

## Understanding Dementia

Dementia is a general term for loss of memory and other mental abilities severe enough to interfere with daily life. It is caused by changes in the brain.

Alzheimer's disease is the most common form of dementia, accounting for 50 to 70 percent of cases. Other types of dementia include vascular dementia, mixed dementia, dementia with Lewy bodies and frontotemporal dementia.

There are nearly 15 million Alzheimer's and dementia caregivers providing 18.2 billion hours of unpaid care valued at \$230 billion.

More than 60 percent of family caregivers report high levels of stress because of the prolonged duration of caregiving and 40 percent report symptoms of depression.

Frontotemporal dementia is a rare disorder that affects the front (frontal lobes) and the sides (temporal lobes) of the brain.

- Frontotemporal has a more rapid onset than Alzheimer's disease.

- There are no treatments approved by the FDA for frontotemporal dementia, and none that have been shown to be effective.

This devastating disease steals memories, steals independence, steals control and steals time – before ultimately stealing a life.

## A Race to Remember

LMI Advertising was founded 29 years ago by Gary J. Bellanca. His entrepreneurial spirit, passion to succeed, and compassion for others, carries throughout his life including his love of running. Completing numerous 5-Ks, 10-Ks, half marathons and

7 full marathons, Gary's desire to compete and to challenge himself helped him overcome life's obstacles and challenges.

This year marks 10 years since Gary's diagnosis. The one common thread throughout this journey is the lack of awareness and resources for those dealing with this illness at such a young age. Our goal with this race is to raise awareness and funds to further research to develop treatment and ultimately find a cure.

*Thank you for your support.*

*Tina & Gary Bellanca*



LMI ADVERTISING

STATE & MAIN

1987 State Street, Suite 102  
East Petersburg, PA 17520



**A RACE TO REMEMBER**  
5K Run benefitting Alzheimer's Association



Presented by LMI Advertising

**11.11.17**  
**9 a.m.**  
**Reidenbaugh**  
**Elementary School**  
**Lititz, PA**



11.11.17 9 a.m.

# A RACE TO REMEMBER

## Ways to Register

By mail or online at [www.lmiadvertising.com/AR2R](http://www.lmiadvertising.com/AR2R).

- Pre-registration: \$25.00 (includes a T-shirt picked up on day of race) due by October 27, 2017. *Online registration closes October 31, 2017.*
- Race day registration: 7:45 - 8:45 a.m. \$30.00 on day of the race (includes T-shirt while supplies last.)
- No pets or bikes on the course please!
- Race held rain or shine. Dress accordingly.

## Awards

Cash awards given to overall top male and female runners and awards to top male and female in each age group listed below.

19 & under	20-29
30-39	40-49
50-59	60+

## Refreshments & Food

Provided after the race

## Want More?

Visit [www.lmiadvertising.com/AR2R](http://www.lmiadvertising.com/AR2R) or email [tbellanca@lmiadvertising.com](mailto:tbellanca@lmiadvertising.com).

## Special Thanks

To all our countless volunteers for their generous contributions.

## Course



## Directions

From North or South, take Fruitville Pike to Koser Road. Turn left (from the North) or right (from the South) onto Koser Road heading East. After 1 mile, turn left onto Buckwalter Road. Reidenbaugh Elementary School will be on the left in 0.4 mile.

*Please photocopy form as needed.*

## Entry Form

First Name		Last Name	
Street	City	State	Zip
Age	Phone		
Email			

Please complete both categories before mailing (check one)

T-Shirt size:     SM     M     L     XL  
 Division:         Male     Female

Please return this form along with a check or money order of \$25.00 (after October 27, 2017, \$30.00) made payable to *LMI Advertising*  
 Mail to: LMI Advertising, 1987 State St., Suite 102  
 East Petersburg, PA 17520

## Mandatory Release Form:

I know that running and road racing are potentially hazardous activities. I will not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running including but not limited to, falls, contact with other participants, the effect of the weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release LMI Advertising, the town of Lititz, the Manheim Township police department, Manheim Township, and Manheim Township School District and Reidenbaugh Elementary School, and any other running related clubs or organizations assisting at the event on race day, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature of Runner

*(If entrant is under 18 years of age, signature of parent or guardian is required.)*