



More than 40 kids participated in the Jingle Bell Run/Walk for Arthritis Snowman Shuffle, a 1/4-mile run.

Jingle Bell Run Raises \$60K for Arthritis

Nearly 800 people braved the season's first snowfall and participated in the Jingle Bell event on Dec. 14 at the Birmingham Covington School.

Group spokesperson Chris Cahill said more than \$60,000 was raised by participating individuals and teams to support Arthritis Foundation programs, services and research that help people with arthritis, Cahill said.

Jingle Bell Run/Walk for Arthritis is an annual running and walking event hosted by the Arthritis Foundation that each year honors a single person who suffers from the disease. This year's event featured a competitively timed 5K run/walk (with 10K option), kids' "Snowman Shuffle" fun-run, and post-event party with awards.

Participants dressed in holiday-themed costumes and tied jingle bells to their shoes creating a festive, fun and healthy holiday event.

This year's honoree was Zach Fradkin of Dearborn. He is a five-year-old who was diagnosed at 18 months old with juvenile arthritis.

"I'd really like to raise awareness that kids get arthritis too, as weird as it may seem," said Zach's dad, Andy Fradkin. "There really isn't the amount of research into it that other diseases have."

The Fradkin family's team, "Walkin' for Weej," raised more than \$12,000 – the most of any participating team, Cahill said.

The event's Medical Chair was Dr. Bernard Rubin, Division Head of Rheumatology, Henry Ford Health System.

"I became involved in the Jingle Bell Run/Walk for Arthritis to help raise awareness about arthritic diseases in the metropolitan Detroit area," said Dr. Rubin. "I have been involved with the Arthritis Foundation for 30 years. It is a great organization that provides information and support services to thousands of patients and their families around the United States."

Arthritis affects people of all ages and origins. About 2.3 million Michigan residents have arthritis (31 percent of the population), including 10,300 children, Cahill said.

The disease causes progressive deterioration of bones, ligaments, cartilage, and tendons. People with arthritis often experience chronic pain and increasingly limited mobility.



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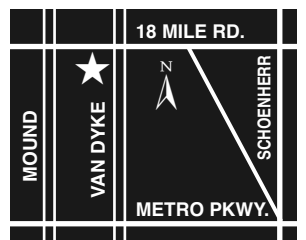
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