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Celiac Digest

A publication of the Southern Arizona Celiac Support Group (SACS)

online at WWW.SouthernArizonaCeliacSupport.org

Walk 2004

DISCLAIMER: This publication is intended as a general information resource for gluten-intolerant individuals. It is NOT intended for use in diagnosis, treatment, or any other medical application. Please consult your physician for professional medical advice and treatment.

Register today and walk for CD April 24

Our Third Annual Walk for Celiac Disease Research will open officially at 8 a.m. on Saturday, April 24, on the University of Arizona's mall in front of the administration building in Tucson.

If you have not registered already, please use the registration form in this newsletter to sign up now. Registration in advance is \$20, while Walk day registration is \$25. Registration covers event expenses such as the CD-Walk polo shirt with GF logo.

Some of us will be on the mall as early as 6 a.m. to set up and direct parking. **We encourage all our members and friends to arrive by 7 a.m.** so they can help too, and we all get to enjoy the festivities that will precede step-off at 8:30 a.m. sharp.

Some of the highlights of the event include "The World's Longest Gluten-Free Buffet," greetings and proclamations from dignitaries, three hours of upbeat deejay background selections, professionally-led warm-up routines, a silent-auction of amazing goods, out-

standing raffle prizes, excitement, a good walk, and friendly conversation.



Colleen Beaman, Walk chairperson, models Walk shirt. They come in men's sizes - S, M, L, and XL .

You can leave home for the Walk without breakfast because the gluten-free buffet will include coffee, pancakes, Bumble Bars, Nature's Path Crispy Bars, Pamela's Chocolate Chip cookies, Marlene's Cheese crackers, Marlene's Tea Biscuits, GF Pantry Brownies and Ginger Cookies, Edward and Sons Gummy Bears, GF Rice Krispy Treats, St. Claire's Sweet Tarts, and more.

A party environment predominates at the annual CD Walk, even though our purpose is serious. Funds raised through the event are earmarked for CD research at the University of Maryland School of Medicine, Baltimore, and SACS operating expenses. SACS is an all-volunteer, non-profit organization.

We are grateful for the incredible GF foods, auction goods, raffle prizes and cash gifts from friends, sponsors and supporters of SACS. Please patronize our sponsors and supporters.

Silent auction items include:

(Please see Bid Page 2)



Bill Eyl, CSA/USA, Inc., regional director ,speaks to SACS members. See story Page 3.

Use inserts for registration and pledges

The inserts in this newsletter bear registration and pledge forms for the Third Annual CD Walk on April 24. Please make as many copies as you think you will need.

Fill out the registration form and mail it back with your \$20 registration fee. Then fill out your portion of the pledge form and begin recording donation promises from everyone you know.

It pays to register early because registration on CD Walk day is \$25. Children less than 10 years old and dogs walk free. Registrants receive a Celiac awareness shirt and get to enjoy the "World's Long-

est Gluten-Free Buffet." The buffet will be set up near the step-off point on the University of Arizona Mall in front of the administration building. Plan to be there before 8 a.m.

SACS' leg of the Third Annual International Walk for Celiac Disease is the first in a series of CD Walks that will be taking place world-wide through May.

Registration packets also can be downloaded from our website at www.SouthernArizonaCeliacSupport.org or obtained by phoning or emailing Colleen Beaman, Walk chairperson, at 743-7979, ckbeaman@hotmail.com.