



**Train:** 5k - Half Marathon - Marathon - Triathlon  
Expert Advise

Workout Plan | Nutrition Guide

**Educate:** What is 22q11.2 Deletion?

**Advocate:** Fundraising Resources

Marketing Materials

Event Registration

**Mission:** Research | Awareness | Grants

**22q11.2:** Occurs in about 1 in 2000 live births

1 in 68 children born with heart defects

Most frequent cause of palatal defects

Many physicians unfamiliar with diagnosis

**How:** Participate in local endurance events

Raise money for Team 22q

[www.team22q.org](http://www.team22q.org)

