



REGISTRATION FORM

Must be received **BY MAY 31, 2019** 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**

**no t-shirt with free entry

Fill out this form and mail with your check

OR

Register Online: www.strictlyrunning.com

Search 6/8/19 Stepping Out to Cure Scleroderma

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)

_____ Adult Small (AS); Medium (AM); Large (AL)
T-Shirt Size 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, 2019

Make your check payable to

SC CHAPTER – SCLERODERMA FOUNDATION

Mail this form to:

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



Host Hotel:

Marriott Courtyard Cayce
1125 Fort Congaree Trail
Cayce, South Carolina 29033
803-794-7033

\$129 per night for King or 2 Queens

Mention “Thomas Mills 5K Event”

Reservation Deadline: May 17, 2019



NEW THIS YEAR!

The Thomas Mills Memorial 5K Race is part of
the Tour de Columbia Race Series!
Earn points toward year end
Tour de Columbia prizes and awards!

Refreshments provided by
PDQ Chicken, 4456 Devine Street, Columbia and
Panera Bread, 6080 Garner's Ferry Road, Columbia

5K Race Awards provided by
Lexington Rheumatology

Event T-Shirts sponsored by
BlueCross BlueShield South Carolina



This event is sponsored in part by an unrestricted grant
from Actelion, a Janssen Pharmaceutical Company
of Johnson & Johnson; Boehringer-Ingelheim; Bayer and
Reata Pharmaceuticals.



SCHEDULE

7:00 A.M. – 5K Runners Check In

7:30 AM – All Others Check In

8:00 AM – 5K Start

8:15 AM – 5K & One Mile Walk Start

9:30 AM – Awards & Prizes

10:00 AM Silent Auction Closes/Winners Announced

Fill out Registration Form and send by regular mail –
OR

Register Online: www.strictlyrunning.com

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Registration must be **RECEIVED BY**

MAY 31, 2019

to guarantee t-shirt size!!!!

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 12th Street Extension. Turn right onto
Fort Congaree Road – watch for balloons!

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.

QUESTIONS? scchapter@scleroderma.org

or call 864-617-0237



This Fifth 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.

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.



Fifth Annual Stepping Out to Cure Scleroderma – Columbia

Thomas Mills Memorial 5K and Walk

Saturday, June 8, 2018

8:00 AM

Runners Check In @ 7:00 AM

All Others @ 7:30 AM

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

**A Professionally Timed 5K Race
Part of the Tour de Columbia Race Series!**

5K or One Mile Walk

Family & Kids' Activities

Silent Auction

Refreshments provided by

PDQ Chicken & Panera Bread

5K Race Awards provided by

Lexington Rheumatology

Event T-Shirts sponsored by

BlueCross BlueShield South Carolina

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May 31, 2019



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Anderson, South Carolina 29621
(864)617-0237

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