 in the Contemporary Hotel at Walt Disney World in Orlando, Florida. DAWS had representation at the conference, and it provided a forum to maintain our understanding of the current state of affairs with regard to SMA research and family needs. The turnout at this conference was incredible, as SMA families and researchers were able to meet in a number of sessions over a four-day span. A number of vendors also provided clarification on available products and services designed to help improve

SMA FACT:

THERE ARE FOUR MAIN TYPES OF SMA. TYPE I IS THE MOST COMMON, AND IS USUALLY DIAGNOSED BEFORE THE INFANT REACHES SIX MONTHS OF AGE. IT IS OFTEN FATAL EARLY IN LIFE (ALTHOUGH, IN THE 1970'S, IT WAS THOUGHT TO CARRY A 100% FATALITY RATE). 60% OF ALL SMA CASES ARE TYPE I, AND IT IS ALSO REFERRED TO AS WERDNIG-HOFFMANN DISEASE.

the quality of SMA families' lives. The conference culminated in an evening in the Magic Kingdom for all involved.

- On June 27th another SMA charity, Fight SMA, made the decision to close its doors. A press release was distributed, expressing their gratitude to the SMA community for 25 years of support. DAWS thanks them for their efforts as well.

A Tip of the Cap.....

DAWS would like to express our sincere thanks to those who donated to our runners over the past week as part of the 2017 Marine Corps Marathon:

- Peggy Hendricks Van Tassel

THANK YOU ALL SO VERY MUCH FOR YOUR SUPPORT!!!!!!!!!!!!

RUN WITH DAWS....AND THE MARINES!



No Federal of Marine Corps endorsement of
advertisers or sponsors is implied

Do Away With SMA ("DAWS") is EXTREMELY PROUD and HONORED to announce that we have been named an OFFICIAL CHARITY PARTNER of the 2017 Marine Corps Marathon!!!! There are only 40 spots available for this incredible marathon journey...and we are sure that runners will snatch these entries up FAST!!!!

Here's what our runners get by joining our cause and running with DAWS:

- A training plan to help you go from casual runner to mission ready
- A team technical shirt as well as various other awesome team swag
- Access to our coaches through email, bi-weekly skype call, and group conversations within our closed Facebook group to support you during this incredible journey
- Tips and tricks to get you prepared for race day, including group conference calls on nutrition, race gear, and handling the mental aspect of 26.2 miles
- A race weekend carbo-loading pasta-filled team dinner
- ...and LOTS, LOTS MORE!!!!!!

In order to join our merry band of marathon-crushing runners, we ask each athlete to help us fund raise a minimum of \$750 by August 15th 2017. For more information, check out our website (www.doawaywithsma.org) or drop us a line at info@doawaywithsma.org.

THIS WEEK IN ENDURANCE

Do Away With SMA was founded by a group of runners that banded together to form a charity to help in the fight against Spinal Muscular Atrophy – the number one genetic killer of kids under the age of two in the world. So we're going to provide a quick synopsis and calendar of upcoming, interesting races each week. So.....without further adieu.....

Races In the Books:

On June 24th – 25th, **The Western States Endurance Run** was held. Runners take off from Squaw Valley, California and have 24 hours to traverse the course and get to the finish line in the sunny California town of Auburn. Any runner that finishes in less than 24 hours earns one of the most coveted and respected trophies in the endurance community: The Western States belt buckle.



In order to earn the title of Western States Finisher, runners need to cover an incredibly tough course. Here – I'll let the Western States website describe the course itself:

Beginning in Squaw Valley, site of the 1960 Winter Olympic Games, the trail ascends from the valley floor (elevation 6,200 feet) to Emigrant Pass (elevation 8,750 feet), a climb of 2,550 vertical feet in the first 4½ miles. From the pass, following the original trails used by the gold and silver miners of the 1850's, runners travel west, climbing another 15,540 feet and descending 22,970 feet before reaching Auburn, a small town in the heart of California's historic gold country. Most of the trail passes through remote and rugged territory.



In order to participate in this race, athletes must first qualify to apply. What does a runner need to do in order to qualify? He or she must finish another 100k or 100-mile race over the prior year. There is a list of approved races on their website that the directors consider to be official qualifying races – so it's important to run one of the races on their list, if this event is in the cards in the future. After the athletes finish a qualifying race, they apply via an on-line lottery that is open over a one week span in November each year. Less than 300 athletes completed in the 2017 race, and the winning times were:

- For the men, Ryan Sandes finished in a time of 16:19:37.
- For the women, Cat Bradley finished in a time of 19:31:30. Cat placed 15th overall.

This is a bucket list race for many endurance athletes, and it draws a strong international field.

Races Coming Up:

- July 9th: Ironman European Championship (Frankfurt, Germany)
- July 10th – 12th: Badwater 135
- **July 16th: New York City Triathlon! DAWS ATHLETES PARTICIPATING!!!!**
- July 16th: Ironman UK (Bolton, England)
- July 23rd: Ironman France and Ironman Lake Placid
- July 29th: Ironman Santa Rosa
- July 30th: Ironman Canada (Whistler, BC)
- September 3rd: Disneyland Half Marathon
- September 24th: Berlin Marathon and the Disneyland Paris Half Marathon
- October 8th: The Bank of America Chicago Marathon
- October 14th: Ironman World Championship
- **OCTOBER 22nd: MARINE CORPS MARATHON!!!! COME RUN WITH US!!!!!!**
- November 5th: TCS New York City Marathon and the Disneyland Wine & Dine Half Marathon
- November 12th: Disneyland Avengers Half Marathon
- **November 18th: New York City 60k DAWS RUNNERS PARTICIPATING!!!!**
- **December 3rd: California International Marathon!!!! DAWS RUNNERS PARTICIPATING!!!!**
- **January 6th 2018: Walt Disney World Half Marathon! DAWS RUNNERS PARTICIPATING!!!**
- **January 7th 2018: Walt Disney World Marathon! DAWS RUNNERS PARTICIPATING!!!!**

HERE'S HOW YOU CAN FOLLOW ALL OF THE ACTION.....

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