



**BUSINESS REPLY MAIL**  
 FIRST-CLASS MAIL PERMIT NO. 143 SAINT JAMES NY

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TEAM CHALLENGE  
 CROHN'S & COLITIS FOUNDATION OF AMERICA  
 1 FLOWERFIELD STE 10  
 SAINT JAMES NY 11780-9800



Name \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Email \_\_\_\_\_

- 6:00 p.m. Wednesday, February 10, 2010 – Hyatt Regency at Penn's Landing  
201 South Columbus Blvd., Philadelphia, PA 19106
- 7:00 p.m. Tuesday, February 16, 2010 – Giant, Alps Room  
(upstairs in Community Center) - 315 York Road, Willow Grove, PA 19090
- 6:30 p.m. Thursday, February 18, 2010 – Whole Foods Market  
2001 Pennsylvania Ave., Philadelphia, PA 19130
- 10:00 a.m. Saturday, February 20, 2010 – Manayunk  
3901 Main Street, B Building, Manayunk, PA 19127
- 6:00 p.m. Wednesday, February 24, 2010 – Kaiserman JCC, Family Hall  
45 Haverford Rd., Wynnewood, PA 19096

- I plan to bring a friend, too.
- I can't attend the meeting, but I do want to know more.  
Please contact me.
- I can't participate, but I want to help.  
Please accept my enclosed donation to CCFA.

## Come and Learn More at an Information Meeting

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## Honored Hero: Nicholas

Nicholas is an active 10-year-old who loves to play baseball, go camping, and spend time with his friends. But over the past four years, he has spent many weeks in the hospital undergoing painful tests and treatments for Crohn's disease.



When he was first diagnosed, Nicholas' growing was slowed and he was teased at school when his face became puffed up in reaction to steroidal treatment. As his condition got worse, his parents had to give him stomach injections. This left him far from the baseball field, friends, and so many other important parts of his life.

Despite the roller-coaster of a ride Nicholas and his family have been through, they stay optimistic that his health will improve and a cure will be found. They are working with CCFA to increase awareness of Crohn's and colitis. It is their hope that future generations of children will not face these medical difficulties, and can just enjoy being kids.



**Philadelphia/Delaware Valley Chapter**  
 367 East Street Road  
 Trevoise, PA 19053  
 (215) 396-9100

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## You Can...

- Change Lives
- Help Find Cures
- Run or Walk 13.1 Miles



## To Benefit Crohn's & Colitis Research

**Team Challenge**  
 CROHN'S & COLITIS  
 HALF MARATHON  
 TRAINING PROGRAM



**Join now! cteamchallenge.org**

## Crohn's & Colitis Impact Millions of Lives Every Year

1.4 million Americans have Crohn's disease and ulcerative colitis, two painful, seldom-discussed and often isolating digestive diseases. Thousands of children have received this life-changing diagnosis.

## Challenge Yourself, Help Find a Cure

When you join Team Challenge, you'll train for a rewarding and exciting endurance event while raising vital funds for research. These dollars will help make new treatments possible and fuel the search for cures. With your help, we can prevent Crohn's disease and ulcerative colitis from impacting future generations.

## Change Your Life: Join Our Team

- If you're a novice runner or walker, do something you never thought you could! You'll have full support straight through to the finish line.
- Experienced marathon runners and walkers can put their abilities to the test, and get energized by being part of an amazing team!
- Make new friends and great memories as you train and celebrate with others like you who care.



ccteamchallenge.org

## Give Hope for a Brighter Tomorrow

For over 40 years, the Crohn's & Colitis Foundation of America (CCFA) has paved the way to a cure by creating the first research programs dedicated to these diseases. However, there has never been a greater opportunity for progress than today. With science advancing through genetic discovery and escalating numbers of new cases, the need for funding is greater than it has ever been. Team Challenge for Crohn's disease and ulcerative colitis is helping us raise the funds needed to make these diseases history.



## Train with Team Challenge & Enjoy:

- Training by professional coaches over approximately 16 weeks at a venue near you.
- All the tools and help you need to raise your funds — you'll even get your own free web page for fundraising support.
- Resources, clinics, helpful tips on nutrition, hydration, injury prevention, and more.
- A Team Challenge t-shirt when you sign up, plus a singlet for the race.
- An expenses-paid weekend away, including transportation, accommodations, race entry fees, and entertainment when you commit to this fundraising program.

## Register Today for a Half Marathon

**BOSTON, MASSACHUSETTS: JUNE 27, 2010**

Cross the finish line at the 13.1 Half Marathon in Boston. See the sights of one of America's oldest cities as you run or walk through Boston's unique historic neighborhoods. Each event kicks off with a pasta party and concludes with a finish line bash!

## Get Involved Today!

Come to one of our Team Challenge Info Meetings. Meet a Team Challenge coach, talk to a Crohn's & Colitis Foundation staff person, and learn more about how you can bring hope and support advanced research in the battle against Crohn's disease and ulcerative colitis.

