

PUBLIC EVENT PERMIT APPLICATION
City of Somerville, Commonwealth of Massachusetts
Application #: PEL15-000169
File #: 15-010102

Organization name: Dysautonomia International

Description: Charity walk and road race for POTS (Postural Orthostatic Tachycardia Syndrome).

Date(s): May 7th, 2016

Setup starts at (time): 7am

Cleanup after the event ends at (time): 1pm

Attendees:

Max attendance at one time: 500

Maximum attendees accommodated:

Attendee fees or suggested donations: \$25

Social or cultural benefits:

This event will bring awareness about POTS to the community while promoting charitable giving and exercise.

City Contact:

Organization mailing address:

51 Bowdoin St. Medford MA 02155

Event name: POTS Walk and 5K Race

Location: Shore DR Walking paths and sidewalks along Shore Dr and the Mystic River

Rain date(s): n/a

Event starts at (time): 8am

Event ends at (time): 12pm

Total people attending: 500

Total Somerville residents attending: 100

What is your budget for this event: 3000

Financial benefits:

Bringing people to the area. Multiple local businesses sponsored last year's event.

Contact person:

Sarah Mendelowitz

Telephone: 971-227-1307

Email: sarah.mendelowitz@gmail.com

Event Information	Yes/No	If yes, Describe
Food served?	Yes	Water, fruit, bagels, snacks
Alcohol served?	No	
Grill/open-flame device used?	No	
Streets blocked?	No	
Sidewalks blocked?	Yes	Sidewalks along Shore Dr. and Mystic River
Arrangements:		
Auxiliary Police?	Yes	If necessary. Last year we had one police officer at the start/finish line
Police Detail:	Yes	If necessary, Last year we had one police officer at the start/finish line
Parking (for Attendees)?	No	
Restrooms?	Yes	Portable restrooms will be brought in.
Liability Insurance?	Yes	USA Track and Field
Will any public parks be used?	Yes	Passing through McDonald Park and Mystic River Reservation
Has the event occurred in the last two years?	Yes	May 9th, 2015
Alcohol License?	No	

Approval Conditions:

Reviewer: John J. Long, City Clerk, Approved

Reviewer: CS Mayor, Mayor's Office, Approved

Reviewer: CS Police, Police, Approved

Reviewer: CS Auxiliary Police, Auxiliary Police, Approved

Reviewer: CS Traffic and Parking, Traffic and Parking, Approved

Reviewer: Christine Morin, Public Works, Approved

Reviewer: Jill Lathan, Recreation, Approved

Reviewer: John J. Long, City Clerk, Complete



runningmap.com

distance: 3.12 mi.

address or postal/zip code

GO

This HTML5 version is Beta. Send us some feedback to info@runningmap.com. Thanks!

About POTS Walk and 5K Race:

2016 will be the fourth year for the POTS Walk and the second year it has been open to the public. Last year's POTS Walk was held in Medford, MA and passed through Somerville. We are unable to use the start/end location in Medford in 2016 because Mayor McGlynn is retiring and his office has decided not to approve any road races until the new mayor takes office. We are interested in using the same general route but starting/ending the race in Somerville instead of Medford.

Last year's race was a huge success and turned into one of the biggest POTS events/fundraisers ever held. We raised \$45,000 for POTS research and had 400 participants. Our race was covered by a number of media outlets including the [Boston Globe](#), [Medford Transcript](#), and [MIT Tech](#).

You can find out more about the 2015 POTS Walk at www.potswalk.com.

About POTS:

POTS stands for Postural Orthostatic Tachycardia Syndrome, which is a disorder of the autonomic nervous system. The autonomic nervous system is responsible for regulating many systems in our bodies including heart rate and blood pressure. When POTS patients stand upright their body is unable to regulate heart rate and blood pressure properly. This leads to an abnormal increase in heart rate. Because the autonomic nervous system is responsible for controlling many bodily functions, POTS brings along a whole host of other symptoms including nausea, fatigue, sweating, lightheadedness, tremors etc.

POTS is estimated to effect approximately 1-3 million Americans, mostly young women. Despite its prevalence, most people have never heard of POTS. Even most doctors are unfamiliar with POTS, which makes getting a diagnosis and proper treatment extremely difficult. There is little that doctors understand about POTS and a tragic lack of funding for ongoing research.

There is no standard treatment or cure for POTS. Patients are advised to drink a lot of water, consume a lot of salt, and exercise as much as they can tolerate. Medications are prescribed to alleviate symptoms as much as possible. Because exercise is such an important part of the recovery process, it is only fitting to encourage others to join us by walking or running in support of a great cause. Walking in particular is often a huge struggle for POTS patients and we are happy to celebrate our ability to exercise with all of you.

Dysautonomia International is a non-profit aimed at raising research funds and awareness for all forms of dysautonomia including POTS. The money raised during this year's POTS Walk and 5k Run will be donated to Dysautonomia International to support ongoing POTS research.



2016 POTS Walk and 5K Race

*Benefiting Dysautonomia International**

Dear Business Owner –

Imagine every time you sat up your heart raced until it felt it would explode. Imagine feeling like you had the flu every day. Imagine missing work, the ability to sit at the table with family for dinner or even shower on your own.

These are common symptoms of **POTS**, Postural Orthostatic Tachycardia Syndrome, a disorder of the autonomic nervous system, effecting approximately **1 million Americans**, mostly young women. Most people have never heard of POTS, including many doctors. As a result, POTS patients are slow to be properly diagnosed, lack effective medicines and left with unclear treatment plans.

Exercise, especially walking, is one of the most important parts of the recovery process. To encourage POTS patients to get moving, while raising awareness and funds for the disease, we are organizing a walk and 5K run!

We would greatly appreciate your donation to make our fundraising event a success!

Donation Levels

- **Platinum (\$2000)** - Naming rights. Large logo on t-shirt, website, and print material. Advertising in the goody bag. Vendor table at the event.
- **Gold (\$1000)** - Large logo on t-shirt, website, and print material. Advertising in the goody bag. Vendor table at the event.
- **Silver (\$500)** - Small logo on t-shirt, website, and print material. Advertising in the goody bag. Vendor table at the event.
- **Bronze (\$250)** - Small logo on t-shirt, website, and print material. Advertising in the goody bag.

We would also warmly welcome any **in-kind gifts**, including food, entertainment, t-shirts, decorations or anything else you may think would be of help.

Please contact Sarah at sarah@potswalk.com if you are interested in becoming a sponsor. More information available at www.potswalk.com

Thank you for your consideration!

*About the Walk Organizers

The money raised during this year's POTS Walk and 5k Run will be donated to Dysautonomia International, a non-profit aimed at raising research funds and awareness for all forms of dysautonomia, including POTS. The walk/run is being organized by Sarah Mendelowitz, a POTS patient, and her friends and family. Walking has been one way Sarah has measured her progress against this disease. Two years after her diagnosis she pushed herself to walk one mile in her first organized walk with her family. Her goal is to complete this year's 5K, while raising awareness of POTS. Sarah has lived in Medford for seven years and the Boston area for fifteen years.