

# MAKING TRACKS FOR CELIACS

## 5K run/walk

and

## Silent Auction

**Sunday May 23, 2010**

**Registration/Check-in begins at 8:00am, run at 9am/walk at 9:30am**

\*\*\*Gluten free food and refreshments will be served following event\*\*\*

### What is Celiac Disease?

Celiac Disease affects 1 out of every 133 Americans. It is an immune-mediated disorder that directly affects the gastrointestinal tract when gluten (wheat, rye, and barley) is ingested. Left untreated, it can lead to malabsorption, vitamin deficiencies, osteoporosis, infertility, dental enamel defects, and cancer.

**Entry Fee:** \$15 if pre-registered by May 7<sup>th</sup>, \$5 for Children under 10 (**includes a t-shirt.**)  
\$25 for same day registration and does **not guarantee a t-shirt.**

**Silent Auction:** Items valued at \$50 or more. **MUST BE PRESENT TO WIN.**  
**CASH OR CHECK ONLY.** Auction bidding will end after walk.

**Location:** Edsel and Eleanor Ford House, 1100 Lakeshore rd. Grosse Pointe Shores, 48236  
(8 1/2 mile and Lakeshore Drive, also known as Jefferson Ave)

**Awards for runners:** Trophy to overall male and female and to overall masters male and female.  
Medals to the top three places in each age group.

**Age Groups:** 14 & under, 15-19, 20-24, 25-35, 36-45, 46-55, 56-65, 66-75, 76-90

**Registration:** Online individual and team registration is preferred and is available after 1/1/10. If you want to form a team, it **MUST** be done online. Go to [www.celiacwalk.org](http://www.celiacwalk.org) (Michigan). Download a registration form for individual mail in registration at [www.tccsg.com](http://www.tccsg.com).

**Make checks payable to TCCSG and Mail to:** Suzanne Gentilia  
1685 Commerce Pines Circle  
Walled Lake, MI 48390

### **Information:**

Unable to attend: you can still give a donation online at [www.celiacwalk.org](http://www.celiacwalk.org) (Michigan) **or** send donations to TCCSG.

**\*\* Please print clearly and use separate forms for each participant\*\***  
(may use single check for multiple entries)

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5K runner\_\_\_ Walker\_\_\_ Age\_\_\_ Sex: M\_\_\_ F\_\_\_ e-mail\_\_\_\_\_

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_

T-shirt size: S M L XL XXL      Registration fee: \_\_\_\_\_ Additional Donation: \_\_\_\_\_

**DISCLAIMER:** I, the undersigned, agree to indemnify and hold harmless the Edsel and Eleanor Ford House, the Tri-County Celiac Support Group, and authorized volunteers from and against all claims, damages, losses and expenses, including attorney fees, arising out of the permitted activity or event, if fees, arising out of, if such claims 1) is attributable to personal injury, bodily injury, disease or death, or injury to, or destruction of property, including the loss of use therefrom, and 2) is not caused by the negligent act, or omission, or willful misconduct of the Edsel and Eleanor Ford house, or their employees acting within the scope of their environment. **An adult must accompany all children under the age of 12. A parent or legal guardian must sign if applicant is under 18 years of age.**

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Authorized Signature (must sign to participate) (Any questions contact Julie Ladwig at [malmk@sbcglobal.net](mailto:malmk@sbcglobal.net))