



THAT DARN TIC



TEAM TSA
One Lap Closer to a Cure

A NEWSLETTER BY AND FOR KIDS WITH TS

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TEAM TSA Special Edition



Dylan (9 years old)
Georgia

Westchester Marathon September 2007

My name is Dylan. I have TS and my tics bother me a little at times. We found out that I had TS when I was in first grade when I couldn't stop blinking my eyes. At first, I was afraid to tell people because

I was afraid they would laugh at me. I want to be a hockey player in the NHL when I am older. Hockey is my favorite sport and Center is my favorite position.

But I want to help other kids who have TS because now I don't mind answering questions about it. A good thing to do to help people learn about TS is to ask your teacher if you can bring in some books about TS and tell the class about it. I told my class that I realized that they saw my body twitch and do different things or heard me making noises but I couldn't control it, and I hoped it didn't disturb them. I said it is ok to be different. I know that other people have TS and hope that they will stand up to their class and tell them, too. I know it might be scary to go up there your first time, but it is ok because really, they already know.

Someday, I hope they find a cure for TS so other boys and girls like me don't have to deal with the tics. Our family has done lots of fun stuff with TSA. My sister, Sydney and I were in a triathlon in Atlanta called, "Tri for Tourette's." We got to swim, run and ride our bikes with 100 other kids to raise money for TSA and hopefully they will find a cure.

My mom was in the Westchester Marathon in New York and she raised a lot of money to help TSA find a cure. But she said it is important that people know and learn about TS so they can help, too.

I went with her to New York and ran in the Kids Fun Run that day and I got two medals. It was so much fun, but the best part was that I learned that a lot of people are just like me!



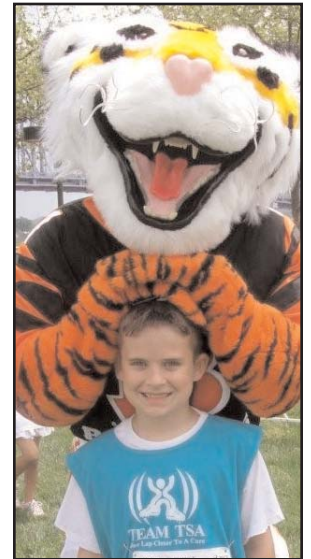
Tanner (8 years old)
Ohio

Cincinnati Flying Pig Marathon May 2007

Hi! My name is Tanner and I am 8 years old. I was diagnosed with Tourette Syndrome in December of 2006. I ran in the Cincinnati Flying Pig Marathon for Team TSA on May 5. We ran along the Ohio River. It was awesome! I even got my picture taken with the Cincinnati Bengal mascot. Next year I plan on running five miles for Team TSA. I hope one day there will be a cure for TS.

I enjoy reading about the Titanic and drawing. I play soccer, baseball, electric guitar and keyboard. I also like skating with my Heelys and acting. I just finished acting in a play. It was fun.

Tics make me feel like I am going crazy. I blink my eyes a lot, and do this weird thing with my mouth and my nose. I also have a breathing tic and a strange tic in my neck that makes it feel like it's cracking. Sometimes I wish I could be around other kids like me who have Tourette's. I hope I don't have TS one day. When I played baseball the other day I could not even swing my bat to hit the ball because my eyes kept blinking. It was even hard to catch the ball. I like to do a lot of activities, but TS makes it hard for me to stay with them. Sometimes I just want to quit all of them because I get so frustrated.



Josh (13 years old)
Florida

TSA 5K Marathon Walt Disney World, January 2007

Dear fellow Tourette Syndrome peers. My name is Josh I am 13 years old and have a mom, a dad and a 6-year-old brother. I enjoy a variety of sports such as soccer, basketball, volleyball, golf, baseball and football.

I recently participated in a 5K marathon for TEAM TSA. Unfortunately, I was unable to actually run in the race due a broken bone I had in my toe. So, my dad pushed me in a wheelchair throughout the entire marathon. He sure got a



workout from pushing my 98 pound body 3.2 miles!

I felt it was important for me to participate in this event because first of all, I have TS, and second of all, I wanted to experience something like this. Now that I have done it, I can say that it was a very amazing thing to be a part of.

And also the fact that I have Tourette's makes it

all mean just so much more.

If I could rate the event on a scale of 1 to 10, I would give it an 11. It would definitely be one of my top recommendations to someone. To me I view this whole thing as a blessing and an accomplishment to all people who struggle with TS and who are a part of TSA.

My one reason I think it is such an accomplishment is because all the money that was raised, which is the greatest thing, means that researchers who try and find a cure for TS are now one step closer.



Evan (12 years old)
California

**Long Beach Marathon
October 2007**

My name is Evan and I ran the Long Beach Half Marathon. I like to run to clear my mind and relax. When I run I can't feel tics telling me what to do. It took me 12 weeks of training in order to be well-trained enough to run in the Long Beach Half Marathon. I finished the race in 2 hours and 20 minutes. Running is basically the most favorite thing I like to do.



Team TSA Special Edition

Sage (9 years old)
New York

New York City Bike Tour, May 2007

Hi! My name is Sage. I am 9 years old. I have TS, OCD and ADHD. I joined Team TSA for the New York City Bike Tour on May 6. I love to bike ride and the bike tour was a lot of fun! My favorite part of the tour was going downhill in Central Park and going over the 59th Street Bridge. My Mom and I did 30 of the 42 miles. Next year we will do all 42 miles! I told my class all about the bike tour and that I did it on behalf of TSA. We talked a little bit about Tourette Syndrome. Some friends thought I was brave for going over the bridges. I can't wait to do it again next year!



Luke (11 years old)
Illinois

TSA 5K Marathon Walt Disney World, January 2007

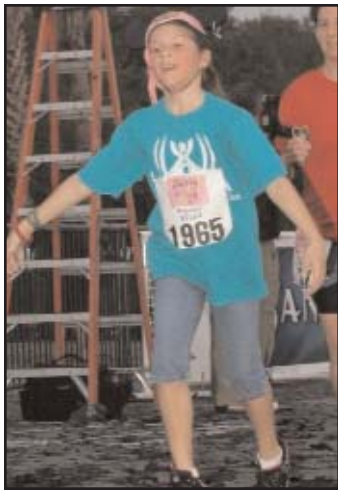
I felt very good about participating in Team TSA Disney World in January of 2007. I met a lot of new people who know exactly what I am going through. We could talk about it and they knew exactly what I meant when I was describing things about Tourette's that are usually confusing to other people. It is very comforting to know that when you are in a bad situation someone else you might not even know is feeling what you are feeling at the same time so they could help you more than others that try, but don't really know what to do. The kids who do know can give you their own methods that they use to get through the hard times. I had a great time at Team TSA Disney World. Walking through MGM Studios and seeing the characters was great! The people were friendly and it was a fun day! I hope to see them again soon!



Kelsie (9 years old)
North Carolina

TSA 5K Marathon Walt Disney World, January 2007

Hi, I am Kelsie. I am 9 years old and have TS, ADD and OCD. I was 4 years old when I starting ticcing. I was not diagnosed until I was 8, mainly because we were not aware of TS. I ran for Team TSA in the Disney Marathon in January 2007. My family and I decided to participate because we wanted to help spread awareness about TS and to support the TSA. I want to make a difference for others with Tourette's like me. We sent out letters and



This is me crossing the finish line

brochures to almost 100 people. To us it wasn't about the money; it was spreading awareness and helping others to understand what TS is and is not. We raised almost \$8,000, way above our goal. We made the marathon a family vacation and it was a great time to have my family come together and enjoy the event at Disney along with all the memories that we will always share. For me, running in this event was an exciting time in my life.

To run across the finish line was such a great feeling inside.

I helped to make a difference! One of the best parts of this experience was that I was able to meet Will. He was in the HBO documentary, "I Have Tourette's but Tourette's Doesn't Have Me." It was nice to meet all the people who have TS like me. I am already looking forward to next year's event at Disney. For anyone considering running in a marathon, this is the one to be in. Team TSA is a great bunch of people that you would enjoy working with. My brother and I love Disney World and Team TSA is a great way to get our family together to have a blast and make a difference at the same time. I hope to meet new people next year!



John (12 years old)
Ohio

Cincinnati Flying Pig Marathon, May 2007

I was very excited to get to be in the Cincinnati Flying Pig 5K race to raise money for Tourette Syndrome research. I was supposed to walk the course with my mom. Unfortunately, I injured my knee playing baseball about two weeks before the race. I had to have my knee x-rayed and have an MRI done. I ended up wearing a brace on my leg that didn't let me bend my knee. My doctor said that I couldn't walk in the race.

My mom thought that since so many generous people gave us donations, I should still participate. The Sackett family, from my baseball team, allowed us to borrow a very nice wheelchair.

We drove to downtown Cincinnati early on Saturday to get set up for the race. When I saw other people in wheelchairs, I was relieved that I wasn't the only one. The others were in a group called, "Hope and Possibilities." They all had different disabilities. It made me appreciate knowing that I would be able to walk the course next year. I felt sad that they would stay in wheelchairs but glad that they were participating, too.

My mom and I finished the race in 48 minutes. It was a lot of fun. At the end of the race, my mom was running and pushing me in the wheelchair! We want to do it again next year. We hope that the money we raised for TS research will help find a cure.



Ryan (9 years old)
Virginia

Marine Corps Marathon October 2007

On October 28, I ran in a 10K in the Marine Corps Marathon in Washington, D.C. for Team TSA. I raised about \$1,000.

A 10K is 6.2 miles long. People of all ages run in 10Ks. I ran it in 1:10:03 (1 hour, 10 minutes, and 3 seconds). Some people ran it in less than 40 minutes! It was pretty hard for me.



I had a hard time training. I started training about two months before the race. I jogged about two to three miles each time. I usually walked some of it. I trained on Tuesdays, Thursdays and Saturdays.

I would like for there to be a cure for TS so people can get better. I will do this again next year. I hope you will, too!



Katherine (10 years old)
Massachusetts

**Marine Corps
Marathon, October
2007**

My cousin, Patrick, was diagnosed with Tourette Syndrome last year, that is why we ran the race. We had so much fun running the race together. My favorite part

was seeing all the people who are cheering for everybody and meeting a lot more people who were running for Team TSA. I am so happy that just by running one mile it helped a lot of people with Tourette's. I think that it is great that they have a race for TS and I will definitely enter next year.



Isabel (9 years old)
California

Long Beach Marathon, October 2007

My name is Isabel and I was diagnosed with TS when I was 6 years old. This was the first time that my family and I participated in a 5K marathon. Even though I did not run

the 5K, I ran the one mile kids' race and placed second out of all the girls who ran it. I was so happy and excited that so many family members, friends and even my teachers participated. They helped me raise over \$4,800 for Team TSA.

This was really special to me and I hope one day they can find a cure for Tourette's. This was also the first time I'd been with other kids and families who have Tourette's. Everyone was really nice. I had such a good time that next year I want to run the 5K for TEAM TSA.



We are working on another special issue of "That Darn Tic," featuring stories from kids who have participated in a TEAM TSA event.

Send your stories and photos to:

TSA

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Today!**