

GET YOUR
REAR
IN GEAR
WINSTON-SALEM



Sponsors

5k Run/Walk & Kids' Fun Run



**SATURDAY
MARCH 26, 2011**

**TANGLEWOOD PARK
4061 CLEMMONS ROAD
CLEMMONS, NORTH CAROLINA**

Get Your Rear in Gear is a series of nationwide events which raise awareness and funds to help prevent colon cancer. It is a message for all of us to make healthy choices, live well, and prevent disease. Run, walk, form a team or volunteer your time at this premier community event.

**Register today at
www.getyourrearingear.com**

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

Raceday Schedule:

Registration opens – 7:00AM

Kids' Fun Run – 8:00AM

5K timed run – 8:30AM

5K walk – 8:45AM

More information:

To sponsor, volunteer or get more information about this event, contact Lyn Wooten at elwooten@wfubmc.edu or 336-713-2025.

Visit our website at
www.getyourrearingear.com/events

COLON CANCER FACTS

- » Preventable through regular screening
- » Highly curable – over 90% - if caught in its earliest stages
- » It equally affects men and women, affects those primarily 50 and older, one of the fastest growing segments of our population
- » It 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
- » Those with family history of the disease are at increased risk

Registration

Pre-registration via mail through March 18 and online through March 22:

Adult: \$25.00 – Child (12 and under): \$12.00

Raceday registration (after March 22):

Adult: \$30.00 – Child (12 and under): \$15.00

To register online visit getyourrearingear.com or mail to:

Colon Cancer Coalition – Winston-Salem

8009 34th Avenue South, Suite 360

Bloomington, MN 55425

Team Name (if applicable): _____

First Name/MI/Last Name: _____

Date of Birth: _____ Age on Raceday: _____

Email: _____

Phone: _____

Street Address: _____

City/State/Province _____ Zip/Postal Code: _____

Male Female

I am a: Walker Runner

I am a cancer survivor

Yes! Make me a fan of GYRIG's Facebook site

T-Shirt Size (included with race entry fee)

Youth-S Youth-M Adult-S

Adult-M Adult-L Adult-XL

Adult-XXL

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 City of Clemmons, Forsyth County Parks and Recreation, 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.

ENTRY FEES ARE NON-REFUNDABLE.

Print Full Name: _____

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 # _____

Expiration Date: _____

Cardholder's Signature: _____

Bib Number: _____