

Scleroderma

It's More Than Skin Deep

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.

Scleroderma primarily strikes women in their childbearing years. While it occurs almost four times more often in women than in men, children and the elderly may also be affected. The disease is not contagious, hereditary or cancerous, but its symptoms can vary from mild to life-threatening and from individual to individual.

The word scleroderma is derived from the Greek (sclero/hard, derma/skin). The disease can cause thickening or tightening of the skin, as well as serious damage to internal organs, including the lungs, heart, kidneys, esophagus and gastrointestinal tract.

Symptoms may include: extreme sensitivity to cold; gastrointestinal problems; muscle and joint pain; difficulty breathing; hand contractures; and facial changes.

The Scleroderma Foundation, New England Chapter, (SFNE) helps individuals and their families cope with the disease. A major part of the Chapter's mission is to raise funds for scleroderma research, because its cause is not known, and, presently, there is no cure.

Your Help Is Needed

SFNE is a 501 (c) (3) non-profit organization, and, as such, all contributions are tax deductible to the fullest extent allowed by law. It is entirely dependent on the success of its events, such as this walk, and contributions from the public to fund its mission.

For more information on scleroderma, along with ways to help fund the research seeking its cause and cure, please call the Chapter Office, toll free, at 1-888-525-0658.



Second Annual Vermont Walk-A-Thon

Sunday, September 7, 2008
Rain or Shine
Sign-in 10 A.M. - Walk at 11:00 A.M.

At
**Oakledge Park
Flynn Avenue
Burlington, VT**

[www.scleroderma.org/
steppingout/vermont.htm](http://www.scleroderma.org/steppingout/vermont.htm)

Proceeds from the 5K Walk
will benefit those served by the
Burlington Scleroderma Support Group and



462 Boston Street, Ste. 1-1
Topsfield, MA 01983



Tips for Lots of Walk Fun

Decide To Walk And Spread The Word

Be a walker - rain or shine - on Sunday, September 7, 2008, at Oakledge Park, Burlington, VT. Tell your family and friends...invite them to participate and raise funds too. You may walk in honor or in memory of someone, or just to have fun raising money to find the cure for a serious disease.

Walk As Part Of A Team

There is a contagious energy that comes from being on a team. When people join together for a worthy cause, they have a great time. Organize a team of friends, family, co-workers, classmates.

Ask Everyone To Sponsor You

If you don't ask, people won't give! Ask family and friends first; branching out is easy. Donations are based on the fact that you are walking and not on how far you are walking.

Collect Your Pledges Up Front

Collect as you go to cut down on the running around you would have to do after the walk. Cash is fine when

collecting before the event, but, when handing in your sponsorship form, please convert the cash to a check or money order. All checks and money orders should be made payable to SFNE (Scleroderma Foundation/New England).

Have Your Own Web Page

You may want to set up your own internet pledge page and register for the Walk through the Walk website: www.scleroderma.org/steppingout/vermont.htm There you can link to Firstgiving, which partners with the Scleroderma Foundation, and set up your own pledge page you can then e-mail to your contacts around the world.

Remind Sponsors About Matching Gifts

Many companies match their employees' contributions to non-profit organizations. Even if the company doesn't have a formal matching gifts program, they may consider matching the funds raised by individual employees and their family members with a grant from the company. Please tell SFNE how to follow-up.

Have Questions?

Need Updates?

Call SFNE toll free at 888-525-0658 or visit the Walk website at:

www.scleroderma.org/steppingout/vermont.htm

Directions to Oakledge Park, where the walk will begin:

FROM THE NORTH OR SOUTH:

From Route 89, merge onto I-189 South via Exit 13, toward US-7 – Shelburne/Burlington. After about 1.5 miles, take Exit 9 – US-7N. Keep right at the fork to go onto Shelburne Road, US-7. After about a half-mile, turn left onto Flynn Avenue.

FOLLOW THE WALK SIGNS

Registration Form

Name: _____

Address: _____

City, State, Zip: _____

Business Phone ____/____ Ext. ____

Home Phone ____/____

E-mail address: _____

Name of team or name of person walking or:

Pre-register on-line or return this form
by August 29 and get a free T-Shirt.

WAIVER: I understand that my participation in the Second Annual Vermont Walk-A-Thon is voluntary and at my own risk. Under no circumstances will the City of Burlington, the Scleroderma Foundation, the Scleroderma Foundation's New England Chapter, their staffs, Board of Directors or volunteers be responsible for any injury or damages incurred by me or my property. I agree to permit the free use of my name and picture in any broadcast, telecast or other account of this event.

Signature

Signature of Parent or Guardian
(if participant is under 18 years old)

Please return to:

Vermont Walk-A-Thon
SF/New England
462 Boston Street, Suite 1-1
Topsfield, MA 01983

National Platinum Sponsor:

