



# Spinal CSF Leak Foundation

## **duradash<sup>®</sup>**

### **May 25–June 7, 2025**

**duradash<sup>®</sup>** is a two-week community event from **May 25–June 7, 2025**, sponsored by the Spinal CSF Leak Foundation. During these 14 days, we're encouraging participants to aim to accomplish a total of 150 minutes of any activity, to be done at any time over the course of those two weeks. Our goal is to have 100 people participate, for a grand total of 15,000 collective minutes by the end of duradash<sup>®</sup>, all to raise awareness and support research into intracranial hypotension and spinal CSF leak.

### **WHAT IS SPINAL CSF LEAK?**

Cerebrospinal fluid (CSF) is a special fluid that bathes and supports the brain and spinal cord. When the dura mater, a tough membrane that holds this special fluid in around the brain and spinal cord, has a hole, tear, or other defect, cerebrospinal fluid can leak out. Thus our tagline: because your dura matters<sup>®</sup>

### **WHY “START WHERE YOU ARE”?**

The physical activity recommendation for those with chronic health conditions or disability is to aim for at least **150 minutes a week** of movement or exercise. But that isn't always possible. For many people living with spinal CSF leak, being upright is a challenge, due to pain and neurological symptoms. That's why the theme for duradash<sup>®</sup> is to **start where you are** and do the amount and type of activity that is appropriate for you.

### **WHAT KIND OF MOVEMENT OR ACTIVITY COUNTS?**

Any movement or activity that you enjoy and **that is appropriate for your current state of health counts** towards your duradash<sup>®</sup> goal. That could include:

- |            |          |                 |                    |
|------------|----------|-----------------|--------------------|
| Meditation | Standing | Being in a pool | Journaling         |
| Relaxation | Tai Chi  | Cooking         | Reading            |
| Self-care  | Walking  | Knitting        | Listening to music |
| Gardening  | Biking   | Painting        | Bird-watching      |
| Sitting    | Hiking   | Drawing         |                    |

And of course any other kind of “everyday life” activity you might do in the course of a day!

## WHAT WILL MY CAMPAIGN SUPPORT?

The money raised by your campaign will support the Spinal CSF Leak Foundation's mission and research goals. Your campaign will help us:

- Award more research grants and launch our international patient registry to advance the understanding and treatment of spinal CSF leak.
- Raise awareness among medical professionals by educating physicians and others about intracranial hypotension and spinal CSF leak.
- Connect and strengthen our online patient community.

## HOW CAN I PARTICIPATE IN DURADASH<sup>®</sup> 2025?

### HOW TO CREATE YOUR OWN FUNDRAISING PAGE ON QGIV:

If you've used Qgiv for a fundraiser before, you can log in with your existing account during the step-by-step flow below. If not, follow the steps below to get started, and you will be prompted to create an account during duradash<sup>®</sup> registration.

- **Step 1:** Visit <https://secure.qgiv.com/event/duradash2025/> and click the white button that says "Register Now".
- **Step 2:** Choose to register as an individual or as part of a team. If you opt to join or create a team, a pop-up will appear allowing you to search for an existing team or start a new one. If you create a team, you'll automatically be designated as the team captain.
- **Step 3:** Enter your personal fundraising goal. If you're on a team, it will count toward the team's total.
- **Step 4:** Fill in your personal details. Signing up more than one person? Click 'Add Another Participant' to do so.
- **Step 5:** Click "Complete Registration" to finish. If it's your first time using Qgiv, you'll be prompted to create a password to access your fundraising dashboard later.
- **Step 6:** The Welcome Quest walks you through the main features of your Fundraising Dashboard. Click "Get Started" in the prompt at the top of the page, or expand the bar at the bottom of the screen to begin. You'll earn a badge when you complete the Welcome Quest.

### OTHER FUNDRAISING OPTIONS

- For other fundraising options, please see our main donation page at [spinalcsfleak.org/donate](https://spinalcsfleak.org/donate).