

# Together as one

we walk to stop Crohn's and colitis.

June 6, 2021

[gutsywalk.ca](http://gutsywalk.ca)



Crohn's and  
Colitis Canada  
Crohn et  
Colite Canada

## 2021 Gutsy Walk Corporate Team Guide

Gutsy Walk is Crohn's and Colitis Canada's largest community event celebrating the 270,000 people affected by Crohn's disease and ulcerative colitis.

**In 2020, despite going virtual, our community still came out to support Gutsy Walk. Together as one, we raised over \$1.8 million with:**

- Nearly **8,000** participants
- **737** teams (raised an average of \$1,400+)
- **68+** locations across Canada
- **352** Top Pledge Earners (raised an average of \$2,750+)



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“ When my doctor told me I had Crohn’s disease, I had no idea that I would spend the next seven years in and out of the hospital and challenged more physically and emotionally than I could have ever imagined. This was definitely not the way I envisioned living out my twenties.”

– **Jessica, 28**

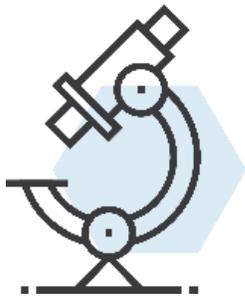


# About Crohn's and Colitis Canada

Crohn's and Colitis Canada is on a journey **to find the cures for Crohn's disease and ulcerative colitis** and improve the lives of children and adults affected by these chronic diseases.

We are the country's largest volunteer-based organization with this mission and are **one of the top two health charity funders** of Crohn's and colitis research in the world, investing over \$130 million in research to date.

**We are transforming the lives of people affected by Crohn's and colitis** through research, patient programs, advocacy, and awareness.



## Did you know?

Gutsy Walk boasts a high retention rate of participants at 46%, where the standard for the sector is 34%. Our participants are people living with inflammatory bowel disease and their families, friends, colleagues and neighbours who support them.

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# Corporate Team Guide

**Finding cures for Crohn's disease and ulcerative colitis is a community effort and we need your help!** We invite you to bring together your workplace for a day of fun, camaraderie and fundraising for the 1 in 140 adults and children living with Crohn's or colitis here in Canada. Chances are there's someone in your organization taking on these debilitating diseases, whether they're personally affected or caring for someone who is.



## Why Should You Create a Corporate Gutsy Walk Team?

- You can **laugh and create new memories** with your coworkers, all while getting some heart-pumping exercise
- You can **show your corporate pride**, and even brag a little!
- We have some awesome individual and team **prizes up for grabs**
- You can **support your community** with your team of 5 or more enthusiastic walkers committed to supporting Crohn's and colitis research investments
- Gutsy Walk is a fantastic **team building opportunity**
- Gutsy Walk presents an opportunity to **showcase your company's social impact**
- Your team will **help make a difference in the lives of children and adults living with Crohn's or colitis** across the country and in your community