



Now *You Can* Cycle for a Cure...

TeamChallengeCycle
CROHN'S & COLITIS



Join Team Challenge Cycle in Ontario, Canada!

Train in the Summer, Cycle in the Fall!

This fall, Team Challenge Cycle will kick off its inaugural season with a beautiful 50-mile race in Ontario, hosted by Centurion Cycling on **September 19, 2010**. Raise funds for Crohn's disease and ulcerative colitis while riding with our national team in the picturesque Blue Mountains, just two hours north of Toronto and right at the base of the Niagara Escarpment.

How does Team Challenge Cycle work?

- Our training ensures that novice athletes can finish the 50-mile race and more advanced athletes can prepare for a personal best.
- Through weekly coaching calls on topics such as nutrition, injury prevention, and supplemental core training, we will prepare you with a lifestyle program that will get you across the finish line healthy and happy.
- You'll receive tips and support to raise funds for the 1.4 million patients living with Crohn's and colitis.

For more info, call 866-931-2611.

