

## Fund Cures. Become a Take Steps Pacesetter Today!

**TAKESTEPS**  
CROHN'S & COLITIS  
FOUNDATION

### FUNDRAISING FOR CURES

When you fundraise through TAKE STEPS, you directly impact vital treatment, research, and life-giving patient programs. It is estimated that 3.1 million Americans suffer from Crohn's disease and ulcerative colitis.

**Becoming a Pacesetter  
is easy as 1-2-3!**

**\$20**

MAKE A PERSONAL DONATION. THIS SHOWS YOU ARE COMMITTED TO THE CAUSE!



**\$40**

ASK 2 FRIENDS OR CO-WORKERS TO DONATE \$20

**\$40**

ASK 2 FAMILY MEMBERS TO MATCH YOUR \$20 DONATION



RECEIVE YOUR T-SHIRT, PENNANT FLAG, AND A WRISTBAND FOR REFRESHMENTS ON WALK DAY!

The Crohn's & Colitis Foundation is a non-profit organization whose mission is to cure Crohn's disease and ulcerative colitis and improve the quality of life of children and adults affected by these diseases. We guarantee that at least 80 cents of every dollar raised through Take Steps goes directly to our mission.

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The Crohn's & Colitis Foundation has been at the forefront of every major breakthrough in IBD research for over 50 years. Thanks to people like you, advances in technology are bringing us closer than ever to cures; but they do not come cheap. That's why our Pacesetters are so important!

**Pacesetters are individual fundraisers who raise at least \$100 for Take Steps. As a special thank you for fundraising, each Pacesetter receives special benefits including:**

- Take Steps walk t-shirt
- Pennant flag keepsake
- Wristband providing you access to special walk day food and refreshments (patients and children under 13 receive this regardless of fundraising)

In 2018, 8,679 Pacesetters raised an incredible \$6,448,248 for IBD research, patient services, education and advocacy. If everyone who didn't fundraise had raised \$100, we would have contributed an additional \$2 million towards our mission of eliminating Crohn's disease and ulcerative colitis.

Email [takesteps@crohnscolitisfoundation.org](mailto:takesteps@crohnscolitisfoundation.org) and we will help you develop a foolproof fundraising strategy

Stand together for **HOPE.**  
Walk together for **CURES.**