



INFORMATION PACKET

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Racing to improve the lives of those with Celiac Disease

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 a 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.

HOW DOES THIS 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.
- Mail or fax your completed Team Gluten-Free™ registration forms to:
Team Gluten-Free™
550 W. Plumb Lane, Suite 168B
Reno, NV 89509
F: 775-747-4631
- Register for your race (registration can be found on your race's website)
- All registered Team Gluten-Free™ members will receive a Welcome Packet which includes training and fundraising information.
- Start training and HAVE FUN!

FUNDRAISING GOALS

- Marathon: \$1,500
- Half Marathon: \$1,000
- 10K: \$750
- 5K: \$500
- If you meet your fundraising goal, you will receive a Team Gluten-Free™ race day hat and t-shirt. Team Gluten-Free™ will also provide thank you cards for your sponsors, upon request.
- If you are unable to reach this fundraising goal, you may still participate as a Team Gluten-Free™ member, but we ask that you purchase your hat and race day shirt (approximately \$25).
- All checks should be made out to Celiac Disease Foundation (CDF) and will be collected by Team Gluten-Free™. CDF is a non-profit organization and donors will receive a tax deduction.
- Online donations can be made on our website, www.teamglutenfree.org.

CHARITIES

- Celiac children's camp scholarships
- Celiac Disease research
- Celiac Disease awareness programs

TEAM MEMBERS RECEIVE

- Comprehensive training schedules
- Complimentary race day Team Gluten-Free™ team shirt and hat (refer to fundraising information, pg. 3)
- Fundraising materials and ideas
- Nutrition, hydration and clothing advice
- Fulfillment of a personal goal while helping Celiac Disease research and awareness programs
- SUPPORT! SUPPORT! SUPPORT!

TEAM MEMBERS PROVIDE

- Registration fee payable to the event's organizers (refer to your race's website)
- Signed waiver and completed Team Gluten-Free™ registration form (included in the back of this packet)
- 100% effort to raise pledges
- Commitment to train and participate in the event
- Any costs incurred to participate in your selected event

Spouses and Children:

- Team members are responsible for any additional costs relating to spouses and children
- Additional shirts and hats are available for purchase (refer to website for pricing)

Recruitment Program:

- Any team member who recruits another member will receive a FREE team t-shirt!
- The recruit must register for the event, complete and return the Team Gluten-Free™ registration form.
- Please contact our office if you have any friends and/or family who would like to participate (info@teamglutenfree.org).

TGF-FAQ's

1. Do you provide a training program?

Yes! Even if you haven't run around the block, we have a proven training program that will get you from the starting line to the finishing line. You will need to commit to approximately 4-5 days of running/walking a week (for three to six months) in order to properly prepare for your event (training time will vary according to current training level and selected distance).

2. Do I train in a group or by myself?

Team Gluten-Free™ will do its best to partner you up with other Team Gluten-Free™ members in your area. If we are unable to find a partner for you, we recommend recruiting a friend or family member! We also recommend joining a local running club, as they can be an invaluable resource. We can help you locate a group in your area. You will receive constant support from our office and we are available to answer any training questions that may come up.

3. I'm not sure I can meet the fundraising goal, can I still participate?

We want everyone to try their best to reach their fundraising goal. The money we raise goes directly to Celiac Disease research and awareness programs and children's camp scholarships. However, if you are unable to meet this goal you are still able to participate as a Team Gluten-Free™ member. Generating awareness about Celiac Disease and Team Gluten-Free™ is also an important aspect of our program.

4. Do you have to have Celiac Disease to be a Team Gluten-Free™ member?

No! Team Gluten-Free™ is made up of runners and walkers with Celiac Disease as well as supportive friends and family members. Anyone is welcome to join Team Gluten-Free™.

5. My friends and family want to wear Team Gluten-Free shirts the day of my race, can we purchase additional shirts?

Of course! Additional shirts and/or hats may be purchased on our website.



PARTICIPATION FORM

Please return this completed form with your signed waiver
Mailing Address: Team Gluten-Free™ • 550 W. Plumb Lane, Suite B168 • Reno, NV 89509
Fax: 775-747-4631

Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____
Home Phone: (_____) _____ Work Phone: (_____) _____
Cell Phone: (_____) _____ Email: _____

I prefer to be contacted by: _____
I will participate in (event name): _____
Event City: _____ Event Date: _____
I will participate in (indicate distance): _____
My running/walking level is: _____

I would like _____ pledge forms and envelopes (additional forms and envelopes will be sent as needed).

My T-shirt size is: _____ I would like to purchase _____ additional shirts
Sizes (Youth/Adult): _____ (cotton/wick-away)

How did you find out about TGF? _____

I, _____, commit to train for _____ on
Name Event Name
_____. I, _____, commit to the Team Gluten-Free™
Event Date Name
fundraising program and will do my best to meet or exceed my fundraising minimum.

I, _____, acknowledge that participation in this program is strenuous and potentially hazardous. I should not run and participate in such a program unless I am physically able and properly trained. I assume all risks associated with running in such a program including, but not limited to, injuries, falls, weather conditions and the hazards of running on roads and trails without traffic control. I certify that I am physically fit and have sufficiently trained for participation in this program and have not been advised otherwise by a qualified medical professional. I, _____, hereby waive any and all claims or causes of action that I may now or in the future have against Team Gluten-Free™, Carrie Owen, Celiac Disease Foundation, or any other person/organizations assisting or associated with the program in any manner whatsoever, where such claim or cause of action has arise or may arise in any manner whatsoever out of my participation in the program. I hereby release all such persons from any and all claims, causes of action or liabilities that have arisen or may arise out of my participation in the program. By my signature below I acknowledge that I have read and understand this waiver and release. In consideration of acceptance of my application, I grant permission to the foregoing for use of any photographs, videos, recordings or written statements associated with the program for legitimate purposes. I agree to abide by the decisions and recommendations of the coaches of this program relative to my ability and safety.

Signature: _____ Print Name: _____
Date: _____