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## **Annual “One Love, One Heart” 5K Run/Walk On December 5th to Benefit Individuals with Rare Disorder**

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Jim sends along this release...

All are welcome at the annual One Love, One Heart 5K Run/Walk for CdLS at Medlock Park in Decatur, GA, on December 5th, for a morning of family fun and community support.

Event organizers Jim and Jen Pomfret, of Decatur, GA, host the event in honor of their daughter, Maya, who has CdLS, a genetic disorder that causes a variety of physical, cognitive and developmental disabilities. Maya attends Winnona Park Elementary School.

“When asked why we started the 5K, it is always a good reminder to reflect on our purpose,” said Jen. “This journey with Maya and CdLS is not always easy and the 5K gives us a chance to engage in something positive and productive, that will not only help Maya but all with Cornelia de Lange Syndrome. This day is so good for the soul and it is

such a great day surrounded by community runners and friends and family!”

Since 2005, the 5K event has raised much needed funds to help people with CdLS live better, fuller lives. Inspired by children affected by CdLS, local families and friends have made the event an annual success.

Delicious refreshments will be available, as well as a playground on which kids can play. Guaranteed long sleeve t-shirts for all pre-registered runners; while supplies last for on-site registrants. New this year, gift card awards will be given to the winners in various categories.

Pre-registration (by November 21) is \$25, and after November 21 through race day registration is \$30. Race day registration begins at 8:45 a.m., and the 5K begins at 10:00 a.m. Proceeds benefit the CdLS Foundation. For more information, call the Jen or Jim Pomfret at 404-838-8184 or register for the event at <http://www.rungeorgia.com/cdlsrun.html>.



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