

NEWS RELEASE



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5-K Redden Race to Bring Awareness to ALS, Assist Draper Family

ALS — three letters that change a family's life forever. This is the story and cause of one man behind those letters.

Daren Redden, a 49-year-old pharmacist from Draper, was diagnosed in 2012 with amyotrophic lateral sclerosis (ALS), often referred to as Lou Gehrig's disease.

Redden first noticed some ALS symptoms in 2010. ALS is a progressive, fatal neuromuscular disease with a life expectancy of two to five years from diagnosis. He and his wife, Leah, and their two daughters are determined to fight this disease with faith and courage.

The Redden family is now inviting others to join their fight.

May is ALS Awareness Month, friends, family and neighbors of the Reddens are hosting a 5K race, "Redden Race to Kick ALS," on Saturday, May 31, at the Andy Ballard Equestrian Center, 1600 E. Highland Drive in Draper, at 4 p.m. They hope the race will bring awareness and help find ALS treatments and a cure.

"ALS symptoms were first described 145 years ago [by Jean-Martin Charcot in France], and yet there is still no viable treatment or cure," Redden said. "It's about time we bring awareness to ALS and create a brighter future for families impacted by this disease."

The race course will be a 3.1-mile Out and Back Loop on Bunny Bradley and Porter Rockwell Trails. There will be a timer, but no official timing. The purpose of the race is to have fun and raise money for a good cause. Runners, walkers, and strollers are all welcome! "The race is also a good reminder for people to value and appreciate the physical health they have. Just being able to walk and run is truly a gift every day of our lives," said Mrs. Redden.

"Every 90 minutes a person in this country is diagnosed with ALS and every 90 minutes another person will lose their battle against this disease," said Brian Ramos, race director and

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friend of the Reddens. "Daren is a man of great courage, determination and faith. Please join us as we all work together to help the Reddens fight this devastating disease."

Entrance fees are \$30/individual and \$65/families (parents and children), register online at www.kickinals.org. Those registering the day of the race will pay an additional \$5. The race will be followed by a celebration of life with music, and J Dawgs providing food and drinks. Dinner is \$6 per person.

The race is designed for both runners and walkers, and especially families who simply want to show their support for ALS awareness. Funds from the race will assist the Redden family with medical expenses and help find treatments through the ALS Therapy Development Institute.

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