

April 3, 2017

Press Release Regarding: The Shepaug Valley Class of 2017 4th Annual Walk/Run to benefit the **American Lyme Disease Foundation.**

Shepaug Valley School's high school seniors, Martin Meyer II and Kathleen Sinatra, have organized a 4th annual walk/run to benefit the American Lyme Disease Foundation and the Shepaug Class of 2017. The run will take place Saturday, May 13, at 8:30 AM, with an entrance fee of five dollars that will benefit the Shepaug Valley Class of 2017 and a suggested donation of \$10.00 towards the American Lyme Disease Foundation. Registration is between 7:30 and 8:10 at the start/finish line: Everett Hurlburt Community Park at 18 Apple Lane in Roxbury.

The 3.52-mile run will include a trip down the hill at Hemlock Road. The 1.8-mile walk will travel from the community park to the Booth Free Elementary School on South Street and back to the community park. The Lyme Run is part of the Roxbury Road Race Series, sanctioned by the Roxbury Recreation Commission, and start and finish near the community park. This year's race is also being co-sponsored by The Roxbury Market and The Roxbury Garage, along with other local sponsors, and T-shirts will be given out to the first 25 runners. Breakfast sandwiches made by The Roxbury Market will be available for purchase after the race. Representative Arthur O'Neill will also be attending for the 3rd year in a row with his wife Ruby.

Meyer and Sinatra know firsthand the devastating effects tick borne illnesses have. Meyer was misdiagnosed with mononucleosis during his freshman year since his symptoms were atypical to prevalent Lyme in CT. He was exhausted and unable to get out of bed for more than four hours a day, sleeping for up to 20 hours a days. These symptoms lasted for almost 8 weeks, until he was tested for a tick borne illness "supposedly" not indigenous to Connecticut, and diagnosed with Babesia. Babesia is treated with an entirely different medication regime than typical Ct Lyme illnesses. Lyme disease and other tick borne illnesses have impacted Sinatra since 2012, forcing her to miss 18 months or more of school since that time. This will be the 4th year that the two will co-run this event and the third year that State Representative Arthur O'Neill will be attending, raising not only awareness of tick borne illnesses, but over \$1000.00 for the American Lyme Disease Foundation (ALDF).

For more information on the series, contact Scott Benjamin, the Director of The Roxbury Road Races, at ScottBenjaminwcsu2014@gmail.com or for information about the Lyme Run contact Martin Meyer at meyerm2017@region-12.org or

Kathleen Sinatra at sinatrak@region-12.org. Detailed information about The Roxbury Road races can be found at: www.roxburyraces.net