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Houston Celiac Support Group



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## WHAT IS CELIAC?

Celiac is a genetic condition that causes an autoimmune reaction to gluten—a protein found in wheat, barley, rye, and sometimes oats. About 1% of Texans have Celiac disease, but few know of their condition. In fact, you probably have a friend with it.

Celiac Disease was previously considered rare in the U.S., but the reality is that it affects one of every 133 Americans. In 2004, *Reader's Digest* named it as one of ten diseases doctors most often miss.

**The National Institute for Health (NIH) recommends testing for individuals with...**

- Gastrointestinal symptoms* such as chronic diarrhea, malabsorption, weight loss, and abdominal distention
- Conditions with no other explanation* such as infertility, iron-deficiency anemia, persistent elevations of transaminases, short stature, delayed puberty, recurrent fetal loss

**Other conditions which may indicate testing for Celiac Disease include...**

- autoimmune diseases
- osteoporosis
- irritable bowel syndrome
- persistent canker sores
- pain in extremities
- uncoordinated muscle movement
- dental enamel deficiency

**For more information...**

[www.celiacawareness.org](http://www.celiacawareness.org)  
[www.csaceliacs.org](http://www.csaceliacs.org)



## 5K RUN/5K WALK

Saturday, October 9

7:45 am

Bear Creek Park  
Houston, TX

Presented by the  
Gluten Intolerance Group

## WHEN & WHERE

The 5k race will take place on Saturday, October 9, 2009, at 7:45 am in beautiful, shaded Bear Creek Park located on Clay Road between Highway 6 and Eldridge Parkway in West Houston.

*Directions:* From downtown Houston take I-10 West to Highway 6. Go north to Clay Road. Turn right (east) to Bear Creek Drive. Turn right, park, and make your way to Shelter 6.

## THE COURSE

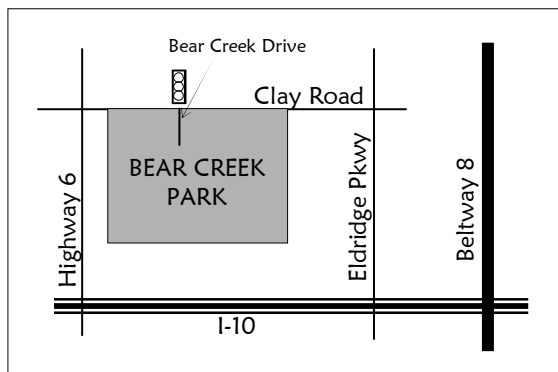
This loop road course on Golbow is flat and runs through a shaded, wooded area near the Bear Creek Golf course. The course is certified (TX02019ETM) and chip timed. Water stations will be set up at the starting/finish line, and along the course. Qualified medical assistance will be available near the start-finish area.

## RACE AWARDS

Overall male and female and 1st Masters male and female will be awarded along with age group awards to the first through third male and female finishers in the following age groups:

- 19 and under
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70 and older

[www.celiacrun.com](http://www.celiacrun.com)



## HOW TO REGISTER

**Online:** Registration is available online at [www.celiacrun.com](http://www.celiacrun.com). Entry fee is \$20.

**By mail:** Use the registration form in this brochure. Entry fee is \$25

**In person:** Register in person at packet pickup. Entry fee is \$25.

## PACKET PICKUP

**Friday, October 8, 2010**

1:00 pm-7:00 pm

Bicycle World & Fitness

14536 Memorial Dr. 77079

(Memorial at Dairy Ashford)

281-556-0923

**Saturday, October 9, 2010 (Race Day)**

6:30 am-7:30 am

Bear Creek Park, Pavilion 6

## PARKING

There is ample free parking available at or near the race site in Bear Creek Park. Please use the Bear Creek Park Drive entrance off of Clay Road.

*Proceeds will go to support the National Foundation for Celiac Awareness (NFCA), the Gluten Intolerance Group (GIG) and the University of Maryland Center for Celiac Research.*



## REGISTRATION FORM

5k Run     5k Walk     Sleep-In

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Male     Female

Birth Date \_\_\_\_\_

Age on Race Day \_\_\_\_\_

### T-Shirt Size (circle one)

S    M    L    XL    XXL

**5k Run/5k Walk**    \$25    \$ \_\_\_\_\_

*(Save \$5 by registering online at [www.celiacrun.com](http://www.celiacrun.com))*

**Sleep-In Option**    \$25    \$ \_\_\_\_\_

*(Get a T-shirt and packet without showing up on race day!)*

**Donation**    \$ \_\_\_\_\_

**TOTAL:**    \$ \_\_\_\_\_

### Make checks payable and mail to:

Celiac Run

11419 Oak Spring Drive, Houston, TX 77043

**PARTICIPANT WAIVER** In consideration of your accepting this entry form, I, the undersigned, intending to be legally bound for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against Celiac Run/Walk, The Gluten Intolerance Group, the Celiac Sprue Association, event sponsors, race directors, event producers, volunteers, all states, cities, countries, or their governmental bodies or locations in which events or parts of events are held. I attest and verify that I am physically fit and have sufficiently trained for the competition of this event and my physical condition has been verified by a licensed medical doctor. Further, I grant for permission to any and all of the foregoing to use photographs, videotapes, motion pictures and recordings of me, or any other record of this event for any legitimate purpose. My parent or legal guardian is signing this for me and authorizes medical care should I be under the age of 18. Since the course is in a flood plain, this event may have to be modified or canceled due to weather. There will be NO REFUNDS.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_  
*(Parent/Guardian must sign if under 18)*