



## Press release

For immediate release

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# This team has big impact on Marshfield boy

BOSTON – When Thomas Schmid crossed the finish line at last year’s MitoAction 5K, he had a whole team behind him.

“My best memory of last year is all of his teammates from Massachusetts Maritime Academy men’s soccer team along with his friend and neighbor going out to meet him as he approached the finish line and cheering him on as they ran beside him,” said Thomas’ mom, Abby.

It’s that support that is the hallmark of the MitoAction Energy Walk & 5K, which will be held Saturday, Sept. 12, 2015, at DCR’s

Mother’s Rest in South Boston, MA. This family-friendly event, designed to raise awareness about mitochondrial disease, features a walk, a scenic 5K, and a day of fun for all ages and abilities. While the walk is in Boston, MA, MitoAction has walkers and runners all over the country. For more information and to register as a walker, runner, or virtual walker or runner, visit [www.mitoaction.org/walk](http://www.mitoaction.org/walk).



Thomas, who will be 9 on Aug. 10, has mitochondrial disease. He ran the last 40 yards of the 5K after being pushed by neighbor and friend Dave Kennedy. Thomas’ dad, Adam, was deployed at the time and missed the event, but he will be in attendance this year!

“My focus last year was on making sure Thomas had a team to get him over the finish line,” said the Marshfield, MA, mom. “This team is visible for him. He knows there are many friends and family that care and support all our efforts to keep him at his optimal level of health daily, but he never has seen them together in the same place at the same time. This was that opportunity and we capitalized on it by doing with him what he is not supposed to be able to do -- run.”

“Mito” is an inherited chronic illness that can be present at birth or develop later in life. It causes debilitating physical, developmental, and cognitive disabilities with symptoms including poor growth; loss of muscle coordination; muscle weakness and pain; seizures; vision and/or hearing loss; gastrointestinal issues; learning disabilities; and heart, liver, or kidney failure. About 1 in 4,000 people has Mito. It’s progressive and there is no cure.

Thomas’ Team had at least 30 members last year, including his siblings Joey, 7, Penny, 4, and Rusty, 3, and the Maritime soccer team. Thomas is part of Team IMPACT, which matches kids who can’t play

sports because of their disabilities with local teams. The soccer team has been super supportive of Thomas and his family and will be at this year's walk.

"Our goal this year is to have as many team members, if not more than last year, while being able to support MitoAction and give back to them for all they do for all of us," said Abby.

"MitoAction has helped us find the resources we needed at a critical time; their webpage alone has been a huge reference on a regular basis; and we know they are there if we need them because MitoAction is so much more than an organization, but actual people," said Abby. "We are very grateful for that!"

For more information, email [walk@mitoaction.org](mailto:walk@mitoaction.org) or call 888-648-6228. To register, visit [www.mitoaction.org/walk](http://www.mitoaction.org/walk).

Proceeds from the walk/5K benefit MitoAction, a Boston-based nonprofit organization dedicated to improving the quality of life for children, adults, and families living with mitochondrial disease through support, education, outreach, advocacy, and clinical research initiatives. Learn more at [www.MitoAction.org](http://www.MitoAction.org).

The event is sponsored by Stealth BioTherapeutics, Courtagen Life Sciences, Inc., ACC Apothecary, Reata, Acton Pharmacy, MitoXCell, In the Pink, Deep River Snacks, the bPositive Project, and I and Love and You.

TWEET IT: Join @MitoAction and raise awareness about mitochondrial disease at the #MitoEnergyWalk on Sept. 12.