



Dear Friends and Family,

I am about to embark on a fantastic journey and I need your help! I will complete the 13.1-mile (run or walk) at the Napa to Sonoma Wine Country half marathon on July 20, 2008, to raise funds and awareness for research leading to improved treatment options and a cure for Crohn's disease and ulcerative colitis.

Crohn's disease and ulcerative colitis are collectively known as inflammatory bowel disease (IBD). Crohn's disease is a chronic (ongoing) disorder that causes inflammation of the digestive or gastrointestinal (GI) tract. Although it can involve any area of the GI tract, it most commonly affects the small intestine and/or colon. Ulcerative colitis on the other hand, affects only the colon. The inflammation involves the entire rectum and extends up the colon in a continuous manner. Ulcerative colitis affects only the innermost lining of the colon, whereas Crohn's disease can affect the entire thickness of the bowel wall.

It is estimated that as many as 1.4 million Americans have IBD; however, many more suffer in silence due to potential embarrassment and alienation. Crohn's disease may occur in people of all ages, but it is primarily a disease of adolescents and young adults, affecting mainly those between 15 and 35. However, Crohn's disease can also occur in people who are 70 or older and in young children as well. In fact, 10 percent of those affected -- or an estimated 100,000 -- are youngsters under the age of 18. On average, people are diagnosed with ulcerative colitis in their mid-30s, although the disease can occur at any age.

Together, we can make a difference! As a member of Team Challenge, I have a coach, a training program, and teammates to support me. I have committed to a tough training schedule, and I've committed to raise \$XXXX in donations to The Crohn's and Colitis Foundation of America. I AM MOTIVATED! I AM COMMITTED!! I WILL DO IT!!! (Watch your mail for my post-event news update.)

By now I hope you agree with me about the importance of this cause. Please help support me by giving generously. Please visit my webpage at _____ to donate online or mail your donation directly to me at _____. Your contribution is 100% tax deductible. If your company matches charitable contributions, please include matching forms with your donation. Of course, your good wishes and positive vibes to sustain me in my training and your praise as I cross the finish line will also be graciously accepted.

With my sincere thanks,

Your Name

<http://www.active.com/donate/YOURURL>
www.ccteamchallenge.org

