



# Cape Cod Walk 'n' Roll for FSH Muscular Dystrophy

**With your help, we can "Unlock the Code."**

Hello, I'm writing you to ask for your help in fighting **Facioscapulohumeral Muscular Dystrophy** by sponsoring the Second Annual Walk 'n' Roll. **FSH MD is the most common form of muscular dystrophy** and yet few people have heard of it. Research of FSH MD is underfunded compared with that for other, less common dystrophies.

**WHY HAVEN'T YOU HEARD OF FSH MD?** Most of the publicity on MD has focused on the children affected by this group of genetic disorders. Many people with FSH MD have symptoms and go undiagnosed, but growing awareness of the disease and development of a genetic diagnostic test have greatly raised the reported incidence.

**WHAT IS FSH MD?** It is an inherited disease, affecting both genders and all races equally. It typically melts away skeletal muscle from adolescence on, but diagnosis may occur at any age. In rare cases, it can be fatal and a severe form strikes infants. More often, FSH MD gradually robs adults of their ability to care for themselves and family, to take a walk, ride a bike, play catch with a child, climb stairs, hold a baby, pick up a milk jug, comb their hair, carry a laundry basket or a grocery bag, and hold a job.

**WHY SHOULD YOU CARE?** Genetic and biochemical research has the possibility of helping not only FSH MD patients, but others with muscle wasting such as the elderly, people with AIDS and those with other neuromuscular disorders.

**WHY SHOULD YOU GIVE?** The FSH Society is a small, efficient, national nonprofit organization dedicated to fostering research (Charity Navigator gives it four stars!). It employs a handful of staff, yet it successfully lobbies Congress and the National Institutes of Health for research grants for scientists and funds its own research grants. Its work is largely behind the scenes. **Of every dollar donated to the event, 87 cents will go to research.**

**THE EVENT:** FSH MD families and friends have organized the Second Annual Walk 'n' Roll to be held **Saturday, Oct. 9** (Columbus Day weekend), on the **Cape Cod Rail Trail in Brewster**, and we need your help. Please review the enclosed sponsor form and join with us to support this important cause.

**MORE INFORMATION:** If you would like more information, please visit the FSH Society's website at [www.fshsociety.org/CapeWalk](http://www.fshsociety.org/CapeWalk). You may also contact event chairman Rich Holmes at richwh@comcast.net, or 774-722-4237.

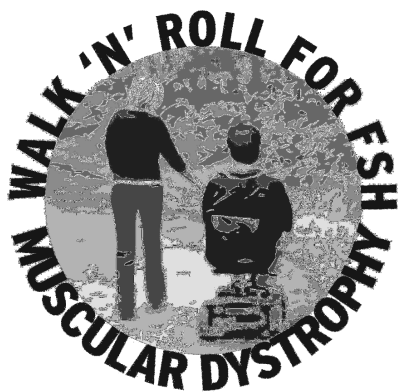
Thank you for your consideration. Together we can "Unlock the Code" and help people with FSH MD.

Rich Holmes, event chairman and FSH patient



The Cape Cod Times and Capecodonline.com are proud to be  
media sponsors of Walk 'n' Roll for FSH MD





FSH Muscular Dystrophy is  
**the most common form of Muscular Dystrophy,**  
but there is **no treatment.**  
One in 14,000 people are estimated to have FSH MD,  
and **the actual number may be twice that.**  
Help **“Unlock the Code”** to treat FSH MD

## Yes, I want to help!

### Major Sponsor: \$1,000

- Your company name on a banner at the event
- Your company name listed on the Walk 'n' Roll T-shirt
- Your company name mentioned in correspondence and advertising for the event
- Your company logo posted on the Web page for the event
- Your company name listed as a sponsor at the event

### Sponsor: \$500

- Your company name listed on the Walk 'n' Roll T-shirt
- Your company logo posted on the Web page for the event
- Your company name listed as a sponsor at the event

### Partner: \$250

- Your company name listed on the Walk 'n' Roll T-shirt
- Your company name listed as a sponsor at the event

### Friend: \$100

- Your company name listed as a sponsor at the event

### Just want to make a tax-deductible donation of \$ \_\_\_\_\_

Payment may be made **by check** to the **FSH Society** or **by credit card**:

- AMEX                       VISA                       MasterCard                       Discover

Card number \_\_\_\_\_

Expiration date \_\_\_\_\_                      Signature \_\_\_\_\_

Please return this form with payment by July 30 to:

**Walk 'n' Roll for FSH MD, c/o Rich Holmes, 68 Center St. Unit 1, Hyannis, MA 02601**

**THANK YOU!** For more information on this disease, please go to [www.fshsociety.org/CapeWalk](http://www.fshsociety.org/CapeWalk)