

Dig up your cowboy hat, dust off your boots, and crank up the country music. Team TSF is headed to Nashville, TN.

In an effort to raise awareness about Turner Syndrome, the number one chromosomal condition in women, Turner Syndrome Foundation, Inc. is a charity of the Nashville Country Music Rock 'n' Roll Marathon & ½ Marathon presented by Nissan.

By joining Team TSF on April 28, 2012, you will be helping give a voice to the little known, completely random condition affecting 1 in every 2,000 girls.

"I really want to see a number of participants. But, I'd also like to see some great attention given to TS," said Team TSF leader and TS patient, Paula Schiffer.

Diagnosed at the age of 16, unfortunately, Schiffer's late diagnosis is not unusual with TS patients. Most girls are not diagnosed until around the age of fourteen, keeping them from treatments and therapies important to their health.

"When I was diagnosed, they didn't know much about TS [and] the doctors were a little bit unsure of possible treatments. In fact, they told me that there was nothing that could be done for me. Today, there are so many wonderful treatments for TS girls," adds Schiffer, who is now 33 years old.

Treatments have come a long way since Schiffer's diagnosis; however, there is always room for new and better treatments and therapies. But, even the best treatments may not be helpful if the patient is not diagnosed early in life. Which is why it is important to create awareness at events like the Nashville Country Music Rock 'n' Roll Marathon & ½ Marathon. Furthermore, the event is a good opportunity to meet TS patients, ask questions, and understand what it is like for the girls and their families.

"TS is something that strikes girls at their core. The physical and emotional effects often leave girls wondering who they are (what they are). We want so badly to experience life and love the way every other girl does, but our stories often come riddled with scars from our own internal questions about self worth. TS can't be seen. You will never know for sure if a girl has TS unless she chooses to disclose it. Many girls and their families are impacted," says Schiffer.

What else does Schiffer hope to achieve with this event?

"I think it's also important for people to understand that TS does not have to limit a girl's life. A TS girl is powerful and can do anything she wants to," says Schiffer.

Why not join, Schiffer and the powerful TSF community in Nashville for a fun filled, family weekend? You can walk, run, volunteer, or just come and cheer on the participants. There is even an event for the youngsters on Friday, April 27, ING Kids

Rock Nashville. Beyond the marathon and ½ marathon, the Saturday, April 28th, events include marathon and ½ marathon races for wheelchairs and a post race concert headlined by country music superstar, Rodney Atkins.

“We need help getting the word out about TS. We also need to raise funds to support TS girls. Participating in the marathon achieves both,” says Schiffer.

If you are interested in being a part of TEAM TSF as a participant, sponsor or volunteer, please send an email to coach@teamtsf.org.

Register or sponsor a participant!

Turner Syndrome Foundation, Inc., PO Box 726, Holmdel, NJ 07733

