

## What is Complex Regional Pain Syndrome (CRPS)?

CRPS, formerly known as Reflex Sympathetic Dystrophy (RSD), is a chronic neurological syndrome characterized by:

- severe burning pain
- pathological changes in bone and skin
- excessive sweating
- tissue swelling
- extreme sensitivity to touch

CRPS is a malfunction of part of the nervous system. Nerves misfire, sending constant pain signals to the brain. It develops in response to an event the body regards as traumatic, such as an accident or a medical procedure. This syndrome may follow 5% of all nerve injuries.

A physician must make a clinical diagnosis of CRPS using a patient's history, a thorough examination, and the results of numerous tests. There is no single test for CRPS.

Early diagnosis and treatment can change the course of the syndrome, making professional and public awareness an essential.

RSDSA is a 501(c)3 not-for-profit organization founded in 1984 to promote public and professional awareness and education of CRPS, and are committed to raising funds for research into the cause and cure of CRPS.

Learn more at [www.rsds.org](http://www.rsds.org)

For more information about the race, visit [www.lmsports.com](http://www.lmsports.com)

2011 Race Against Pain  
c/o Whitney Holman  
6 Grayburn Drive  
Marlton, NJ 08053

# 2011 Race Against Pain

5K Trail Run/ Walk

Saturday, October 1, 2011

Challenge Grove Park  
Cherry Hill, New Jersey



To Benefit:

**RSD**  
**SA** Reflex Sympathetic  
Dystrophy Syndrome  
Association

For more information about the race  
and the application visit  
[www.lmsports.com](http://www.lmsports.com)

## 2011 Race Against Pain

This 5K trail run/walk through the scenic Croft Farm Trail at Camden County's Challenge Grove Park is being held to raise support to help in the fight against chronic pain.

Each pre-registered participant will receive a t-shirt, and post-race refreshments will be available.

### Location



Challenge Grove Park  
Cherry Hill, New Jersey, 08002

### Directions

From Route 70, follow Brace Road South to the intersection of Brace and Borton Mill Road. Turn right onto Borton Mill Road, Challenge Grove Park will be on your right. Parking is available along the entry of the park, additional parking will be available in a gravel lot directly across from the Pavilion.

### Registration

	Entry Fee	Family of 3 or more
Pre-Registration (Until September 30)	\$20	\$40
After September 30	\$25	\$50

### Event Schedule

(Rain or Shine)

8:30 a.m. Registration Begins  
10:00 a.m. 5K Trail Run/Walk

Awards to top male and female finishers overall, and to 1st, 2nd, and 3rd place male and female finishers in each age category:

14 & under  
15-19  
20-29  
30-39  
40-49  
50-59  
60+

### Application

Also available online at [www.lmsports.com](http://www.lmsports.com)

Make checks payable to RSDSA  
Mail applications and checks to:

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**Each Participant must fill out a separate application**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

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

T-Shirt Size (circle one): S M L XL XXL

Gender (circle one): Male Female

Age (as of 10/01/11) \_\_\_\_\_

Entry Fee Enclosed: \_\_\_\_\_

Donation: \_\_\_\_\_

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

Release: I, the undersigned, acknowledge that a trail run is a hazardous activity. I certify that I am medically able and have sufficiently trained for this event. I agree to abide by all decisions of the race as final. In consideration of the acceptance of my entry and intending to be legally bound, I do hereby for myself, and anyone entitled to act on my behalf, waive, release, and discharge the Reflex Sympathetic Dystrophy Syndrome Association, the State of New Jersey, and all other sponsors and participants from any and all liabilities arising out of my participation in this event.

\_\_\_\_\_  
Signature (Parent or guardian if racer is under 18)