

How do you usually spend a weekend in May? Shopping? Gardening? Watching movies? Why not join Team TSF at the NJ Marathon and Festival at the Shore in Long Branch, NJ? Bring the whole family. There are events for everyone.

On Saturday, May 5<sup>th</sup>, there is a health and fitness expo; a 3-mile “Fun” Run/Walk, a non-competitive race with no clocks, and strollers are welcome; a “kids” 1.2 mile marathon, this event, which is perfect for “kids” of all ages (8-99) finishes at the official finish line of the NJ marathon and Long Branch Half marathon; and kids races for kids, 9 separate races for kids 2-12 years old. Each race participant will receive a special medal and commemorative T-Shirt while supplies last.

While you’re not racing, the family can enjoy crafts, face painting, the “Fun Bus” fitness on wheels (for ages 2-8), refreshments, and a DJ.

All the events are done by noon, so there is plenty of time to enjoy the many restaurants and shops on the nearby boardwalk.

On Sunday, May 6<sup>th</sup>, events include the NJ Marathon (26.2 miles), Long Branch Half Marathon (13.1 miles), and Long Branch Half Marathon Relay.

Beyond great times with friends and family, and magnificent ocean views, if you register with Turner Syndrome Foundation, Inc. you can help team TSF raise awareness for Turner Syndrome, a chromosomal condition affecting 1 in 2000 girls. Because TS is little known, most patients are not diagnosed until their early teens, keeping them from important medical treatments and therapies. Raising awareness at events like the NJ Marathon and Festival at the shore, can help lower the diagnosing age for patients, which can help them lead a normal, great life.

So the next time you go shopping, buy some running shoes and join Team TSF at the Jersey Shore and help make a difference while creating memories you will never forget.

If you don’t feel like running or walking, you can always donate, volunteer or come and cheer on the participants.

For more information or to register go to:

Turner Syndrome Foundation Website: [www.TSFUSA.org](http://www.TSFUSA.org)

Official Event Website: [www.njmarathon.org](http://www.njmarathon.org)

Or email: [coach@TEAMTSF.org](mailto:coach@TEAMTSF.org) to learn how to donate, volunteer and register.