

Celiac Disease Foundation

TEAM 
gluten-free™

*Racing to improve the lives
of those with Celiac Disease*



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Team Gluten-Free™ is a fundraising program that provides a simple way for runners, walkers, cyclists and triathletes to raise awareness and funds for Celiac Disease. The money raised by Team Gluten-Free™ participants goes directly towards summer camp scholarships for children on the gluten-free diet as well as Celiac Disease research, support and awareness programs. Team Gluten-Free™ is a fundraising arm of the Celiac Disease Foundation, a 501 (c)(3) non-profit, public benefit corporation dedicated to the education of patients, families and health care professionals.

Celiac Disease is a genetic disorder affecting 1 in 133 Americans. People with Celiac Disease are unable to digest gluten, a protein found in wheat, barley and rye. If gluten is consumed, the small intestinal villi are damaged, preventing the absorption of many important nutrients, causing a variety of health problems. 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 in processed foods. Gluten is found in all forms of wheat including durum, semolina, spelt 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.

Free™

1. Select any race in any city that you wish to participate in. The race can be any distance (5K, 10K, half marathon, full marathon, etc.) and any activity (walk, run, cycle, swim, etc.). Most races can be found on Google or listed in your local running store.
2. Join Team Gluten-Free™! Mail, fax or email your completed registration/waiver form to the Team Gluten-Free™ office. The registration form is located at the end of this information packet.
3. Mail the registration fee to the Team Gluten-Free™ office (\$25 for adults 18+, \$15 for kids 17 and under), or contact the Celiac Disease Foundation at 818-990-2354 if you would like to use a credit card. This fee includes your Team Gluten-Free™ shirt (choose either a moisture-wicking or cotton shirt), training schedule and fundraising materials. (If you already own a TGF shirt, please refer to the FAQ section). The moisture-wicking shirts are available in adult small—adult XL. The cotton shirts come in youth S, M, L and adult small—adult XL.
4. Once registered with Team Gluten-Free™, you will receive the Team Gluten-Free™ Welcome Packet which includes fundraising materials and training information.
5. Set up your own fundraising web page! Create a customized fundraising web page and share with your family, friends and coworkers. It costs approximately \$400 to send one child to a gluten-free summer camp for a week, so this is a great goal to start with!
6. Train for your race so you are ready for your big day! The Team Gluten-Free™ office can help you find other Team Gluten-Free™ members in your area if you are interested in training with other people.
7. Complete your race wearing your Team Gluten-Free shirt and create awareness for Celiac Disease!

You may fundraise as a team or as an individual. For example, if you recruit other TGF members to participate in a race, you may sign up as a team. Two or more participants in the same race qualifies as a team.

You can create your own fundraising web page as an individual or team and accept donations online or you can choose to send your donation letter, pledge forms and return envelopes via mail. With just a little bit of effort, you will be amazed how easy it is to meet and even exceed your fundraising goals.

If you are unable to reach your fundraising goal, you are still encouraged to participate in your race. We are not only a fundraising organization, but also one that wants to spread awareness about Celiac Disease!

Team	\$1500+	TGF hat, membership to the CDF, choice of additional cotton or wick-away TGF shirt and recognition on the CDF website and quarterly newsletter
Team	\$1000-\$1499	TGF hat, CDF membership
Team	\$750-\$999	TGF hat
Individual	\$750+	TGF hat, membership to the CDF, choice of additional cotton or wick-away TGF shirt and recognition on the CDF website and quarterly newsletter
Individual	\$500-\$749	TGF hat, CDF membership
Individual	\$250-\$499	TGF hat

FAQ's

At this time, there are no Team Gluten-Free™ specific events. There are, however, an endless number of existing races for Team Gluten-Free™ members to participate in across the country! Many races are hosted by another charity (i.e., Race For the Cure) or large corporations and registration is open to everyone. The race registration fee (payable to the race organizers) allows racers to participate in the event. Money raised on behalf of Team Gluten-Free™ will be used to provide scholarships for gluten-free summer camps and Celiac Disease research and awareness programs.

Yes! We have different training programs for various race distances. Whether you're a beginner walker or an experienced runner, you will receive a training schedule that will help you cross the finish line. If you are participating in a half or full marathon, 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 race distance).

You can choose to train by yourself or in a group. If you would like to train with other people, 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. You will receive constant support from our office and we are available to answer any training questions that may come up.

No. There is no fundraising minimum in order to participate with Team Gluten-Free™. Generating awareness about Celiac Disease and Team Gluten-Free™ is an important aspect of the program! All money raised on Team Gluten-Free™'s behalf will go directly to gluten-free summer camp scholarships for Celiac children as well as Celiac Disease research and awareness programs. It costs approximately \$400 to send a child to camp, so we recommend using this figure as the starting point for your fundraising efforts. If you are unable to reach the fundraising goals, you may still participate in your race as a Team Gluten-Free™ member.

Yes! Team Gluten-Free™ is made up of runners and walkers with Celiac Disease as well as supportive friends and family members who do not have Celiac Disease. Everyone is welcome to join Team Gluten-Free™.

No. Your Team Gluten-Free™ registration fee is due the first time you join TGF. You will have to pay a race registration fee to the race organizers in order to participate in the race itself. We do ask that you submit a registration form for each event you that you do. This allows you to set up a new fundraising website for each event and allows us to keep track of our TGF participants.

Yes! Additional shirts and/or hats may be purchased on our website, www.teamglutenfree.org.

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Please return this completed and signed form/waiver:
Mailing Address: Team Gluten-Free™ • 13251 Ventura Blvd Ste 1 • Studio City, CA 91604-1838
Fax: 818-990-2379

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: (_____) _____ Work Phone: (_____) _____

Cell Phone: (_____) _____ Email: _____

I prefer to be contacted by: _____

Name of the race I will participate in: _____

Activity I will be doing (i.e., walking, running, biking): _____

Distance I will be doing: _____

My athletic level is: (circle one)

Beginner

Some Experience

Advanced

Your Welcome Packet will include instructions on how to set up your customized fundraising web page. If you would also like to receive pledge forms/return envelopes you can send to your donors by mail, please indicate how many you would like: _____. You can also download these forms at www.teamglutenfree.org.

I already have a Team Gluten-Free™ shirt _____

I do not own a Team Gluten-Free™ shirt and am registering for the first time _____

- Registration Fee: please include a check for \$25 (adults 18+) or \$15 (kids—17 years old), payable to the Celiac Disease Foundation, or contact the CDF directly to pay by credit card. 818-990-2354.

My t-shirt size is: _____

Type of shirt: _____ Cotton (youth & adult sizes) _____ Moisture wicking (adult sizes only)

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: _____

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