

Get Out Your



Running Shoes!!!



Saturday, May 17, 2008



**Red River Celiacs GIG will be
“Moving Feet Without Wheat”**

at the

Fargo Marathon

www.fargomarathon.com

This year the Red River Celiacs will *again* be participating in the Fargo Marathon to spread celiac awareness and raise funds. ***Registration forms should be sent in to RRCGIG, PO Box 464, Fargo, ND 58107, with registration fee made payable to Fargo Marathon. Note that the best price is to register before March 1.*** We will submit them as a group so we know how many “Moving Feet Without Wheat” t-shirts we need to order for walkers, joggers, and runners! Those finishing the 5k or other races, will also receive a Marathon t-shirt. ***Any donations you get from friends and family should be made payable to Red River Celiacs GIG.*** Ask them to sponsor you!!! This is a fundraiser for our 2009 conference and to help with support of newly diagnosed celiacs as well as our other awareness events. ***You can sign up for any category but we would like to know how many of our gluten free people to plan post-race food for. Last year we had a great group of runners and walkers. We were represented in every group of the marathon by friends and family members.***

The 5k we will participate in is 3.3 miles. You can Walk, Run, Sprint, Jog, etc. and go as far or little as you want. It is a family oriented Fun Run. There will be entertainment along the way.

We will be having a booth at the Health Expo on Friday, May 16th from 12:00-9:00 pm. **The Friday night Pasta Feed will have gluten free pasta available this year for anyone needing it. The Pasta feed is listed on registration form as additional fee. Be sure to indicate GF if you are attending.** Red River Celiacs has also been asked to have a Gluten Free food booth at the “post-race feast” in the Fargo Dome on Saturday, so everyone can fully participate in this great community event! We will have basically the same food, but gluten-free version! What an opportunity! We will need volunteers to help throughout the day with the GF food booth as the different category of marathon runner’s finish. **Spread the word to all your celiac friends that this is a Gluten Free Friendly Marathon!!**

Check out the www.fargomarathon.com website for the many other events and speakers being held. There is a 1K youth run opportunity for children also Saturday afternoon! Something for everyone! What a great way to spread celiac disease awareness!! We hope you will ask family and friends to sponsor you in the Fargo Marathon. Ask your friends and family to walk with us. Registration forms are at www.fargomarathon.org. Donation forms will be available on our website www.redriverceliacs.org as well as posters. **Please put up posters at you local fitness place, health food store, etc., to spread the word.**

CONTACT INFO:

Stacey Juhnke 701-237-4854 - Branch Manager

Sandy Kohler 218-233-4898

Jan Hammer 701-232-3896

Red River Celiacs



**Helping Hands
for a Healthy
Gluten-Free
Lifestyle**



www.redriverceliacs.org email: redriverceliacs@gluten.net
Red River Celiacs PO Box 464 Fargo, ND 58107

Red River Celiac's-GIG *will be*
"Moving Feet Without Wheat"



Friday, May 16, 2008 ~ Health Expo

Saturday, May 17, 2008 ~ 5k 8:00 am

Join in this fun family community event. More info at www.fargomarathon.com. Look for more details and forms coming soon at www.redriverceliacs.org

Gluten Free food will be served at the Friday night Pasta Feed (extra charge) and at the finish line for all Marathon participants requiring GF food, at the RRC table!

We'll sign up as a group and participate in the 5k which you can walk, run, jog or sprint the 3.3 miles. **You can enter any category you want however.** Please send your registrations to RRCGIG PO Box 464, Fargo, ND 58107 with check payable to Fargo Marathon for registration and Pasta Feed, so we know how many GF people will be attending. Tax-deductible donations should be made payable to RRCGIG. Donation forms available at www.redriverceliacs.org. RRC registrants can purchase a "Moving Feet Without Wheat" awareness t-shirt for a small fee. Those crossing the finish-line will also receive a marathon T-shirt. Help us spread awareness and raise funds for our group.

CONTACT INFO:

Stacey Juhnke, Branch Mgr. ~ 701.237.4854

Sandy Kohler ~ 218.233.4898

Jan Hammer ~701.232.3896



Red River Celiacs
a branch of



Your participation will be greatly appreciated!

Red River Celiacs GIG is a Branch of The Gluten Intolerance Group®, also known as GIG®, and is a 501c (3) non-profit organization. Tax deductible donations can be sent to Red River Celiacs GIG, PO Box 464, Fargo, ND 58107. Donations and proceeds from this event will be used for educational awareness and support of Celiac Disease and our Nov. 6 - 7, 2009 Gluten Intolerance Education Conference at the Moorhead Marriott. Red River Celiacs GIG is an all volunteer organization.



**This Months
Featured Sponsors:**



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*The Fargo
Marathon
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thanks to its
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support of the
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Fargo Marathon
is greatly
appreciated!*



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Fargo Marathon Relay
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To Gluten...or not to Gluten? Both options in Fargo!

In 2007, the Fargo Marathon was the only marathon in the United States to offer a separate Gluten Free Post Race Food Line for its participants who suffer from Celiac Disease (CD). We are pleased to announce that we will take the 2008 Fargo Marathon even further by providing Gluten Free Food / Drink at our Pre-Race Pasta Feed, at our Aid Stations and, once again, at the Finish Line! These products will be in addition to the regular, gluten containing products.

Celiac Disease, also referred to as **gluten sensitive enteropathy (GSE), gluten intolerance, or celiac sprue**. It is considered to be the most under-diagnosed common disease today, potentially affecting 1 in every 133 people in the USA. It is a chronic, inherited disease, and if untreated can ultimately lead to malnutrition. Gluten intolerance is the result of an immune-mediated response to the ingestion of gluten (from wheat, rye, and barley) that damages the small intestine. Nutrients then quickly passed through the small intestine, rather than being absorbed. To develop celiac disease (CD) three (3) things must be present: 1) you must inherit the gene, 2) consume gluten, and 3) have the gene triggered. Common triggers may include stress, trauma (surgeries, pregnancy, etc.), and viral infections. Approximately 1 in 20 first-degree relatives could have CD trig-

gered in their life-time. The disease is permanent and damage to the small intestine will occur every time you consume gluten, regardless if symptoms are present.



“I’ll be the first one to admit that before the Red River Celiac chapter contacted me last year, I really knew nothing about this disease,” commented Race Director, Mark Knutson. “Since then, I’ve learned that it is something that affects so many people....our participants.” Knutson said that the Red River Chapter asked him about running its annual walk in conjunction with the 2007 Fargo Marathon’s 5K Fun Run/Walk. However, the group indicated that they would be going off-site for their post-race party because of the intolerance to gluten containing foods. “That didn’t seem quite right, so I told them they could host a gluten free finish line table, and the group became very excited,” Knutson added, “Before I knew it, we had earned the label as the Gluten Free Friendly Marathon, and people from around the country were contacting me to confirm that this was true.”

For more information, please check out www.gluten.net

2008 Fargo Marathon Registration Form (duplicates acceptable)

Marathon, Half-Marathon, Marathon Relay, 5K, Half Mile Youth Run, 1 Mile Youth Run

(Race fees are non-refundable, bib numbers are non-transferable, and changing of races is prohibited)

First Name _____ Last Name _____
 Address _____
 City _____ State/Province _____ Postal Code _____ Country _____
 Gender: Male Female Age on Race Day _____ Telephone _____
 Shirt Size: S M L XL XXL Wheelchair Entry? Yes No Wheelchair _____ Hand Cycle _____
 Email _____

Clydesdale/Athena Division (Full & Half Marathon only): Yes No (Clydesdale/Athena Division is based on weight. Males weighing 190+ and females weighing 160+ are eligible for this category)



Saturday, May 17 – 8:00 a.m. - FargoDome

Marathon Relay Only (Please complete a separate registration form for each participant, waiver must be signed by each participant, and submitted at one time)

Team Captain _____
 Team Name _____
 Division: Male _____ Female _____ Mixed (2 male/2 female) _____ Mixed (any combination) _____

Fees:		Half Marathon	Marathon Relay	5K
_____ \$60 Postmarked by 1-1-2008	_____ \$40 Postmarked by 1-1-2008	_____ \$120/team Postmarked by 1-1-2008	_____ \$20 Postmarked by 3-1-2008	
_____ \$65 Postmarked by 3-1-2008	_____ \$45 Postmarked by 3-1-2008	_____ \$140/team Postmarked by 3-1-2008	_____ \$25 Postmarked by 5-1-2008	
_____ \$75 Postmarked by 5-1-2008	_____ \$55 Postmarked by 5-1-2008	_____ \$200/team Postmarked by 5-10-2008	_____ \$30 Postmarked by 5-10-2008	
_____ \$90 Postmarked by 5-10-2008	_____ \$60 Postmarked by 5-10-2008	_____ \$240/team on May 16th	_____ \$35 on May 16th	
_____ \$100 on May 16th	_____ \$75 on May 16th			

SCHEELS



<p>Half Mile and 1 Mile Youth Run Presented by Otter Tail Corporation</p> <p>_____ \$10 Half Mile Youth Run _____ \$10 Mile Youth Run</p> <p>Shirt Size: S M L XL (Youth Sizes)</p>	<p>Health & Fitness Expo Presented by Swanson Health Products</p> <p>Friday – May 16th from 12:00PM to 9:00PM 60 Local & National vendors showcasing their products and/or services.</p> <p>swansonvitamins.com</p>
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<p>Pasta & Lefse Dinner Presented by Carino's & Freddy's Lefse Friday, May 16th from 4:00 p.m. – 9:00 p.m. FargoDome – Public Welcome</p> <p>Adult _____ \$10 (indicate quantity) Child (10 & Under) _____ \$5 (indicate quantity)</p>	<p>Things to Remember:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Registrations will not be accepted May 11th through May 15th <input type="checkbox"/> Registration will be available on Friday, May 16th from 12:00 p.m. to 8:00 p.m. at the FargoDome <input type="checkbox"/> There will be NO race day registration <input type="checkbox"/> Packet pick-up will be available, Friday, May 16th from 12:00 p.m. to 8:00 p.m. at the FargoDome <input type="checkbox"/> Race fees are non-refundable, bib numbers are non-transferable, and the changing of races is prohibited <input type="checkbox"/> Health & Fitness Expo on Friday, May 16th from 12:00 p.m. to 9:00 p.m. at the FargoDome <input type="checkbox"/> Shirts and medals to ALL race finishers!
<p>Submit Registration to: Fargo Marathon, Inc. PO Box 2623 Fargo, North Dakota 58108-2623</p>	

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Waiver: In consideration of the acceptance of this entry, I hereby, for myself and my heirs, executors and administrators, waive any and all rights, claims, and damages I may have against Fargo Marathon, Inc., CasMar Events, Inc., the sponsors, coordination groups, City of Fargo, City of Moorhead, and any individuals associated with said event. Also, none of the above is responsible for neither the loss of personal items nor any aggravation in connection with said event. I also give permission for the free use of my name and picture in any broadcast, telecast or print media account of the event. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions. **Drug Testing:** Athletes who participate in this competition may be subject to formal drug testing in compliance with USATF and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competition. If you are under 18 years you must have the signature of your legal guardian to participate in this event.



Signature _____ Date _____

*Register Now....
Join us for Fun, Food, and Awareness*



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Fargo Marathon

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Gluten Free Friendly Marathon!



**Gluten Intolerance Group of NA
Red River Celiacs
P.O. Box 464
Fargo, ND 58107**