

GET YOUR
REAR
IN GEAR
PHILADELPHIA



Sponsors



10k/5k Runs/2 Mile Walk
& Tony's Trot/Kids' Fun Run

**SUNDAY
MARCH 20, 2011**

**WEST RIVER DRIVE
PHILADELPHIA, PENNSYLVANIA**

Be a part of the third annual Get Your Rear in Gear Philadelphia event. Funds raised will be invested in local programs in our community, to raise awareness of colon and rectal cancer, research and to provide support to those touched by colon cancer. By working together, we can have a positive impact on colon and rectal cancer in our community and beyond.

Register today at getyourrearingear.com
Click on Philadelphia event

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

Raceday Schedule:

Registration opens – 7:30AM

Tony's Trot/Kids' Fun Run – 9:00AM

10k/5k runs – 9:30AM

2 mile walk – 9:45AM

More information:

To sponsor, volunteer or get more information about this event, contact Maria Grasso at 856-371-9238 or mariagrasso@getyourrearingear.com.

Visit our website at getyourrearingear.com
Click on Philadelphia event

GET INVOLVED!

Form a team - Form a team to support a loved one, raise funds or simply share in the excitement on race day. An official team is 10 or more. Get more information and download a team packet at getyourrearingear.com. Click on Philadelphia event.

Sponsor - Be a part of the largest colon cancer awareness event in the region! Contact Maria Grasso at mariagrasso@getyourrearingear.com or 856-371-9238 to learn more.

Donate - Can't make it on race day? Do you want to honor a loved one or improve awareness in your community by supporting this event? Donations can be made on www.getyourrearingear.com. Click on Philadelphia event.

Volunteer - Please contact Maria Grasso at 856-371-9238 or mariagrasso@getyourrearingear.com.

Nominate a loved one - Get Your Rear in Gear Philadelphia invites nominations for the inaugural MAUDE DANIELS AWARD. Tell us in 300 words or less how a hero in your life embodies the spirit of Maude Daniels. Nominees should have been touched by colon cancer in some way – be it warrior, survivor, caretaker or loved one. Please submit your nomination by February 2, 2011 to mariagrasso@getyourrearingear.com. The award will be presented at the annual race event on March 20, 2011. Visit our website for more information.

Registration

Pre-registration via mail through March 11 and online through March 16:

10k/5k runs: \$25.00

2 Mile Remembrance Walk: \$25.00

Tony's Trot/Kids' Fun Run (12 and under): \$12.00

Raceday registration (after March 16):

10k run: \$35.00

5k run/2 Mile Remembrance Walk: \$30.00

Tony's Trot/Kids' Fun Run (12 and under): \$15.00

To register online visit getyourrearingear.com or mail to:

Get Your Rear in Gear Philadelphia

200 Cemetery Road – Mt. Laurel, NJ 08054

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: 10k Runner 5k Runner Walker Tony's Trot/Kids' Fun Run

I am a cancer survivor

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

T-Shirt Size (included with race entry fee)

Technical shirts and goodie bags guaranteed to the first 2,000 participants.

Kids' Fun Run participants receive a Get Your Rear in Gear cotton t-shirt.

NOTE: Shirts run large. Order at least one size smaller for proper fit.

Youth-S Youth-M Youth-L

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 Philadelphia, 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: _____