

Event Overview



- DATE:** MARCH 29, 2008
- LOCATION:** MAYO CIVIC CENTER
- TIME:** 8:30 a.m. Kids' 1/2 Mile Fun Run
9:00 a.m. 5K Timed Run
9:05 a.m. 5K Walk
- FEES:** \$25.00 5K Run and Walk until March 26th
\$30.00 Day of event
- \$12.00 Kids' 1/2 Mile Fun Run until March 26th
\$15.00 Day of Event
- DAY OF:** All participants will receive a technical running shirt and goodie bag. Prizes to the top overall male and female 5K run finishers. Funds raised will go to support local initiatives to fight colorectal cancer. All are welcome to stay and enjoy the Pathways to Prevention Health Fair immediately following the 5K. Learn about cancer prevention with interactive displays and games – fun for the whole family.
- SPECIAL TRIBUTES:** Recognize survivors, honor those who have fought this colorectal cancer and honor those who we have lost to the disease.
- TEAMS:** A team is any group of five or more participants. Team members can be all ages and can be a combination of walkers and runners.
- HISTORY:** This is the inaugural Rochester Get Your Rear in Gear 5K event. The goal for 2008 is 500 participants!
- TO BENEFIT:** The COLON CANCER COALITION. It is the goal of the Coalition to foster a Get Your Rear in Gear event in every state to improve awareness of colorectal cancer and positively impact screening rates. Funds raised in the Rochester area will assist local organizations dedicated to these goals.
- QUESTIONS:** Contact us at cindyiverson@getyourrearingear.com or 952-426-6521.