

## *Some Facts About F.O.P.*

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- F.O.P. is one of the rarest and most disabling genetic conditions known to humankind.
- F.O.P. is a rare genetic disorder in which muscles, tendons, ligaments, and other connective tissues turn to bone.
- Movement in areas affected by F.O.P. (commonly the neck, spine, chest, shoulders, elbows, wrists, hips, knees, ankles and jaw) over time becomes difficult or impossible.
- People with F.O.P. experience different rates of bone formation; for some it is very rapid while some can go months or years without a flare up of bone formation.
- Currently there is no treatment or cure for F.O.P., which makes it all the more important to fundraise to support efforts aimed at finding one.
- Research on F.O.P. will provide answers to research for more common conditions such as osteoporosis, osteoarthritis, post amputation treatment and specific complications of hip replacements, spinal cord injuries, head injuries & some heart valve disorders.
- The gene responsible for the disease was identified in 2006 at the F.O.P. Laboratory at the University of Pennsylvania School of Medicine. The F.O.P. lab is in the process of developing animal models in mice to test potential treatments for the not-so-distant future.
- The long-range effect of F.O.P. research on other conditions is critical. Most recently, soldiers that traumatically have lost limbs in the Iraqi War are experiencing extra bone growth similar to F.O.P. Unlocking the mystery of F.O.P. will most certainly help answer questions for more commonly known bone-related conditions.
- The Ian L. Cali F.O.P. Fund was established in 1995 at the University of PENN Medical Center in order to secure the advancement of F.O.P. research for F.O.P. patients worldwide.

For more information on F.O.P.,  
please visit [www.ifopa.org](http://www.ifopa.org)

## **Newark Academy School Council** *7th Annual 5K Run for F.O.P.*



**Sunday, November 7, 2010**

**Benefiting F.O.P. Research**

*Commemorative T-shirts for first  
150 participating entrants and donors*

## NA School Council Run for F.O.P.

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- **Distance:** 5K/3.1 miles
- **Organized by:**  
Newark Academy School Council
- **Date and Time:**  
Sunday, November 7, 2010 (*Rain or Shine*)  
11:00 a.m.
- **Registration:**  
9:00 to 10:15 a.m. at Newark Academy.  
(*The school is located directly across from the Livingston Mall. To get directions you can visit the NA website at [www.newarka.edu](http://www.newarka.edu)*)
- **Medals:**  
Male and Female: First, Second, Third place overall. First place for male and female in age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60+.
- **Entry Fee:**  
\$20 Pre-registration  
\$25 Day of Race
- **T-Shirts:**  
Custom T-shirts  
to first 200 participating entrants and donors.



## NA School Council Run for F.O.P.

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- **The Course:**  
The course is off-road on the grounds of Newark Academy, throughout the campus and on wooded trails. It is well marked and easy to do.
- **Benefiting:**  
All proceeds from the run will go to the Ian L. Cali Fund (ICF) at the University of Pennsylvania in support of ground breaking research to find a treatment for Fibrodysplasia Ossificans Progressiva, commonly known as F.O.P. The ICF/PENN team also funds F.O.P. research at other research labs at universities such as Brown, Vanderbilt, Northwestern and the Max Planck Institute in Germany.
- **Waiver**  
We agree to indemnify, hold harmless and defend Newark Academy from and against any and all liability for loss, damage or expense by reason of injury (including death) to any person or damage to any property arising out of or in any manner connected with Newark Academy whether or not due in whole or in part to any act, omission, or negligence of Newark Academy or any of its representatives or employees.

## Entry Form

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Birthday: \_\_\_\_\_ Age: \_\_\_\_\_

Sex: M or F

T-Shirt Size:

Small Medium Large Extra-Large

Amount Enclosed: \_\_\_\_\_

Make check payable to: Newark Academy

Return entry to:

Newark Academy School Council 5K Run,  
91 South Orange Avenue  
Livingston, New Jersey, 07039  
by Monday, October 18, 2010.

Signature (18 or older):

\_\_\_\_\_  
*My son/daughter is physically able  
to participate in the 5K run.  
(Please read waiver)*

Parent Signature (Under 18):

\_\_\_\_\_  
*Signature indicates acceptance of all terms listed  
herein.*