



Rachel A. Bonner Hope For Crohn's®

Presents its 5th

Hope For Crohn's® Blue Wave  
Triathlon/Duathlon/Aquathlons

& 5K

Sunday, May 15, 2016

East Beach Crissy Field

San Francisco, CA

**Welcome!**

**Rachel A. Bonner Hope For Crohn's® 2016  
Blue Wave Triathlon/Duathlon/Aquathlons & 5K**

**JOIN R.A.B.! RAISE AWARENESS! FIND A CURE! HOPE FOR  
CROHN'S!**

**A dedicated group of volunteers, Crohn's patients' family and friends, and friends of Hope For Crohn's® joining Rachel A. Bonner Hope for Crohn's® to raise awareness and find a cure for Crohn's disease. They join together and stand for no more Crohn's in the life of 500,000 Crohn's patients in America suffering from Crohn's disease.**

**The net proceeds from the Hope For Crohn's® Events go to fund Crohn's research grants to help researchers find a cure and to support education and outreach programs in our communities to raise awareness of Crohn's disease.**

# RACHEL A. BONNER HOPE FOR CROHN'S® 2016 Blue Wave Triathlon/Duathlon/Aquathlons/5K

## Prize Drawing

Suplove Paddle Board

Marika Kettlebell

Markka Fitness Ball

Tone Fitness Dumbbell Pair

Empower Walking Weights

Danskin Jump Rope

The Ultimate Workout Kettlebell w/Road ID gift certificate

Salad-to-Go Kit w/Citrus 2Go water bottle

Road ID gift certificate

TICKETS: 20 tickets FOR \$2  
MUST BE PRESENT TO WIN

AVAILABLE FOR PURCHASE AT HOPE FOR CROHN'S BOOTH  
Will be drawn at the Award ceremony

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## SCHEDULE OF EVENTS

**6:00AM-10:30AM TRIATHLON/DUATHLON/AQUATHLONS/5K**

**6:00AM -11:50AM EXPO OPEN: EXHIBITORS**

**8:30AM-10:30AM POST RACE MEAL**

**11:00AM-11:30AM AWARDS CEREMONY & RAFFLE**

**11:50AM VENDOR & EXHIBITORS CLOSE**

**1:00PM EVENT ENDS**

## A LETTER from our President

Dear Friends and Supporters of Rachel A. Bonner Hope For Crohn's® ("Hope For Crohn's®"),

Welcome to our 4th annual Hope For Crohn's Blue Wave Triathlon/Duathlon/Kids Aquathlon/Athena Goddess Aquathlon & 5K ("Blue Wave Events"). We will open our hearts as we give to benefitting Crohn's disease to help Crohn's patients because they are in our thoughts! They are a part of our lives as friends, coworkers, relatives, brother, sister, mother, father, neighbor, or a remembered loved one. We are JOINING RACHEL & OTHER CROHN'S PATIENTS in this fight for a cure!

This theme was set by Rachel because of her desire to give of her heart to other Crohn's patients by raising awareness of Crohn's disease and generating funds for Crohn's research. Rachel's story says it best, "Rachel's" Story: My name is Rachel Bonner. I was diagnosed with Crohn's Disease in September of 2006 when I was eight years old. Prior to being diagnosed it was a long and hard battle with doctors and trying to find an answer. It was nothing but tests, doctor appointments, trying to get back and forth with school and keeping up with class and homework. It was as if the light at the end of the tunnel finally shone through when I was diagnosed. Ever since that day things have still not changed much. There are still tests, doctors and doctor appointments, medication changes, and keeping up with school. At Present I am working with my family and friends to help raise money for Crohn's research through our organization that we have started, Rachel A. Bonner Hope for Crohn's®. Please join us and other Crohn's patients to find a cure."

Your support and contributions make it possible for Hope For Crohn's® to thrive. You help the Crohn's patients that suffer in pain daily due to this challenging disease. You share their sorrow, pray for their recovery, and believe in Hope for a cure.

We hope you will enjoy this fun-filled event as you Tri/Du/Aqua/Run/Walk on East Beach Crissy Field enjoying the EXPO and visit with friends and supporters. Visit the Sponsors, Vendors, and Exhibitors who sponsored this event to help raise awareness of Crohn's by showcasing their businesses and organizations. Visit with our nonprofit neighbors and hear about their causes and how they are contributing to our community. If you like to sing, dance, or just have fun with Amos Production, join Amos Production as we entertain each other. To help Crohn's patients currently hospitalized in our local communities, you can make a flat contribution toward the Giving From the Heart Baskets which will be contributed to local hospitals to give comfort to bedridden patients recuperating from surgery or other hospitalized reasons. You can make a donation for a basket in the Hope For Crohn's Expo Booth. Don't forget to buy your drawing prize tickets for a chance to win one of the great prizes.

The Hope For Crohn's® Fundraising Committee has been planning the Rachel A. Bonner Hope For Crohn's® 2015 Blue Wave Events for the past months. We want to extend a thank you to all the volunteers for the countless hours of time contributed in a service capacity to make this event a success. It is individuals like you that help Hope For Crohn's thrive to accomplish its mission to raise awareness of Crohn's disease and to generate funds for Crohn's research and education and outreach programs.

I hope you have a wonderful time during our "Blue Wave Events". I appreciate you joining Hope For Crohn's® as we honor Crohn's patients and their never ending spirit of Hope.

The net proceeds from the "Blue Wave Events" will go to fund Crohn's research grants and support outreach programs in our community. Thank you for your support!

Sincerely,

Leslie Bonner, Co-Founder & President

## Rachel A. Bonner

Hi, My name is Rachel Bonner. I was born and raised in California. At school I am apart of many things like the Leadership Class, where we plan and hold school events and learn leadership skills. I am also apart of our school government where we make decisions for our school. Outside of school I am apart of my church's choir and am a Girl Scout. I started my own charity named, Hope For Crohn's, to raise awareness for Crohn's disease and to generate funds for Crohn's research. I did this because I felt as though not too many people know about Digestive Diseases and I too, have a Digestive Disease, Crohn's Disease, so it was a project close to home. I enjoy working on the charity and knowing that everything I do is helping.

Rachel A Bonner Hope For Crohn's® Organization

Fundraising Committee

Rachel Bonner- Director, Volunteer  
Leslie Bonner- Sponsorship & Fundraising  
Eleanor Adams, Accounting/Registrar

Production Support

Race Director: Leslie  
Safety Director: Connie  
Transition Coordinator: Elizabeth  
Bike & Run Coordinator: Jerome  
Expo Coordinator: Hiljin  
Announcer, Music & Sound by: Valerie  
Crowd Control & Traffic by: Traffic Management, Inc (TMI)  
Swim Coordination by: Water World Swim  
Transition set-up: TC Rentals  
Timing provided by: Webscorer Pro  
Photography by: Henry



## **FINANCIAL SUPPORTERS**

### **DONORS**

Jolie Baumgardner  
Julie Blythe  
Kelly Burke  
Frona Brown  
Paula Fischthal  
Barack Obama  
Jenna Reamer in honor of Zoe  
Laurie Reamer  
Bilal Shafi  
Scott Sizer  
Michele Young  
Michael Zeller  
FINIS

### **FUNDRAISERS**

Jenna Reamer  
Sue-Jean Sung  
Rafael Burde  
Rene Schykerynec  
Daniel Coffey

### **CONTRIBUTING SPONSORS**

BiPRO  
CROWN TROPHY  
DESIGN SCHOOL OF COSMETOLOGY  
HONEY STINGER  
JAMBA JUICE  
PEET'S COFFEE & TEAS  
ROAD ID  
ROAD RUNNER  
SPORTS BASEMENT  
SCRENGRAPHIX, INC.  
SHIFTY MOBILE BIKE MECHANIC  
SIGN PRO DUBLIN  
TRADER JOE'S  
TRI RENTALS  
TRINOW FITNESS  
WATER WORLD SWIM

## THANK YOU

**A special "Thank You" to the donors, sponsors, merchants, registered triathletes, duathletes, aquathletes, runners, walkers, fundraisers, families, volunteers, and community members who made this charity event possible. You helped the Crohn's patients and their families!**

## Beneficiaries

Hope Crohn's® events benefit organizations that are on the leading edge of Crohn's research in the areas of: Basic Clinical Research, Population Specific Research, Genetic Research, Immunotherapies, and Nutritional Prevention.

### **\*University of California, San Francisco**

>School of Medicine Department of Pediatrics:Gastroenterology, Hepatology, & Nutrition:The faculty is dedicated to providing excellent clinical care in the context of a training and research institution. UCSF integrate state of the art medical care and innovative treatment regimens.

>The Klein Lab-UCSF Medical Center:The lab focuses on two main areas. The first is to understand how adult stem cells develop and how they contribute to organ renewal. The maintenance, repair and growth of many adult organs, such as the bone marrow, skin, brain, and gastrointestinal tract, depend on tissue-specific populations of stem cells.

### **\*Emory University Children's Pediatric Research Center**

Emory University School of Medicine , Department of Genetics is conducting research on Inflammatory bowel disease (IBD), which includes Crohn's disease (CD) and ulcerative colitis (UC). The principal investigator is Subra Kugathasan, MD, professor of pediatrics (gastroenterology) at Emory University School of Medicine and Children's Healthcare of Atlanta."This will be the first large-scale, genome-wide association study of Crohn's disease in African Americans," says Kugathasan. "Previous genetic studies of Crohn's disease were done in people of European descent, and genome-wide association studies have been successful in identifying dozens of variations responsible for contributing to disease risk. Unfortunately, most of these variations are not expected to contribute to Crohn's disease risk in African Americans. This is due to the genetic differences that exist between the two populations.Scientists expect that finding genetic variations linked to Crohn's disease will help doctors find new treatments and better choose between existing treatments for patients with the disease. In contrast to other complex conditions in which genomic approaches have been disappointing, Crohn's disease is "the poster child" for successful genomic studies, Kugathasan says.

### **\*Crohn's & Colitis Foundation of America**

The Crohn's & Colitis Foundation of America is a leading supporter and funder of medical research in Crohn's disease and ulcerative colitis—collectively known as inflammatory bowel diseases (IBD). CCFA provides research training awards to emerging researchers to help ensure their continued work in the field of IBD throughout their careers. CCFA helps patients with Crohn's disease and Colitis improve the quality of their lives. CCFA provides a co-ed residential camps for patients to come to a safe and supportive camp community.

# Rachel A Bonner Hope For Crohn's®

501(c)(3) Charitable fundraising organization

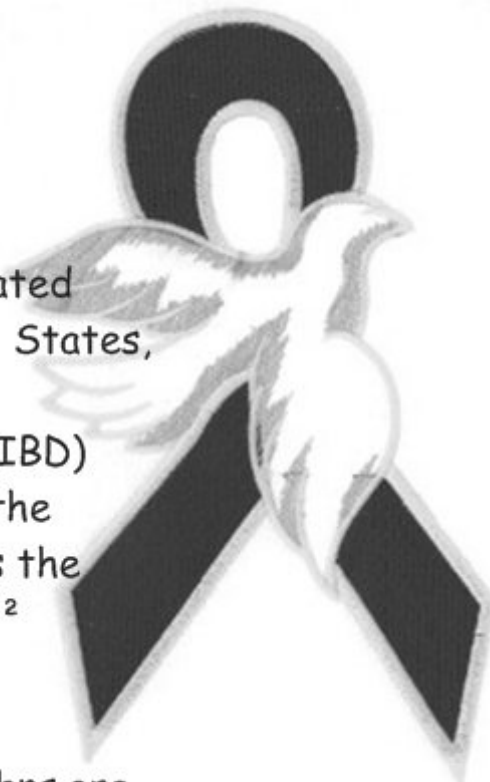
P.O. Box 11421

Pleasanton, CA. 94588

What is Crohn's disease?

Currently affecting an estimated 500,000 people in the United States, Crohn's disease is a chronic inflammatory bowel disease (IBD) that causes inflammation of the digestive tract, also known as the gastrointestinal (GI) tract.<sup>1, 2</sup> Crohn's increases the risk of colorectal cancer.

References: [www.hopeforcrohns.org](http://www.hopeforcrohns.org).



Please join us!