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



Email

Evening Phone

Daytime Phone

Name

6:15 p.m. Tuesday, March 23, 2010 – Sullivan's Steakhouse
17795 North Dallas Parkway, Dallas, TX 75287

7:00 p.m. Thursday, March 11, 2010 – Aloft Hotel (Frisco)
3202 Parkwood Boulevard, Frisco TX 75034

6:30 p.m. Wednesday, March 10, 2010 – Aldredge House
5500 Swiss Avenue, Dallas TX 75214

7:00 p.m. Tuesday, March 10, 2010 – Fort Worth Central Library
500 West 3rd Street, Fort Worth, TX 76102

1600 Fairway Drive, Grapevine TX 76051

10:00 a.m. Saturday, March 6, 2010 – Cowboys Golf Club

4:15 LBJ Freeway, Dallas TX 75244

6:30 p.m. Thursday, March 4, 2010 – REI of Dallas

4:15 LBJ Freeway, Dallas TX 75244

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.

YES, I'm planning to attend the Info Meeting that I checked below.

Sign up to attend an Info Meeting, and find out what winning is really all about! Just go to www.ccteamchallenge.org, call (972) 386-0607 OR mail the reply card and we'll reserve a place for you.

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.

Honored Hero: Nicholas

Come and Learn More at an Information Meeting

- 6:30 p.m. Thursday, March 4, 2010 – REI of Dallas
4515 LBJ Freeway, Dallas TX 75244
- 10:00 a.m. Saturday, March 6, 2010 – Cowboys Golf Club
1600 Fairway Drive, Grapevine TX 76051
- 7:00 p.m. Tuesday, March 10, 2010 - Fort Worth Central Library
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17795 North Dallas Parkway, Dallas, TX 75287



North Texas Chapter
12801 North Central Expressway, Suite 270
Dallas TX 75243-1887
(972) 386-0607

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To Benefit Crohn's & Colitis Research

Team Challenge
CROHN'S & COLITIS
HALF MARATHON TRAINING PROGRAM

You Can...

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

Join now! ccteamchallenge.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 or 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

SONOMA, CALIFORNIA: JULY 18, 2010

Cross the finish line at one of the most beautiful courses in the nation. You'll enjoy walking or running through the rolling vineyards of California Wine Country. Your event weekend 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.

