



What is Wiedemann-Steiner Syndrome? Wiedemann-Steiner syndrome is a rare genetic disorder resulting from mutations in the MLL (aka KMT2A) gene on the long arm of chromosome 11. The syndrome, originally described in 1989 through recognition of similar features, was not officially verified until 2012 through whole exome sequencing. There are currently about 2,500 people that have been diagnosed with WSS worldwide. WSS is often related to global developmental delays, sleeping difficulties, feeding and digestion complexities, atypical facial features, short/petite stature, hypotonia, dental issues, hairy elbows, long eyelashes, etc. Those affected by WSS endure hours of physical, speech, behavioral, occupational, and music therapies and academic supports every week. In their first few years of life, WSS children experience far more medical procedures and surgeries than most of the population will experience in a lifetime.

What is the Wiedemann-Steiner Syndrome Foundation? The Wiedemann-Steiner Syndrome (WSS) Foundation was founded in 2016 with a mission to provide education, foster community, and stimulate research to improve the lives of all those impacted by WSS. www.WSSFoundation.org Tax ID 81-1260031

What will the money raised be applied towards? With the help of donors like yourselves, the Foundation has just awarded four, \$90,000 grants, one for a natural history study completed by Dr. Rowena Ng and Dr. Jacqueline Harris of Kennedy Krieger and three for cell-line development to Igor Ulitsky of the Weisman Institute for Science, Dr. Jimena Andersen at Emory and Dr. Arboleda at UCLA. Each of these projects will take place over the next two years and are crucial building blocks towards learning more about WSS and developing treatments for those with WSS. Additionally, we will be partnering with Dr. Hans Bjornsson for further research on the mouse model he formerly created with the help of Dr. Tinna Reynisdottir and JAX Labs proving that WSS is treatable post-natally. The Foundation is thrilled to have increased interest in WSS by key researchers and thus more awareness which ultimately benefits our entire WSS community. We are at a pivotal time in the Foundation's advancement and our donors are a key role in its momentum. While research is a huge component of the Foundation's efforts, especially financially, the Foundation is also continually working to support and educate those impacted by WSS. The WSS Foundation will continue to support our WSS community in 2026 with its speaker's series program, onboarding program where newly diagnosed families are provided direction on next steps to take and connected with valuable resources, newly designed and launched website, quarterly newsletter, opportunities to gather and 2026 International Family Conference in October.

Why should you and your child participate in the WSS Foundation Kids Triathlon? The WSS Foundation Kids Quadrathlon is a perfect mix of fun, exercise, and promotion of inclusiveness. Your child's participation in the event and seeking out sponsorships recognizing their accomplishments on May 5th will not only be self-rewarding, but will provide a sense of community involvement while helping a tremendous cause.

Sponsorship Opportunities We would be honored if you or your business would consider a sponsorship opportunity for this event. Sponsorships are available from the \$150 level to the \$7,500 level. Those sponsoring a minimum of \$500 will have their logo printed on the back of the t-shirts and will be able to hang a banner (if you don't have a banner, one will be made up for you). Those sponsoring less than \$500 will have their name listed on the back of the t-shirt. Sponsorship commitments are requested by Wednesday, April 17th. See sponsorship form for more information.

Volunteer on the Day of the Triathlon This event would not be possible without volunteers. We utilize about 75 volunteers on the day of the event. If you would like to help, there will be a volunteer interest section on the registration form.

Questions? Contact Libby Woolford 916-502-2120 or libby@wssfoundation.org



What: A Kids Quadrathlon- Swim, Circuit Course, Bike, and Run

When: Sunday, May 31st, 2026

Time: 7:30-8:00 AM- Same Day Registration 7:30-8:30 AM- Check-In Table and Transition Area are Open for Set-Up

8:40 AM- All Participants and Spectators Gather Poolside for Welcome Ceremony and Start of Race

**First Heat will be 13-18 Year Olds (younger age divisions to follow)*

Where: Sutter Lawn Tennis Club-3951 N Street, Sacramento, CA 95816 and the Surrounding Neighborhood

Who Can Participate: Any child 4-18 years old is invited to participate. Children should be able to ride a bike and complete the swim distance for their age division. Every child, regardless of finish place or time, will be treated like a winner!

Distances

Age Division	Swim *	Circuit Training	Bike	Run
13-18 Year Olds	200 Yards	15 Minutes	4 Miles	1 Mile
11-12 Year Olds	150 Yards	15 Minutes	3 Miles	$\frac{3}{4}$ of a Mile
9-10 Year Olds	100 Yards	15 Minutes	2 Miles	$\frac{1}{2}$ of a Mile
7-8 Year Olds	50 Yards	10 Minutes	1 Mile	$\frac{1}{2}$ of a Mile
4-6 Year Olds	25 Yards	10 Minutes	1 Mile	$\frac{1}{4}$ of a Mile

What does my child need to bring in order to participate?:

Swimsuit

Goggles

Swim Cap

Towel

Athletic Shoes and Socks

Shirt and Shorts

Bike

Bike Helmet (NO EXCEPTIONS)

Sunscreen

**Accommodations can be made for the swim portion. Kickboards will be available. Life jackets or any other floatation devices, if needed, must be furnished by the participant.*

How a Quadrathlon Works

The WSS Foundation Kids Quadrathlon will be held in the traditional triathlon format of swim bike, and run with an added twist, a circuit training course between the swim and bike. Children will complete each sport in that order. Age-based waves (heats) will determine the starting time for your child.

Upon arrival at the race site, participants need to check-in first. When checking in, your child will be "bodymarked" (a triathlon tradition of writing each participant's race number on his/her/their arms and legs) with their race number, division, and heat and given a tag with their number on it to tie to their bike. Next, your child will deliver their bike to the transition area and leave their helmet on their handlebars. Your child find their bag (labeled with their race number) hanging on the tennis court fence to put their towel, goggles, swim cap, socks, shoes and clothes in. They will bring that to the pool.

The first event will be the swim. After completing the swim, your child will dry off, get dressed, and their bag will be returned to the tennis court fence by a volunteer. They'll enter the circuit course from behind the tennis courts. Once completed, they'll head out to where their bike is parked on M Street. They'll put on their helmet, hop on their bike, and head out on the bike course down M Street. After your child finishes the bike leg, they'll walk their bike back to the transition area and park their bike. Then, they will take off on the run course. The race finishes when your child crosses the finish line. Plenty of volunteers will be available throughout the course to assist your child with tying shoes, etc.

****Please note that parents and siblings are not allowed in the transition area at any time, including before the race, during the event, or after their child has completed the race. The only exception is for kids in the 6 and Under division; one parent is allowed to assist with shoe tying, putting on their helmet, mounting/dismounting, etc.*



Parking and Directions

Sutter Lawn Tennis Club is located at 3951 N Street, Sacramento, CA 95816. The club is situated between N and M Streets and 39th and 40th Streets. N Street will be used as the transition area and the alley will be used as part of the bike and running courses; thus parking will not be available for participants and spectators. M St between 39th and 48th Streets will be used for the race course, so parking will not be available on M Street either. Street parking will be available on streets running perpendicular to M Street (i.e. 38th, 39th, 40th, and 41st Streets). Participants and spectators are encouraged to walk to the triathlon if possible.

Course Map

Swim: Sutter Lawn Pool

25 yard pool: 1 lap for 5-6 year olds, 2 laps for 7-8 year olds, 4 laps for 9-10 year olds, 6 laps for 11-12 year olds, and 8 laps for 13-18 year olds

Circuit Training: Sutter Lawn Back Tennis Courts

Bike: Sutter Lawn Alley at N Street to 48th and M Streets and back to the Sutter Lawn Alley

1 mile loop (counter clockwise): 1 loop for 5-6 year olds and 7-8 year olds, 2 loops for 9-10 year olds, 3 loops for 11-12 year olds, and 4 loops for 13-18 year olds

Run: Sutter Lawn Alley at N Street to 39th and M Streets to 39th and N Streets back to the Sutter Lawn Alley

.25 mile loop: 1 loop for 5-6 year olds, 2 loops for 7-8 year olds and 9-10 year olds, 3 loops for 11-12 year olds and 4 loops for 13-18 year olds

