

Lace up your running shoes, grab your friends and family, and finalize your travel arrangement with LP Travel. The P. F. Chang's Arizona Rock 'n' Roll Marathon & ½ Marathon is less than two weeks away!

As an official charity, Turner Syndrome Foundation, Inc. has 12 participants (Team TSF) for the event in Phoenix, AZ; but more are welcome.

" [We have] participants from PA, AZ, WA, and NC," said Team TSF leader and Turner Syndrome mom, Donna Villavicencio.

Not a runner or walker? You can volunteer to help out at the event, donate to support a runner, or come and cheer on the participants and learn more about Turner Syndrome, a little known chromosomal condition affecting 1 in every 2000 girls.

Because it is a completely random condition, many TS patients do not get diagnosed until they are teens, keeping them from important medical treatments. It is the goal of Turner Syndrome Foundation, Inc. and Team TSF to raise awareness about Turner Syndrome and get the diagnosing age for TS patients lower and lower. To help reach this goal, volunteers are sought to help this ever-expanding foundation bring important programs to a city near you.

"TSF is a great organization and needs the support of others to help raise awareness and funds. Our fundraising goal [for the P.F. Chang's Rock 'n' Roll Arizona Marathon & ½ Marathon] is \$15,000," said Villavicencio.

But, beyond supporting a great cause, the event serves as a day to meet great new friends and enjoy a fun day in the Arizona sun in the dead of winter.

"This is a fun event and a nice flat course with musicians playing every mile. The residents [of Arizona] are awesome as well and will be out there cheering," said Villavicencio. "7 of the 12 [participants] are my friends and include 1 TS dad; 2 TS moms; 1 TS Grandma," added Villavicencio, who is a former Arizona resident.

What advice does Villavicencio give to those who have never participated in a marathon before?

"Have fun! It's not every day you get to do a half or full marathon and you should enjoy the ride," said Villavicencio who has participated in a ½ marathon and full marathon in Arizona before.

Can't join Team TSF in Arizona? We are also participating in events in St. Petersburg, FL; Nashville, TN; Seattle, WA; and Long Branch, NJ throughout the year.

For more information on Turner Syndrome or to register to join Team TSF, go to www.tsfusa.org.

For event information: <http://runrocknroll.competitor.com/arizona>

To Donate to Team TSF:

<https://tsf.myetap.org/fundraiser/pfchangrocknrollphoenixaz/aboutEvent.do>

To Donate to Donna Villavicencio's page:

<https://tsf.myetap.org/fundraiser/pfchangrocknrollphoenixaz/individual.do?participationRef=3829.0.135882872>