

Scleroderma

It's More Than Skin Deep

Scleroderma is a chronic, often progressive, autoimmune disease 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, scleroderma also attacks children. 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.

The Scleroderma Foundation New England (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.

The proceeds from the North Shore Walk helped make it possible for the New England Chapter to give \$150,000 to the National Scleroderma Foundation's Research Program in 2008 to help find the cause of and cure for this puzzling disease.

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 receives no government funding and is entirely dependent on contributions from the public to fund its mission.

For more information on scleroderma, and how you can support the efforts seeking its cause and cure, please call SFNE toll free at **1-888-525-0658**.

**SCLERODERMA
FOUNDATION**
NEW ENGLAND
SUPPORT * EDUCATION * RESEARCH
462 Boston Street, 1-1
Topsfield, MA 01983



Fifth Annual North Shore Walk-A-Thon

Sunday, September 13, 2009

Rain or Shine

Sign-in 10 AM - Walk at Noon

From The
Proctor School
60 Main Street
Topsfield, MA

*[www.scleroderma.org/chapter/newengland/
2009NorthShoreWalk.htm](http://www.scleroderma.org/chapter/newengland/2009NorthShoreWalk.htm)*

**Proceeds from this annual 5K walk
will benefit those served by**

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TIPS FOR LOTS OF WALK FUN

DECIDE TO WALK AND SPREAD THE WORD

Be a walker - rain or shine - on Sunday, September 13, 2009, from the Proctor School. 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 this 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 can set up your own internet pledge page and register for the Walk through the North Shore Walk website: www.scleroderma.org/chapter/newengland/2009NorthShoreWalk.htm. There you can link to Firstgiving, which partners with the Scleroderma Foundation, and set up your own pledge page to e-mail to your contacts around the world and include it in your social networks like Facebook.

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 provide SFNE with information for follow-up.

Have Questions

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Need Updates

Call Scleroderma Foundation New England toll free at 888-525-0658 or visit the Walk web site at:

www.scleroderma.org/chapter/newengland/2009NorthShoreWalk.htm

DIRECTIONS TO PROCTOR SCHOOL, WHERE THE WALK WILL BEGIN

From The North:

Take Route 95 South to Exit 53A, "Route 97 South, Topsfield." Staying on Route 97 South for about three miles brings you to the Topsfield Common. Instead of going left to stay on Route 97, go straight - this is Main Street, Topsfield. The Proctor School is just past this intersection on the right, next to the Topsfield Town Hall. Registration is at the back of the school in the Gymnasium.

From the South:

Take Route 95 North to Exit 50, follow the signs "Route 1 North, Topsfield." Stay on Route 1 for about three miles. At the set of lights take a left onto Route 97 North. In less than one mile, you will be at a Stop sign at the Topsfield Town Common. Turn left onto Main Street. The Proctor School will be on your right just past this intersection, next to the Topsfield Town Hall. Registration is at the back of the school in the Gymnasium.

Registration Form

Name: _____

Address: _____

City, State, Zip: _____

Business Phone _____ / _____ Ext. ____

Home Phone _____ / _____

E-mail address: _____

The name of the team I plan to walk with is: _____

Pre-register on-line or return this form by Sept. 4 and get a **free** T-Shirt.

T-Shirt size: ____ S ____ M ____ L ____ XL

WAIVER: I understand that my participation in the Fifth Annual North Shore Walk-A-Thon is voluntary and at my own risk. Under no circumstances will the Town of Topsfield, 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:

**North Shore Walk-A-Thon
SFNE**

**462 Boston Street, Suite 1-1
Topsfield, MA 01983**