



CORPORATE TEAMS

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WHO IS TEAM GLUTEN-FREE™?

Team Gluten-Free™ is an endurance sports training program. Team members participate in events such as marathons, half marathons, and 5K runs in an effort to raise money for various charities relating to Celiac Disease. Monies raised go to fund research, awareness programs and Celiac children's camp scholarships.

WHAT IS CELIAC DISEASE?

Celiac disease is a genetic disorder affecting 1 in 133 Americans. People with Celiac Disease are unable to digest gluten. If gluten is consumed, the small intestine villi are damaged, preventing the absorption of many important nutrients. Strict adherence to a gluten-free diet will allow the intestinal lining to heal, and most patients can live a normal and healthy life. However, this can be difficult task as there are many hidden sources of gluten found in the ingredients of many processed foods. Gluten is a protein found in all forms of wheat including durum, semolina, and spelt. It is also found in rye, barley and related grain hybrids such as triticale and kamut.

The long-term effect of untreated Celiac Disease can be life-threatening. Patients have a greater risk of developing other conditions including Addison's disease, autoimmune chronic active hepatitis, Alopecia Areata, Graves' disease, insulin-dependent diabetes mellitus (type 1), myasthenia gravis, scleroderma, Sjogren's syndrome, lupus, and thyroid disease. Adhering to the gluten-free diet is necessary to avoid these complications. Patients must avoid all products containing wheat, barley and rye and their derivatives.

There is not yet a pharmaceutical cure for Celiac Disease.

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TEAM BENEFITS

- Comprehensive training schedules
- Fundraising materials and ideas
- Nutrition, hydration and clothing advice
- Build corporate morale and team spirit
- Fulfillment of a personal goal while helping Celiac Disease research and awareness programs
- SUPPORT! SUPPORT! SUPPORT!

HOW DOES THE PROGRAM WORK?

- Choose a local race (5K, 10K, half marathon, full marathon or cycling event). If you need help finding a race in your area, please contact our office.
- Fill out the attached Team Roster. Consider sending emails to family, friends and co-workers to help build your team.
- Start recruiting your team!
- Prepare an article for your in-house newsletter.
- Challenge another department of your company or organization for team participation.
- Make sure each team member is registered for your selected event. Listing a team member on your roster does not make them a part of your team.
- Please mail your completed team roster to Team Gluten-Free™, 550 W. Plumb Lane, Suite B168, Reno, NV 89509 or fax to (775) 747-4631.
- Once your team roster is received, each team member will receive a team registration form and waiver to sign and complete. **Each team member must have a Team GlutenFree™ registration form and waiver on file.**
- All registered Team Gluten-Free™ members will receive a Welcome Packet which includes training and fundraising information.

TEAM FUNDRAISING

- Encourage your team to collect donations.
- Marathon: \$1,500 minimum per team member.
- Half Marathon: \$1,000 minimum per team member.
- 10K: \$750
- 5K: \$500
- Teams may combine fundraising dollars to reach team minimum.
- Teams who meet or exceed their minimum will receive complimentary race day shirts and hats (additional shirts and hats available for purchase).

CORPORATE TEAM ROSTER

TEAM CAPTAIN

Company Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

TEAM MEMBERS

Each team member will receive a waiver to sign and training packet. Every team member must enter the race and pay an entry fee. Listing their name below does not enter them into the event. Please mail of fax completed for to the Team Gluten-Free™ office. Please make additional copies as needed.

1. Name: _____ Email: _____

Phone: _____ Shirt Size: _____

2. Name: _____ Email: _____

Phone: _____ Shirt Size: _____

3. Name: _____ Email: _____

Phone: _____ Shirt Size: _____

4. Name: _____ Email: _____

Phone: _____ Shirt Size: _____

5. Name: _____ Email: _____

Phone: _____ Shirt Size: _____

6. Name: _____ Email: _____

Phone: _____ Shirt Size: _____