

Dear FMD patients, friends, and supporters,

My name is Kelly, and I was recently diagnosed with FMD this year. I have been inspired, guided, and comforted through the FMDSA. I have had the privilege to work alongside Pam Mace on new projects for the organization and am thrilled to be part of the newsletter and share information about our race in the fall. This year has been overwhelmingly complicated for me. I am a Registered Nurse by trade and never expected such a diagnosis. I had bilateral spontaneous vertebral artery dissections that led to needing urgent stent placement, followed by a blood clot, TIA, and now being a more complex case than anyone could have imagined. I am learning ways to navigate this challenging diagnosis through being involved with the FMDSA, and special support groups, and educating myself. The connections I have made with other FMD patients, and the information provided by the FMDSA have been monumental in my recovery process.

This year we have officially become a Charity Partner large race in Michigan. We are now part of the [Detroit Women's Half Marathon, 10K, and 5K: Women Run the D Run/Walk](#). The FMDSA is a featured charity of the event. Our team is titled **FMD Feet Forward**. The event is located on the beautiful Belle Isle in the Metro Detroit Area. The event takes place on Sunday, September 15<sup>th</sup>, 2024. The race can be completed in person or virtually. If you are not local, please consider signing up to run/walk as a virtual team member. The more participants, the more we can spread the word about FMD and educate our communities.

By participating or donating to our race, you are directly contributing to research, the patient registry, patient support networks, and education. Your support will help fund the FMDSA's continued efforts to bring education, awareness, and advancements in the treatment of FMD. If you are unable to participate in the race locally, please consider virtual participation. Participating in the race is not only a way to support our cause but also an opportunity to prioritize being involved with others who have FMD.

We ask, if possible, to register, race, donate, and spread the word! If you have any questions, or comments, or want to be in touch please feel free to email me at [kellyfightsfmd@gmail.com](mailto:kellyfightsfmd@gmail.com)

## Guide to Register/Sign Up for the Race

When you navigate to the site page you can click on the pink sign up icon

Sign Up

- You will then be able to fill out your registration information
  - Name, email, birthday, etc
- You will then choose an event:
  - You may select from the half marathon, 10k, 5k, kids events, or virtual events.
  - There is a drop-down for each to make the select of your choice

### Choose Your Event(s) \*

<b>13.1 Miles</b>	<input type="checkbox"/> Half Marathon	(Select One) ▼	<small>You must click the checkbox first.</small>
<b>6.2 Miles</b>	<input type="checkbox"/> 10K	(Select One) ▼	<small>You must click the checkbox first.</small>
<b>3.1 Miles</b>	<input type="checkbox"/> 5K	(Select One) ▼	<small>You must click the checkbox first.</small>
<b>Kids race FREE with a paid adult</b>	<input type="checkbox"/> Kids Events	(Select One) ▼	<small>You must click the checkbox first.</small>
<b>Run the D... from anywhere!</b>	<input type="checkbox"/> Virtual Events	(Select One) ▼	<small>You must click the checkbox first.</small>

After your selection, you can either add another registrant (friend/family/support person)

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Or you can proceed to join a team

- You will select Yes you would like to join a team and hit continue, read and agree to the waiver expectations

Would you like to join or create a Group/Team?

Yes  No

- You will then be promoted to Select Group/Team
  - In the drop-down menu select our team
  - **FMD Feet Forward**

No Group/Team **Join an Existing Group/Team** Create a New Group/Team

Select Group/Team \* Search for existing Group/Teams

FMD Feet Forward

Group/Team Details  
Group/Team Name: FMD Feet Forward  
Group/Team Administrators: Kelly P.  
Minimum Age: None  
Maximum Age: None

**You can then complete your registration and are now part of the team for the FMD Feet Forward for the FMDSA!**