



Team Challenge

CROHN'S & COLITIS

Half Marathon Training Program



(a note from Heather's mom)
For about two years we could not figure out why Heather felt so yucky all the time; tired, lethargic, upset stomach, no appetite.

We wrote it off as the beginning of adolescents but also tried many diet changes.

Then the bathroom visits became much more frequent and she lost 10 pounds. Her skin became very ashy looking and the circles under her eyes were present constantly. She had to quit swim team just to have enough energy to stay in school. It was a 'good' week if she made it through without having to come home.

In Sept of 2007, after just a few Dr. visits she had a colonoscopy which revealed Crohn's disease. This was a relief and a heart ache. Although we could put a name to her troubles we also knew that it would a long time before she felt like herself again. Since then she has been on a few different medications that have stabilized her but she is not in remission.

Our Goal: We want to raise awareness so that others know about Crohn's disease and it's symptoms. We want raise as much money as we can for research to find a cure.