

WHAT IS TEAM GLUTEN-FREE™?

Team Gluten-Free™, a project of the Celiac Disease Foundation, a 501(c)(3) non-profit, public benefit corporation, is a training program for runners, walkers and cyclists who participate in races across the United States to raise awareness and funds for Celiac Disease. The money we raise goes directly to research, awareness programs and camp scholarships for Celiac children.



WHAT IS CELIAC DISEASE?

Celiac Disease is a genetic disorder affecting 1 in 133 Americans. It is the most common autoimmune disease in the United States; however, for every person that is diagnosed, there are at least 89 who go undiagnosed for years. People with Celiac Disease cannot tolerate certain proteins found in common cereal grains, specifically wheat, barley, and rye, generally referred to as gluten. When a person with Celiac Disease eats foods containing gluten, their immune system responds by damaging the small intestine, specifically the intestinal villi. With damaged villi, a person can become malnourished – regardless of the quantity of the food eaten. If Celiac Disease is left untreated, damage to the small bowel can be chronic and life-threatening, causing an increased risk of associated disorders – both nutritional and immune-related.

Fortunately, you can ask your doctor for a blood test to see if you have Celiac Disease.



For more information on Celiac Disease contact the Celiac Disease Foundation at 818-990-2354 or visit the website at www.celiac.org

BECOME A TEAM GLUTEN-FREE™ MEMBER!



Team Gluten-Free™ members receive:

- * Comprehensive training schedules
- * Race day team tank or t-shirt
- * Fundraising materials and ideas
- * Nutrition, hydration and clothing advice

A once-in-a-lifetime opportunity to complete a personal goal and, at the same time, help Celiac Disease research and awareness programs.

FUNDRAISING DOLLARS WHERE IT GOES, WHO IT BENEFITS



All proceeds go directly to:

- * Celiac Disease research
- * Celiac Disease awareness programs (both physician and general public)
- * Camp scholarships for Celiac children

Donations are tax-deductible to the extent allowed by law. Consult your tax advisor.

Please complete the form below to receive your information packet, or simply log on to teamglutenfree.org to download the registration form.

Name: _____

Address: _____

City/State/Zip: _____

Email: _____

I am interested in (event name): _____

Distance: _____

I would like more information on the Bring Team Gluten-Free™ To Your Town Program: Yes No





Team Gluten-Free™
 550 W. Plumb Lane, Suite B168
 Reno, NV 89509

teamglutenfree.org

Please visit our website,
www.teamglutenfree.org
 for the current race schedule.



**BRING TEAM GLUTEN-FREE™
 TO YOUR TOWN!**

Find a local event you would like to participate in (5K, 10K, half marathon, full marathon or bike event) and form your team!
 Please visit us at teamglutenfree.org for more information.



p. 775-338-0557. • f. 775-747-4631

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TEAM 
gluten-free™
 Racing to improve the lives
 of those with Celiac Disease



Marathon • 1/2 Marathon • 10K • 5K



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