

Why March of Dimes?

The March of Dimes is inspired by all babies - those born healthy and those who need help to survive and thrive. We've been protecting the health of babies for over 70 years. From pioneering genetic research to promoting folic acid to fighting for lifesaving newborn screening and finding the causes of premature birth, the March of Dimes continues to champion the needs of families and babies.

March of Dimes has invested in research to find solutions since our founding in 1938. We have funded 18 Nobel Prize winning researchers and scientists, found the cure for polio, and are exploring the causes of premature birth and birth defects. Researchers across the state are working to find the clues that will give all babies the chance to be born full term and healthy.

Last year in Missouri, March of Dimes invested over \$4.5 million for research, community programs, advocacy, and education. Missouri babies are now screened for 67 conditions at birth as a result of March of Dimes advocacy.

One day, every family will know the joy of a healthy baby. Until then, there is the March of Dimes—and you.



**Lace up for our 5K Run
and be a champion for babies!**

**March of Dimes
11829 Dorsett Road
Maryland Heights, MO 63043**

**Phone: 314-513-9955
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5K Run



**Saturday, April 24, 2010
Forest Park—Lower Muny Lot**

Registration: 6:30 am

5K Run: 7:30 am

2010 Ambassador:

Peyton Bell



Our experience with prematurity began on October 5, 1998, when our daughter, Peyton, was born nearly eight weeks early. When Brigit began having labor pains, we went to the hospital just as a precaution. You can imagine our shock when the doctor told us that our baby would be born that night! Less than two hours later, Peyton was born, weighing only 4lbs, 11oz.

Within minutes of her birth, Peyton was swept away to the Neonatal Intensive Care Unit (NICU), where she would spend the first month of her life. Peyton was unable to breathe without the aid of a respirator. She spent two days in an incubator and had to be fed via a feeding tube for over a week. There were many other obstacles Peyton overcame before she finally came home with us, exactly 30 days after she was born. We were very fortunate. We lived near one of the top rated Level 2 NICU hospitals in the country and received outstanding medical care. We are even more blessed that Peyton suffers no long term effects from being born prematurely. Many others are not so fortunate.

When Brigit was pregnant with our son Ryan two years later, she again went into labor about eight weeks early. Because her doctors knew her history with Peyton, they were able to prevent an early birth. Ryan was still born four weeks premature, but was born healthy. I truly believe that without the research and other efforts funded by March of Dimes, both of our children's stories could be very different.

This is why I walk.

Please join me in supporting March of Dimes.

Sincerely,

Patrick Bell and Family

March for Babies 5K Run

Join March for Babies and run to celebrate a baby in your life. Support the March of Dimes mission to give every baby a healthy start.

The race is accurately measured and timed by Fleet Feet. To sign up for the 5K run go to:

www.marchofdimes.com/missouri

Time

Registration & Packet Pick-up: 6:30 am

5K Run starts: 7:30 am

Award presentation: 8:30 am

Parking available in the Upper Munny Lot

Cost

\$15 per person before April 22nd.

\$20 per person on race day.

Gift

All paid runners to receive a pair of high-quality running socks for their participation in the March for Babies 5K Run.

T-Shirts

Official March for Babies T-shirts are given out as an incentive to those walkers/runners who raise \$200 or more to help fight premature birth. For more information on incentives, how to raise money, details on the 5K route, or to register online—check out our website

www.marchofdimes.com/missouri

5K Run Awards

Awards to be given to top three overall male and female and top three male/female per age group:

19 & under / 20-29 / 30-39 / 40-49 / 50-59 /

60-69 / 70 & up

Sign Up Today!

Name _____

Payment: Check Credit Cash

Credit Card # _____

Card Type _____ Exp. Date: _____

Name on Card _____

Address _____

City/State/Zip _____

Phone (____) _____

Amount enclosed or to Charge \$ _____

Email _____

Age (on 4/24/10) _____ Male Female

Waiver of Liability: I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in the March of Dimes March for Babies 5K Run and I hereby release and hold harmless the March of Dimes, Forest Park, City of St. Louis, Fleet Feet Sports, Making Tracks Event Management, and all other persons and entities associated with this event. Please also note that entry fees are nonrefundable.

Signature: _____

(parent or guardian if under 18)

Date: _____

Please mail your entry form & fee to:

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