

# Gluten-Free Erie 2010 Celiac Awareness Walk



**Saturday, September 11th**  
Presque Isle State Park  
Shelter #2, Waterworks Pavilion area  
Across from Beach 7—Look for our signs!  
Walk-Day sign in begins at 10:00 a.m.  
Walk begins at 11 a.m. followed by lunch



**Gluten-free food and beverages!**

**Pre-registration with T-Shirt \$15—Deadline August 27<sup>th</sup>**  
**(Registration \$20 after 8/27—no guarantee of T-Shirt)**

Gluten-Free Erie, CSA Chapter 135 and its volunteers work tirelessly in educating the Erie community about Celiac Disease. We recognize the importance of accurate diagnosis and support patients and their families in understanding the disease. Your participation in this year's walk will help us continue our efforts within the community and surrounding area. We will continue to be committed to increasing public, corporate, and professional awareness of Celiac Disease and the issues involved with living gluten-free. Proceeds will support our local chapter with a portion being donated for Celiac Disease research.

## Celiac Awareness Walk Registration Form

**Waiver:** In consideration for the acceptance of my entry, I, for myself, and my heirs, executors, administrators and assignees, hereby release, discharge and hold harmless: (1) Gluten-Free Erie, CSA Chapter 135; (2) the Commonwealth of Pennsylvania; and (3) all sponsors, employees, volunteers, and individuals assisting the Celiac Awareness Walk (the "Walk") (collectively the "Releasees"), from any and all claims, causes of action, demands, damages, and liability of any nature whatsoever arising from and by reason of my participation in this event whether it results from the negligence of any of the above or from any other cause. I hereby attest and verify that I have full knowledge of the risks involved in this walk, including but not limited to falls, interactions with other participants, effects of weather, traffic, and road conditions, and that I am physically fit and capable of safely participating in the Walk. I voluntarily assume full responsibility for my participation and my medical and emergency expenses in the event of death, accident, illness or other incapacity, regardless of whether I have authorized such expenses. I authorize the Releasees to take whatever action necessary, in their best judgment, in an emergency, and I hereby release and discharge Releasees from any responsibility or liability related thereto.

**Please complete one form per participant— copies accepted.**

Name \_\_\_\_\_  
Street \_\_\_\_\_ City/State/Zip \_\_\_\_\_ Phone \_\_\_\_\_  
E-mail \_\_\_\_\_

\$15 Pre-registration fee includes T-shirt (Registration after 8/27 \$20, t-shirt not included)

Donation to CSA Gluten-Free Erie, Chapter 135 \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Make checks payable to: Gluten-Free Erie, CSA Chapter 135

**T-shirt Size--Adult: S M L XL (please circle size requested)**

Signature:

Signature of parent if under 18:

Name

Date

Parent/Guardian

Date

**Pre-registration must be postmarked by Friday, August 27<sup>th</sup>.**

Mail this completed form and registration fee to: **Cindy Christiansen, 5093 Ridgedale Dr, Erie, PA 16506**

**GLUTEN-FREE ERIE, CSA CHAPTER 135**

A 501(C)3 NON-PROFIT ORGANIZATION *GLUTENFREEERIEPA.COM*

**Make checks payable to: Gluten-Free Erie, CSA Chapter 135**

<u>Sponsor Name</u>	<u>Address</u>	<u>Amount</u>	<u>Paid</u>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

**Thank you for your support of Gluten-Free Erie, CSA Chapter 135**

**Pledged amounts are due on the day of the walk or mailed to Cindy Christiansen, 5093 Ridgedale Dr, Erie, PA 16506. Feel free to copy this form for additional sponsors.**

*Committed to making our community a better place for people living gluten-free.*