



\*\*\*\*\* **FOR IMMEDIATE RELEASE – JANUARY 31, 2020**

TO: All Media Outlets  
FROM: Alport Syndrome Foundation  
RE: San Diego 5K for Healthy Kidneys  
EVENT DATE/TIME: Sunday, April 5, 2020 at 8:00 AM  
EVENT LOCATION: 1400 Vacation Isle Road, San Diego 92019  
5K REGISTRATION: [bit.ly/ASFSD5K](https://bit.ly/ASFSD5K)  
REGISTRATION FEE: \$30/adults \$20/Children 12 and under  
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Two San Diego families from Pacific Beach and San Marcos have teamed up to organize the first “San Diego 5K for Healthy Kidneys.” The race will be held in the Crown Point neighborhood of Pacific Beach on Sunday, April 5, 2020, with a race start time of 8:00 AM. In addition to the in-person event, a simultaneous virtual race will be held to allow for chronic kidney disease patients and families to join from all over the country. Registration for both races is now open at [bit.ly/ASFSD5K](https://bit.ly/ASFSD5K). All proceeds benefit Alport Syndrome Foundation’s programs and services to support patients and families living with Alport syndrome.

Alport syndrome is a rare genetic kidney disease that causes decline in kidney function, and frequently causes both hearing loss and vision problems. The majority of patients require dialysis and/or a kidney transplant, typically between their teens or early adulthood, based on genetic type of the disease. Alport Syndrome Foundation provides resources and education for patients and families, directly invests in research for a cure, and educates medical professionals to build awareness for early and accurate diagnosis. More information is available at [www.alportsyndrome.org](http://www.alportsyndrome.org).

“I am excited to help bring the 5K For Healthy Kidneys to my family's home of San Diego, in our own backyard of Pacific Beach,” says Alport patient, Lisa Bonebrake. I attended a 5K in Phoenix last year for Alport Syndrome Foundation and was so bolstered to see the local businesses, families, and neighbors that participated in support of people living with Alport syndrome. To bring this kind of awareness and support to our rare genetic disease is remarkable and so needed.” Bonebrake is also parent to a 17-year old son with Alport syndrome, who lost his hearing at age 11 due to the disease. She recently became the Foundation’s Executive Director. “Alport Syndrome Foundation is an incredible resource for our family, and tens of thousands of others in the U.S. and globally. They provide support, education, research, advocacy, and information about clinical trials.” Bonebrake notes, “I’m also honored to be working with the Landwehr Family from San Marcos, who have been involved with the organization longer than me. Ryan Landwehr is an inspiration, successfully living with a kidney transplant and giving back to the Alport community.”

The San Diego 5K for Healthy Kidneys is open to those of all ages and athletic experience levels. Running or walking the race is encouraged. Digital race timing via bib tags, T-shirts, and prizes will be available to in-person participants. Dogs are welcome but must be on a leash and off the boardwalk running path by 9:00am, per city rules. All virtual registrants, who may choose to race on Sunday, April 5 or anytime that weekend, will receive a race T-shirt if registered before March 14, 2020. For questions contact [info@alportsyndrome.org](mailto:info@alportsyndrome.org).

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