



2010 Get Your Rear in Gear Team information

On-line Registration

- Registration closes on-line on Wednesday, May 12 at midnight. Please let your teams know.
- There will be race day registration (details are below).
- We also need offline and online donations in by May 12 as we will be doing the awards for largest team and top team fundraiser.

Volunteers

- We are in need of volunteers beginning on Wednesday, May 12.
- Click this link if interested:
- <http://www.volunteerspot.com/login/entry/83-626741858122>

WCCO Get Your Rear in Gear Pep Rally

- We are having a Pep Rally on Thursday, May 13 at WCCO TV
- Meet at WCCO TV, 90 S. 11th Street, Minneapolis, MN 55403
- We will meet outside on the WCCO plaza by **4:15 PM. Look for the Get Your Rear in Gear signs!**
- We will be live on the 5 and 6 o'clock news
- Please wear orange or blue, your team shirt or a Get Your Rear in Gear race shirt if you have one from a prior year
- Bring your whole family, team, friends and co-workers!
- Please RSVP to annecarlsondavis@getyourrearingear.com with the amount attending the Rally.

Pre Race Day Packet Pick Up

Team captains are responsible for distribution of all team packets and shirts. Please notify your team that you will be picking up for them and that they can't individually pick-up their packets and shirts. We recommend that you designate the time and location for your team to meet you at the race or another location prior to the race.

- Friday, May 14 and Saturday May 15, from 9 a.m. to 6 p.m.
- Pick up will occur just inside the doors of the old Mervyn's store (Door 15) on the South side of the Mall by the Entertainment District.
- Everything will be arranged by team name - there will be a sign for your team and all of your team's bags will be under that sign. A Colon Cancer Coalition representative can help you to your car.

YES, you can pick up materials for other registrants. It will be your responsibility to then get them their items.

YES, you can register for the event during the packet pick up.

Yes, you will receive your chip timer with your number. If for some reason you cannot attend the event, you need to mail your chip back to us. Participants will be charged \$30 for unreturned chip timers.

Race Day Registration

- Opens at 7 a.m. Please come inside Registration Headquarters inside the former Mervyn's Building to register on race day or pick up your race numbers, bags and shirts.

On Race Day

- There will be no team packet pick-up. All team members will be put into individual packet pick-up.
- All official Teams (10 or more) will have an assignment in our Team Meeting area in the parking lot of Southdale on Race Day.
- Look for a TEAM Meeting tent near the corner of 69th Street and York Avenue. Signs will be posted alphabetically.

Team Photos

- There will be an opportunity to have Team Photos taken beginning at 7:00 a.m. so please bring your Team over to the Team Meeting area as soon as you can. We can't reserve times and hope you will understand there may be a wait. Early riser teams might find less of a wait.
- Team Captains will receive one free photo; others may be ordered on-line after the event.

Survivor Photo

- If you have a Survivor on your Team, we are taking a Survivor Photo at 7:45 a.m.
- Please send this special person over to the Survivor tent by 7:30 a.m. so we can take the picture promptly at 7:45 a.m.
- Please encourage Survivors to stop by the Survivor tent to pick up their special present from the Coalition.

Parking on Event Day

- You can park pretty much any place at Southdale Center on May 16th.
- The Edina Police will close-off France Avenue, Valley View-Southdale Road between 70th and 66th Street starting as early as 7:30am and running as late as 11am. They will also close off 69th and portions of York Avenue.
- We do know that parking at the old Levitz furniture store across York is available. Exiting on to the York Avenue/66th street area of Southdale lot may be more readily accessible.
- Those closest to the Event Area (by 69th Street on the South end of the Mall) will be closest but almost be the most challenged in escaping.
- The Mall will have all doors open at 7 a.m. so you can park on any side and walk through the Mall to our event area.

Post Race: American Society of Colon and Rectal Surgeon's Association (ASCRS) Welcome Reception

- This evening event is hosted by ASCRS and will be held in downtown Minneapolis.
- The surgeons are helping us thank our 2010 Team Captains
- Sunday, May 16 from 7:30 – 9:00pm at Peavey Plaza, located outside of Orchestra Hall.
- Complimentary hors d'oeuvres, cocktails and entertainment.
- Please RSVP to annecarlsondavis@getyourrearingear.com with the amount attending the reception.

QUESTIONS? Email Anne Carlson-Davis at annecarlsondavis@getyourrearingear.com or call at 612-272-0738.