

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

For more information about the race, visit www.lmsports.com

2008 Race Against Pain
c/o Dr. Stephen Boyajian
107 Fostertown Rd
Lumberton, NJ 08048

2008 Race Against Pain

5K Run

Saturday October 11, 2008

Brendan T. Byrne State Forest
(formerly Lebanon State Forest)

New Lisbon, New Jersey



To Benefit:

RSDSA Reflex Sympathetic
Dystrophy Syndrome
Association

www.rsds.org

**For more information about the
race and the application visit
www.lmsports.com**

2008 Race Against Pain

This 5K race through a rural and scenic course in the Brendan T. Byrne State Forest 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



Brendan T. Byrne State Forest
(formerly Lebanon State Forest)
New Lisbon, New Jersey, 08064

Directions

From the NJ Turnpike, take exit 7 and follow Route 206 south to Route 38 east, to second traffic light, then turn onto Magnolia Road (Route 644). Follow Magnolia Road until you come to the Four-Mile Circle. From the circle take Route 72 east, at mile marker 1 make a left. There is a forest entrance sign on your left as you turn in.

Registration

	Entry Fee	Family of 3 or more
Pre-Registration (Until October 1)	\$20	\$40
After October 1	\$25	\$50

Event Schedule

(Rain or Shine)

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

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

Make checks payable to RSDSA
Mail applications and checks to:

Dr. Stephen Boyajian
c/o Race Against Pain
107 Fostertown Rd.
Lumberton NJ, 08048

Each Participant must fill out a separate application

Name _____

Address _____

City _____

State/Zip _____

E-mail _____

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

Gender (circle one): Male Female

Age (as of 10/11/08) _____

Entry Fee Enclosed: _____

Donation: _____

Total Amount Enclosed: _____

Release: I, the undersigned acknowledge that a road race 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)