

Contact: Amanda Garzon
Hydrocephalus Association
Phone 301 202 3811 x26
Email amanda@hydroassoc.org

4340 East West Highway
Suite 905
Bethesda, MD 20814
Phone 888.598.3789
Fax 301.202.3813
www.hydroassoc.org



For Immediate Release

International Distance Runner Will Lead the National Capital

5K Run for Hydrocephalus

Professional distance runner Wilson Komen will serve as the celebrity lead runner for the Hydrocephalus Association National Capital 5K Run/WALK for Hydrocephalus on September 29, 2013, at West Potomac Park in Washington, DC. The charity event will raise funds to support critical research initiatives for this incurable brain condition.

Bethesda, MD, September 9, 2013: Wilson Komen, professional international distance runner and a certified coach by the Road Runners Club of America, will serve as the Celebrity Lead Runner for the annual National Capital 5K Run/WALK for Hydrocephalus on Sunday, September 29, 2013. The event will raise funds to support critical research initiatives and current education and outreach programs of the Hydrocephalus Association, the nation's largest patient-advocacy organization dedicated to serving the estimated 1 million Americans living with hydrocephalus.

"It is an honor for me to serve as the celebrity runner for this event and to raise awareness for a neurological condition that is not well known, yet can pose so many challenges for the individuals living with it. I am inspired by the stories I have read of marathon runners and other athletes who continue to compete, despite living with hydrocephalus," stated Komen.

Komen was born and raised in Kenya, home of legendary long distance runners, and grew up training at an altitude of 8,000 feet. He went on to become a professional international distance runner where he achieved his personal best time of 2 hours, 17 minutes, 7 seconds in the marathon distance. He is the former course record-holder for the Green Bay Marathon, which he raced in 2005. He has also placed 12th and then 14th at the 2004 and 2005 Boston Marathons, respectively. In 2010, he placed 27th at the New York City Marathon. While still an active runner, he now spends a great deal of his time coaching runners of all ages in the Washington, DC area.

"We are very excited to have Wilson participating this year. We are hoping to make this one of the premiere running events in the Washington DC area for our very active running community," stated Michael Ticzon, the event co-chair.

The Hydrocephalus Association's 3rd annual National Capital 5K Run/WALK will be held on Sunday, September 29, 2013 at West Potomac Park in Washington, DC. Race material pick-up will begin at 6:30 am; the race begins at 8:00 am. An estimated 600 participants are expected to come together to raise funds and build awareness for hydrocephalus, a brain condition that has no cure and where the only treatment option requires brain surgery. Hydrocephalus is characterized by the abnormal accumulation of cerebrospinal fluid in the brain. About two in every 1,000 babies are born with hydrocephalus. It is also often misdiagnosed in the senior population as Alzheimer's or Parkinson's disease, and people who sustain even moderate traumatic brain injuries (TBI) can develop the condition.

To participate in this year's event, visit <http://www.runforhydro.com>. To reach Coach Komen, visit his company website, <http://www.coachkiprunning.com>.

About the Hydrocephalus Association

Founded in 1983 by the parents of children with hydrocephalus, the Hydrocephalus Association is the nation's largest and most widely respected organization dedicated to hydrocephalus. More than 60 percent of HA's funding comes from individual donations and events, and approximately 35 percent comes from foundation and corporate grants. The Hydrocephalus Association's mission is to eliminate the challenges of hydrocephalus. For more information, visit the Hydrocephalus Association Web site at <http://www.hydroassoc.org> or call (888) 598-3789.

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