

# 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 child-bearing 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.

## 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**.

## 2010 GOLD SPONSOR



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462 Boston Street, 1-1  
Topsfield, MA 01983



## Fourth Annual Vermont

## Walk-A-Thon

Sunday, September 19, 2010

Rain or Shine

Sign-in 10 A.M. - Walk at 11:00 A.M.

**Oakledge Park  
Lower Pavilion  
Flynn Avenue  
Burlington, VT**

*[www.scleroderma.org/chapter/  
newengland/2010VermontWalk.htm](http://www.scleroderma.org/chapter/newengland/2010VermontWalk.htm)*

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



**SCLERODERMA  
FOUNDATION**  
NEW ENGLAND

SUPPORT ★ EDUCATION ★ RESEARCH

# TIPS FOR LOTS OF WALK FUN

## DECIDE TO WALK & SPREAD THE WORD

Be a walker - rain or shine - on Sunday, September 19, 2010, at Oakledge Park. 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 can set up your own internet pledge page and register for the Walk through the Vermont Walk website: [www.scleroderma.org/chapter/newengland/2010VermontWalk.htm](http://www.scleroderma.org/chapter/newengland/2010VermontWalk.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.

## REMINDE 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 website at

[www.scleroderma.org/chapter/newengland/2010VermontWalk.htm](http://www.scleroderma.org/chapter/newengland/2010VermontWalk.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, turn right onto Shelburne Road, (US-7N). After about a half-mile, turn left onto Flynn Avenue.

RAFFLES

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## 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

September 10 and get a **free** T-Shirt.

T-Shirt size: \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL

**WAIVER:** I understand that my participation in the Fourth 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 New England, 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**

**SFNE**

**462 Boston Street, Suite 1-1**

**Topsheld, MA 01983**