By Linda Chase
Florida Jewish Journal

Noah Forman, 15, is raising awareness of Chiari Malformation and Syringomyelia by helping to organize the Chiari Awareness 5k Run - 1mi Fun Run - 1mi Walk. The fundraiser will benefit the Bobby Jones Chiari & Syringomyelia Foundation. The event will take place at South County Regional Park in Boca Raton on Sept. 18, 2022 beginning at 7:30 a.m. Noah recently chatted with the Florida Jewish Journal.

**Linda:** Who is the greatest inspiration in your life and why?

**Noah:** My greatest inspiration is my mother. She has stood by me through the ups and downs of life. She has a great moral compass and a positive attitude. She gives herself entirely to her children. She respects all people. In short, she is my best friend.

**Linda:** Do you have other hobbies/interests besides running?

**Noah:** Other than running, I enjoy training as a third-degree Kukkiwon certified black belt in Taekwondo. I also love flag football, basketball, reffing travel soccer, photography, digital media, waterskiing/slaloming, and working as a summer camp counselor. I enjoy watching college sports, especially Michigan State football and basketball.

**Linda:** What did you do as a bar mitzvah project?

**Noah:** Due to COVID-19, my bar mitzvah has been postponed. My two siblings and I had plans to be B’nai mitzvah together in the summer of 2020. We did carry out our mitzvah project however by hand-making blankets for...
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Chiari
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Linda: Does Judaism play a major role
in your life?
Noah: The teachings of Judaism have
played a major role in my life and who I
have become. I attended a Jewish preschool,
Jewish day school, and a Jewish summer
camp. Through these experiences, Judaism
has taught me some fundamental values of
life including respect (Kavod), responsibility
(achrayut), caring (chesed), community (kehilah),
and kindness (sever panim yafot).
Linda: What are the benefits of running
for you personally? Does it release stress,
etc?
Noah: I enjoy running because it is a great
stress reliever. I love being outside and seeing
many different terrains. I like to push myself to
distances I never thought I could accomplish,
like running a half marathon at age 14. I enjoy
the math components of running including
figuring out my mile splits based on timing and
fatigue influences.
Linda: How many times a week do you
run?
Noah: In season, I run 8 times a week!
More than once a day. Out of season, I try to
run 4-6 times per week depending on other
cross-training workouts that I perform. I like
to add weightlifting, speed, and agility training
to my off-season.
Linda: How did being diagnosed with
Chiari Malformation and Syringomyelia
change your life?
Noah: Being diagnosed with Chiari malfor-
mation and Syringomyelia dramatically
changed my life. At the time of diagnosis, I
was twelve years old and actively involved in
contact sports. I was a three-time world cham-
pion MMA sparring champion and involved
with wrestling and jiu-jitsu as well. I had to
remove myself from contact sports and be
more conservative with my actions. At that
point, I discovered running.
Linda: Why did you decide to create your
upcoming 5k fundraiser? Do you plan to
create other events and projects that raise
awareness of Chiari Malformation and
Syringomyelia?
Noah: After I was removed from contact
sports and found my love for running, I began
running multiple 5k races. I have traveled to
a few states, even running 5k races, as well as
half marathons. I love the 5k distance, however.
After one 5k race, I decided that I wanted to
organize my own 5k fundraiser event. I part-
nered with the Bobby Jones Chiari Founda-
tion which hosts 1 mile walks throughout the
country through their unite@night events.
The director of unite@night, Cathy Poznik,
agreed to allow me to chairperson and direct
a 5k run as well as host a 1 mile walk in Boca
Raton.
We will be the only 5k run in the country
benefiting Chiari and Syringomyelia. I will
also be speaking at the upcoming unite@
thehill next June to lobby Congress on behalf
of Chiari patients countrywide. I hope to
participate in many Chiari related events
throughout the country as a chairperson and
speaker in the future.
Linda: Why is it important for you to give
back to the community?
Noah: I attended a Jewish preschool from
the age of 2 through 5. We had tzedakah every
week. I would bring in my loose change at a
very young age and felt so powerful when I
placed it in the box. I believe, as Jewish people,
we are compelled to be givers and participate
in charitable causes and give to those less fortu-
nate. I believe that by showing kindness, as the
Torah teaches, maybe we can all work together
and heal the world.

Linda: Is your family involved in your 5k
fundraiser?
Noah: My family has been very helpful and
supportive with the 5k fundraiser. I like to
bounce ideas off my parents, and obviously,
they are helpful with driving me to and from
events since I am only 15.
Linda: Do you and your family work
together on other community projects?
My grandmother has instilled in all of us the
importance of giving back to the community.
She is always involved in multiple volunteer
projects and has taken me along with her since
I was young. My mother has carried on with
that tradition and I have been with her in nurs-
ing homes and dementia facilities, volunteer-
ing since I was seven years old. I have learned
from a young age the importance of giving back
to the community.
Linda: What are your dreams and aspira-
ations?
Noah: My long-term dream is to run for
President of the United States. In the near
future, I hope to graduate high school with
honors, then attend a great college and I plan
to receive my JD in law and master of Business.
Linda: What are you most grateful for
in your life?
Noah: I am most grateful for an amazing
support team in my family. From my grand-
parents to my extended family members, to my
parents, and siblings, I am surrounded by love.
My personal community will help me achieve
my goals as they always have my best interest
at heart. For that, I am eternally grateful.
Linda: It was a pleasure speaking with
you, Noah. I’m wishing you all the best with
your fundraiser and future endeavors.

Bobby Jones CSF Mission:
To advance knowledge through research
and to educate the medical, allied sciences and
lay community about Chiari malformation,
Syringomyelia and related disorders.

The Chiari Awareness 5k Run - 1mi Fun Run
- 1mi Walk benefiting the Bobby Jones Chiari
& Syringomyelia Foundation, takes place at
South County Regional Park (MaryLou Berger
Pavilion Sunset Cove Amphitheater, 20405
Amphitheater Circle) in Boca Raton on Sept.
18, 2022 beginning at 7:30 a.m.

For more information:
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