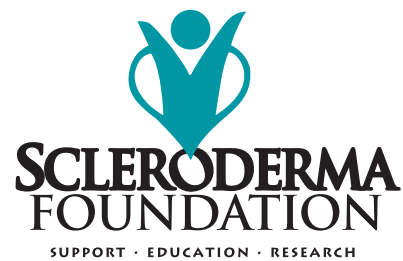


Directions

The 1 mile and 3 mile walks start and end at the Schrock Pavillion. Shanklin Park is located on Plymouth Avenue, just west of State Road 15/Main Street, just south of downtown Goshen, IN. For more information, visit www.ci.goshen.in.us

What is Scleroderma?

Scleroderma is a chronic, often progressive, autoimmune disease like rheumatoid arthritis, lupus and multiple sclerosis - in which the body's immune system attacks its own tissues. The disease, which literally means "hard skin" can cause thickening and tightening of the skin, as well as serious damage to internal organs including the lungs, heart, kidneys, esophagus, and gastrointestinal tract. For some individuals, scleroderma is a nuisance - for others it is a life-threatening disease. An estimated 300,000 persons in the United States have scleroderma. Approximately four times more women than men develop the disease. The exact cause or causes of scleroderma are unknown, and although medications can sometimes help, there is no cure yet.



www.scleroderma.org

We wish to thank the following sponsors for their generosity!

Local Sponsors



Rieth Riley



www.graphietees.com

Screen Printing and Embroidery

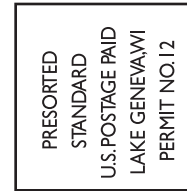
Graphie-Tees



Knollwood Country Club

Our sincere thanks to our walk committee:

Peter, Andrea & Steve, John & Lynn
Don & Marj, John & Sarah,
John & Charlotte, John & Denise
Terry & Leandra



Northern Indiana's Third Annual

Stepping Out



TO CURE SCLERODERMA

1 and 3 Mile Walk

Sunday, June 14, 2009

Shanklin Park, Schrock Pavilion
411 W. Plymouth Ave.
Goshen, IN 46526

Information Form

First Name: _____

Last Name: _____

Street Address: _____

City: _____

State: _____ Zip Code: _____

Daytime Phone: _____

E-mail: _____

Employer: _____

Adult shirt size: S M L XL XXL

Child shirt size: S M L

I am a scleroderma patient: Yes No

WAIVER: In consideration of being permitted to participate in the "Stepping Out to Cure" Walk, I hereby, for myself, my heirs and personal representatives, assume any and all risks which might be associated with this event. I further waive, release, discharge and covenant not to sue the Scleroderma Foundation, any chapter, support groups, officers, employees, sponsors, organizers, volunteers, or other representatives or their successors and assigns, for any and all injuries of damages of any kind whatsoever suffered as a result of taking part in the event and any related activities. I further agree to the use of any photo, film or videotape of the event for any purpose the Scleroderma Foundation shall determine in its discretion. I affirm that I have read and will abide by the terms set forth in the "Stepping Out to Cure" waiver; and I affirm that the information I have given on this form is true, complete and correct.

Signature: _____

(Parent must sign if under 18 years of age.)

Fill out this form and mail it with your donation

(\$10 per walker; children under 12, free) to:

Scleroderma Foundation
203 N. Wabash St. #2219
Chicago, IL. 60601

By **June 7, 2009**, or sign-up in person at the event, with \$20 in pledges.

For more information call 312-660-1131 or Janine Capon at 574-536-8274.

Walk Information

The "Stepping Out to Cure" Walk starts and ends in Shanklin Park, Schrock Pavillion, 411 W. Plymouth Ave, Goshen, IN 46526. ADA accessible restrooms, kitchen, playground, public pool, beautiful hiking trails along the Elkhart River. Choose between a one mile or three mile walk. Children under 12 walk free! Dogs on 6ft leash are welcome.

Schedule

Sign-Up: 8:30 to 10:00 AM on June 14, 2009
\$20 minimum in sponsor pledges the day of the walk. Tee Shirts for walkers. Food and Drink during sign-up, lunch following the walk.
Door prizes, silent auction items.

Walk: 10:00 AM - Staggered start
Choose between a 1 mile and 3 mile walk.

Highlights

Shanklin Park is located in Goshen, the County Seat of Elkhart County. The Maple City Greenway provides a network of trails in and around the park. Canoe rentals, community pool, softball and basketball courts are some of the amenities. Tommy's Kid's Castle is near the Schrock Pavillion.

Sign-Up

Online:

Sign-up online at <http://www.scleroderma.org> (click on walk link), or visit www.scleroderma.org/chapter/illinois.

By Mail:

Mail your completed form and pledge (\$10 per walker) to:

Scleroderma Foundation of Greater Chicago Chapter
203 N. Wabash St. #2219
Chicago, IL. 60601

(Make checks payable to SFGC.)

Children under 12 walk free.

Walk Day:

Sign-up in-person on the morning of the walk with a completed information form and \$20 in pledges and any other donations with you.

Sponsor Pledge Sheet:

Name: _____

Phone Number: _____

Address: _____

Email: _____

City: _____

State: _____ Zip Code: _____

	Name	Address	City	State	Zip	\$ Pledged
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						

If more space is needed to list sponsor pledges, please photocopy and attach additional sheets.

Total: _____

Thanks for Caring!