



REGISTRATION FORM

Must be received BY MAY 31, 2017 to guarantee t-shirt

_____ **5K Race** \$35.00 for all ages

_____ **5K Walk** _____ **One Mile Walk**

_____ **Stepping Out in Spirit**

Adult Fee (Age 13 and up) - \$25.00

Child Fee (Age 4-12) - \$15.00

3 Years & Under – Free (\$5.00 with t-shirt)

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Fill out this form and mail with your check  
OR register online at  
[www.scleroderma.org/steppingoutthomasmills](http://www.scleroderma.org/steppingoutthomasmills)

\_\_\_\_\_  
Name

\_\_\_\_\_  
Male/Female

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Street, Number, Apartment Number

\_\_\_\_\_  
City, State, Zip Code

\_\_\_\_\_  
E-Mail Address

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Please start or renew membership in the Scleroderma  
YES NO Foundation. ( No Extra Charge)

\_\_\_\_\_  
T-Shirt Size **Adult** Small (AS); Medium (AM); Large (AL)  
Extra Large (AXL); Double Extra Large (AXXL)  
Triple Extra Large (AXXXL)

**Child's** Extra Small – Size 2-4 (CXS);  
Small – Size 4-6 (CS); Medium – Size 8-10 (CM);  
Large – Size 12-14 (CL)

**GUARANTEED T-SHIRT DEADLINE – MAY 31, 2017**

**Make your check payable to**

**SC CHAPTER – SCLERODERMA FOUNDATION**

**Mail this form to:**

**SC Chapter, Scleroderma Foundation;  
713-D East Greenville Street Box 194;  
Anderson, SC 29621**



Please join the

**SC Chapter - Scleroderma Foundation  
for the Third Stepping Out to Cure  
Scleroderma Event – Columbia**

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Thomas Mills Memorial 5K & Walk

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**Saturday, June 10, 2017 at 8:30 AM**

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**Cayce Riverwalk – Timmerman Trail
1120 Fort Congaree Trail
Cayce, South Carolina 29033**



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**\*A Professionally Timed 5K Race\***  
*Awards for Overall Male/Female and  
to 3<sup>rd</sup> Place in Each Division*

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An Untimed 5K or One Mile Walk
Step Out in Spirit – Come to Enjoy the Day!

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**\*Kids Activities & Family Fun\***  
**\*Tasty Breakfast\***



*This event is sponsored in part by an unrestricted grant  
from Actelion Pharmaceuticals US, Bayer Healthcare  
& Reata Pharmaceuticals*



**7:30 A.M. – 5K Runners Check In  
8:00 AM – All Others Check In  
8:30 AM – 5K Start  
8:45 AM – 5K & One Mile Walk Start  
10:30 AM – Awards & Prizes**

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**Fill out Registration Form and send by regular mail –  
OR**

**Register online at  
[www.scleroderma.org/steppingoutthomasmills](http://www.scleroderma.org/steppingoutthomasmills)**

**Registration must be RECEIVED BY  
MAY 31, 2017**

**to guarantee t-shirt size!!!!**

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***DIRECTIONS:*** From I-26 in Columbia, take Exit  
116 onto I-77 North toward Charlotte. Take  
Exit 2 toward Cayce/West Columbia. Take left  
onto 12<sup>th</sup> Street Extension . Turn right onto  
Fort Congaree Road – watch for balloons!

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**WAIVER**

***I understand that my participation in the Stepping  
Out to Cure Scleroderma walk is voluntary and at  
my own risk. The Scleroderma Foundation, the  
South Carolina Chapter, their staff, Board of  
Directors or volunteers will not 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.***

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**QUESTIONS? [scchapter@gmail.com](mailto:scchapter@gmail.com)**

**or call 864-617-0237**



This Third Stepping Out to Cure Scleroderma Fundraiser is in honor of the memory of Thomas James Mills, who passed away in February 2015 from complications of Scleroderma. Thomas was a kind and gentle soul, who had a big heart and did not meet a stranger. He was funny, with a brilliant personality, and his smile lit up a room. Thomas was a selfless person, who would always be there whenever anyone needed him. The times that Thomas spent with family and friends were very precious to him. He was a faithful and loving husband to his wife, Lindsay. He loved fishing and hunting, especially duck hunting. Thomas was such a bright light, and definitely left a lasting impression on every person that ever knew him. Whether you called him son, grandson, brother, husband, uncle, nephew, cousin, or friend, you were so lucky to have him in your life.

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What is Scleroderma?

Scleroderma is a chronic, progressive autoimmune disease. Scleroderma, which literally means “hard skin”, can cause thickening and tightening of skin. Even though this is the most visible thing you see, the real threat is the hardening of the connective tissue within the body. This hardening is caused by the production of too much collagen which eventually chokes the oxygen supply to the body’s tissues, causing lung failure, kidney failure, gastrointestinal tract failure and cardiac failure.

About 300,000 Americans have Scleroderma. The disease occurs three to four times more often in women than in men. There is no cure for Scleroderma, but many advances in treatment have been made because of research funded in part by community support of fundraisers such as this Stepping Out Event.

Approximately 1 in 5 Americans (50 million people) suffer from an Autoimmune Disease. While Scleroderma is considered rare compared to other chronic illnesses, it is among the leading causes of death for women below the age of 65.

The Scleroderma Foundation is the leading non-profit organization supporting Scleroderma research, with an average \$1,000,000.00 budgeted each year for research funding. Your participation today helps fund this very important budget item!

On behalf of Scleroderma patients and their families and loved ones, we thank you.



***Third Annual
Stepping Out to Cure
Scleroderma – Columbia
Thomas Mills Memorial
5K and Walk***

Saturday, June 10, 2017

8:30 AM

Runners Check In @ 7:30 AM

All Others @ 8:00 AM

**Timmerman Trail at Cayce Riverwalk
1120 Fort Congaree Road
Cayce, South Carolina 29033**

**Please join us to raise funds for Scleroderma
research and to honor the memory of
Thomas James Mills**

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**A Professionally Timed 5K Race  
5K or One Mile Walk  
Family & Kids’ Activities  
Tasty Refreshments**

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Online Registration:

www.scleroderma.org/steppingoutthomasmills

GUARANTEED T-SHIRT DEADLINE:

May 31, 2017



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Anderson, South Carolina 29621
scchapter@gmail.com



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