



**SPINA BIFIDA ASSOCIATION
OF THE MID-ATLANTIC REGION**



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FIRST ANNUAL DC WALK-N-ROLL FOR SPINA BIFIDA A HUGE SUCCESS

Washington, D.C. (November 2009) – On November 7, the Spina Bifida Association of the Mid- Atlantic Region (SBAMAR) brought together people from the Washington Metropolitan area and beyond to celebrate its first annual Walk-N-Roll for Spina Bifida at the George Washington University’s University Yard in Washington, D.C. This spirited gathering celebrated the accomplishments of the more than 4,000 Americans living with this complex birth defect in the Washington Metropolitan Area.

Through moving stories from individuals affected by this birth defect, over 100 participants, including children, teens and adults, left the Yard energized under a beautiful November sun to begin a scenic mile around the University’s campus. After completing the journey, participants reassembled to listen and dance to good music, all for a cause close to their hearts.

With 18 established fundraising teams, over \$70,000 dollars were raised to benefit programs and services for SBAMAR. Special recognition goes out to the top team “Friends of Pat” which raised more than \$3,000.

“Our first annual Walk-N-Roll for Spina Bifida exceeded our expectations. The crowd was so enthusiastic and energized for our cause. The much needed funds will help our organization’s constituents affected by this challenging birth defect,” says Tanya Coogan, Acting Executive Director of SBAMAR.

Spina Bifida is a birth defect that occurs during the first month of pregnancy when the spine of the baby fails to close which can lead to paralysis and many other permanent problems. Eight babies are born every day in the Unites States with Spina Bifida or a similar birth defect of the brain and spine.

Over 166,000 Americans live with this birth defect, and through quality of life programs, the SBAMAR has a dedicated group of professionals, families and individuals with Spina Bifida working to provide resources, educate, network, advocate and to bring about public awareness of Spina Bifida and folic acid's role in reducing the risk.

Contributions can still be made to SBAMAR's Walk-N-Roll; visit www.walknrolldc.org or contact Michelle Vanhoff, Walk Manager, at mvanhoff@sbaa.org.

For more information on Spina Bifida please visit www.sbamar.org.