

GET EDUCATED. GET SCREENED.

THANK YOU TO OUR SPONSORS



- » Colon cancer is the second leading cause of cancer deaths in the United States – 54,000 each year
- » More than 150,000 people are diagnosed with colorectal cancer each year
- » It equally affects men and women, affects those primarily 50 and older, one of the fastest growing segments of our population
- » Those with family history of the disease are at increased risk
- » **It is curable – over 90% cured if caught early**
- » **Colon cancer is preventable through regular screening**

TAKE ACTION NOW!

A portion of the monies raised will also help the Colon Cancer Coalition begin Get Your Rear in Gear events in other cities across the United States. By working together, we can have a positive impact on colon and rectal cancer in our community and beyond.



NATIONAL SPONSORS



A Colon Cancer Coalition Event
8009 34th Ave., Suite 360
Bloomington, MN 55425
952.426.6521

www.getyourrearingear.com



5k Run/Walk & Kids' Fun Run

for Colon Cancer Awareness

**SUNDAY
MARCH 4, 2012**

AUSTIN ENDOSCOPY CENTER
8015 SHOAL CREEK BLVD
AUSTIN, TEXAS



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Tweeting from an event? Use #GYRIG

**It's more
than a race.**

Get Your Rear in Gear events are touching lives across the United States

Get Your Rear in Gear® races are produced by the Colon Cancer Coalition, a national grassroots organization dedicated to furthering the advancement of colon cancer awareness and screening. Get Your Rear in Gear events are planned and run by dedicated volunteers who are passionate about putting an end to this preventable disease by increasing screening rates and encouraging people to take charge of their own health.

Get Your Rear in Gear-Austin event money has helped fund our local YMCA Livestrong program for cancer survivors and their families.

MORE INFO

Save time with early packet pickup/registration!

Saturday March 3, 2012 from 9 a.m. - 1 p.m.

Austin Endoscopy Center
8015 Shoal Creek Blvd
Austin, TX 78757

SUNDAY • MARCH 4, 2012

Austin Endoscopy Center
8015 Shoal Creek Blvd
Austin, Texas

Pre-Registration through February 29:

Adult: \$35.00
Child: \$20.00
(12 and under)

Race Day Registration after February 29:

Adult: \$40.00
Child: \$20.00
(12 and under)

Raceday Schedule

Registration opens 7:00 a.m.
Kids Fun Run 8:15 a.m.
5K Timed Run 8:30 a.m.
5K Walk 8:40 a.m.

Awards/Shirts

Marathon-quality medals for age group winners. Moisture wicking technical shirts to the first 500 participants.

Course

Please visit www.getyourrearingear.com to view the course map.

More information

To sponsor, volunteer or get more information about this event, contact Dana DeSapio at 512-532-8000, danad@austingastro.com or Leilani Perry at leilani.perry@austinyymca.org.

75% of the funds stay in the local area to fund colon cancer awareness, education and prevention programs.

www.getyourrearingear.com

EVENT (CHOOSE ONE):

5K Timed Run 5K Walk Kids Fun Run

T-SHIRT SIZE: Youth: XS S M L **Women:** XS S M L XL XXL **Men:** S M L XL XXL

Name: _____ Team Name: _____

EVENT INFORMATION:

Male Female I am a colon cancer survivor

Street Address: _____ Birthdate: _____ Age (on race day): _____

City: _____ State: _____ Zip: _____ Phone: _____

ENTRY FEES ARE NON-REFUNDABLE:

I would like to donate \$ _____

Entry fee \$ _____

Total amount enclosed \$ _____

MAIL OR FAX THIS FORM TO:

Colon Cancer Coalition - Austin
8009 34th Avenue South, Suite 360
Bloomington, MN 55425
FAX: 952-853-2265

Make Checks payable to
Colon Cancer Coalition

You can also register online at:
www.getyourrearingear.com

WAIVER MUST BE READ AND SIGNED WITH ENTRY

WAIVER & RELEASE - READ THIS! I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effects of weather, including extreme cold, traffic and the conditions of the road, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I for myself and anyone entitled to act on my behalf, waive and release the Colon Cancer Coalition, the Austin Endoscopy Center, the City of Austin, and any and all persons, sponsors and entities, their representatives and successors from all claims or liabilities of any kind arising out of my participation even though said liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission for all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Parents must sign if participant is under 18 years of age. This is to certify that my child has permission to compete in this event, is in good physical condition and that event officials may authorize necessary emergency treatment.

Participant signature (Parent or Legal guardian if under 18): _____ Date: _____

Entry fee is not tax deductible; donations are deductible to the fullest extent allowed by law.

PAYMENT TYPE: Cash Check # _____

Credit card: Mastercard VISA Discover AMEX

Card # _____ Exp. Date: _____

Cardholder signature: _____