

"A lot of people run a race to see who is fastest. I run to see who has the most guts" Steve Prefontaine

Did you know?

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.

(INSERT YOUR DONATION LETTER HERE)

16 Weeks. 600 Strong. One Mission.



Team Challenge is the Crohn's and Colitis Foundations Half Marathon Training program that raises money and awareness to find a cure! Individuals nationwide are raising money while training to run or walk 13.1 miles. Make a difference, join the fight today!



CCFA is one of only seven health charities to earn an "A" rating from the American Institute of Philanthropy. 81¢ of every dollar donated goes to our research, education and support programs. www.ccfa.org

(INSERT PICTURE HERE)

Did you know?

For reasons that are not yet clearly understood, IBD is largely a disease of the developed world, and is found principally in the U.S. and Europe.