



### What is Celiac?

Celiac disease is a genetic disorder affecting children and adults. People with celiac disease are unable to eat foods that contain gluten, which is found in wheat and other grains. In people with celiac disease, gluten sets off an auto-immune reaction that causes the destruction of the villi in the small intestine. Celiac sufferers produce antibodies that attack the intestine, causing damage and illness.

### How common is celiac disease?

Nearly one out of every 133 Americans suffer from celiac disease, according to a new study by the University of Maryland Center for Celiac Research in Baltimore. The research indicates that celiac is twice as common as Crohn's disease, ulceric colitis, and cystic fibrosis combined.

### What are the long-term effects of celiac disease?

Untreated celiac disease can be life threatening. Celiacs are more likely to be afflicted with problems relating to malabsorption, including osteoporosis, tooth enamel defects, central and peripheral nervous system disease, pancreatic disease, internal hemorrhaging, organ disorders (gall bladder, liver, and spleen), and gynecological disorders. Untreated celiac disease has also been linked to an increased risk of certain types of cancer, especially intestinal lymphoma.

### Why a Walk?

The Cincinnati Celiac Support Group (CCSG) is sponsoring this walk to raise awareness and funds for research programs being conducted at the Center for Celiac Research at the University of Maryland. (CCSG: 513-533-0382)

### Special Thanks To:



**Cincinnati Celiac Support Group**  
Mail registration & checks to:  
CCSG  
PO Box 181611  
Fairfield OH, 45018

## Making Tracks for Celiacs

Sixth Annual International Fundraising Walk



## Cincinnati Celiac Support Group

May 12, 2007

Registration 8:00 AM

Walk begins 9:00 AM

**Sharon Woods Park  
Route 42 Entrance  
Sharonville, Ohio**



# Raising Awareness of Celiac Disease

## Registration

Complete the registration form on this sheet. There is a registration fee of \$15.00 per participant payable by **April 28**. All pre-registered walkers will receive a T-shirt while supplies last. Long sleeve T-shirt available \$5.00 extra per participant. **Late registration** is \$20.00.

## Form Your Own Team

Download a team leader packet from [www.cinciceliac.com](http://www.cinciceliac.com) or call 533-0382 to have a packet mailed to you. Return your Team Sign-Up sheet with your registration. Round up any number of participants for your team and raise at least \$100 in pledges on behalf of your favorite celiac. There is no minimum pledge per team member. Top two teams earn two extra raffle tickets per participant and a special prize for the celiac you sponsor. All pre-registered teams will be recognized at the walk.

## Challenge Your Team

Ask your family members, friends, neighbors, and colleagues to walk with you. If they are unable to walk, ask them to pledge a dollar amount. Bring completed pledge sheets with you to the walk or mail them in with checks payable to CCSG.

## Be a Celiac Supporter

Unable to complete the walk but want to support celiacs? You can register, get a T-shirt, and gather pledges, then spend the time cheering on walkers and visiting with other celiac supporters.

## Directions

The walk is held at Sharon Woods park, centrally located from I-75, I-71, and I-275. From I-275, take the Rte. 42 Mason/Sharonville exit. Go south to the park entrance on your left. An annual Hamilton County Park vehicle permit, or \$2 for the day, is required.

This year, the walk starts and ends at Cardinal Crest Shelter, near the Rte. 42 entrance. There is plenty of parking in the Sharon Centre lot below the shelter.

## At the Picnic Shelter

**8:00a.m. to 9:00a.m.**

Registration, T-shirt pick-up, raffle ticket sales, and pledge drop-off

**9:00a.m.**

5K Walk for Celiac  
Celiac Supporters Gathering

**11:00a.m.**

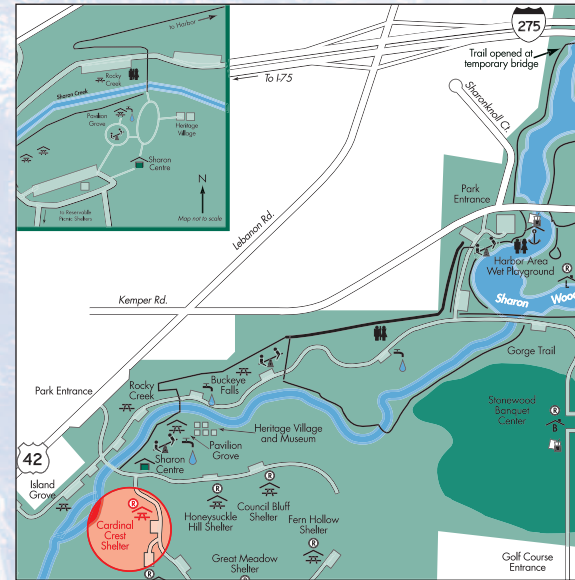
Raffle Drawing

- Gluten-free snacks and beverages
- Information table
- R.O.C.K. table (Raising Our Celiac Kids)

## The Walk Route

Enjoy a 5K (3.1 mile) walk starting at Cardinal Crest Shelter. The walk features a mostly flat route with some gently rolling hills through the woods. The route passes Sharon Centre, Heritage Village, a scenic gorge and waterfalls, and the Sharon Lake pier.

## Map



Cincinnati Celiac Support Group  
(513) 533-0382



## Registration Form

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Email: \_\_\_\_\_

Do you have celiac disease?  Yes  No

**Pre-register by April 28**

Indicate T-shirt size:

Child  Adult - M  Adult -L  Adult -XL

Long sleeve T-shirt - add \$5.00 per shirt

Include payment of \$15.00 per person

**For the safety and enjoyment of all participants, no pets permitted.**

### WAIVER

**Each participant must read & sign below**

I the undersigned agree to indemnify and hold harmless the Cincinnati Celiac Support Group (CCSG) and authorized volunteers from all cost, expenses and liability arising out of my or my child's participation in the event to benefit the Center for Celiac Research at MU. I do hereby waive all claims for damage or loss to me or my child's person or property which may be caused by any act or failure to act by the CCSG or volunteers arising directly or indirectly from my or my child's participation in this event and I hereby assume liability for any loss or damage or other liability from such event.

An adult must accompany all children. A parent or legal guardian must sign if applicant is under 18 years of age.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**Make checks payable to**

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