



# Propionic Acidemia Foundation

## Pounding the Pavement for PA

Dear Friends and Family,

I will be participating in Pounding the Pavement for PA this year to benefit the Propionic Acidemia Foundation (PAF). Location of the race: 2011 Nationwide Insurance Columbus Marathon and ½ Marathon, Any local race/walk or your couch!! Our goal is to raise \$13,100 (the distance of a half marathon is 13.1k!!!)

PAF is a non-profit organization dedicated to finding improved treatments and a cure for Propionic Acidemia by funding research and providing information and support to families and medical professionals. It is run 100% by volunteers and has raised over \$500,000 for research since it started in 2002.

Individuals with Propionic Acidemia cannot break down parts of protein and some types of fat due to a non-functioning enzyme. This inability causes a build-up of dangerous acids and toxins, which can cause damage to the person's organs. PA can also damage the brain, heart and liver, cause seizures, and delays to normal development like walking and talking. During times of illness the individual with PA may need to be hospitalized to prevent breakdown of proteins within his/her body. For more information, check out [pafoundation.com](http://pafoundation.com)

Please consider a donation to help with this worthy cause. Simply send a check made payable to "Propionic Acidemia Foundation" to 1963 McCraren, Highland Park, IL 60035. Donations are tax deductible. If you prefer, you can also make a donation through PayPal at [www.pafoundation.com](http://www.pafoundation.com) or Google Checkout.

Thank you,

Your name

*Searching for a Cure    Hope for our Children*