

# COLON CANCER COALITION

Our mission is to ensure that all citizens have adequate information and access to screening for colorectal cancer. We are working towards this goal by:

- Establishing a Get Your Rear in Gear event in every US state.
- Working with local and national businesses, health organizations, media, and survivors and their families and friends to help save lives by raising awareness through these events.
- Assisting local organizers in directing funds raised at Get Your Rear in Gear events to the best local programs to fulfill the mission.

Net proceeds from the Central Minnesota Get Your Rear in Gear event will be invested in the Hind-Site fund, hosted by CentraCare Foundation, to fund colon cancer education, screening, and the promotion of complementary medicines

**Register today at  
[www.getyourrearingear.com](http://www.getyourrearingear.com)**

For local race information, contact  
Lisa Hauck at [lhauck@charter.net](mailto:lhauck@charter.net)



Doug Randolph is the chair of the new Central Minnesota Get Your Rear in Gear Fun Fest that will benefit the Hind-Site fund that he created. Doug has lived in the St. Cloud area for over 30 years. Shortly after his 51st birthday, Doug's colonoscopy and subsequent surgery revealed Stage 4 colon cancer. As he undergoes treatment, Doug wants to help others with colon cancer and remind everyone how important screening can be to preventing this cancer. Read more about Doug at [www.caringbridge.org/visit/drandolph](http://www.caringbridge.org/visit/drandolph).



For more information go to  
[www.hind-site.org](http://www.hind-site.org).

Colon Cancer Coalition  
8009 34th Avenue S., Suite 360  
Bloomington, MN 55425



## FUN FEST TO SUPPORT THE HIND-SITE FUND



# 5k

timed run/walk

**MOUNTAIN BIKE TOUR**

SPAGHETTI DINNER,

LIVE MUSIC, SILENT AUCTION

AND CHILDREN'S ACTIVITIES

**SATURDAY, SEPTEMBER 6, 2008**

700 7TH STREET SOUTH, DISCOVERY SCHOOL  
WAITE PARK, MN

# SATURDAY SEPTEMBER 6, 2008 DISCOVERY SCHOOL WAITE PARK, MN

Registration opens • 2:00PM  
Mountain Bike Tour • 3:00PM  
**5k** timed run • 4:00PM  
**5k** walk • 4:05PM  
Spaghetti Dinner, Auction and  
Live Music • 4:00PM until 7:30PM  
[www.getyourrearingear.com](http://www.getyourrearingear.com)



## GET INVOLVED!

### Form a Team

A team is you and five or more family, friends, co-workers, classmates, teammates or anyone else you can find. Team members can be of any age and can be a combination of bikers, walkers and runners. Be creative and make your team really stand out. Go to [getyourrearingear.com](http://getyourrearingear.com) to download a Team Packet or contact us at 952-426-6521 to have one mailed to you.

### Become a Fundraiser

Set up an account and invite others to donate to our effort under your name. Great prizes available! Go to [www.getyourrearingear.com](http://www.getyourrearingear.com) and follow the links to set up your site.

### Donate

Please support our effort to make a difference in the fight against colorectal cancer. Sponsor someone you know who is participating at [www.getyourrearingear.com](http://www.getyourrearingear.com) and donate through our secure site, or contact us at 952-426-6521 to have a pledge form mailed to you.

### Volunteer

It takes hundreds of people to help make this event a success. If you or a group would like to help, go to [www.getyourrearingear.com](http://www.getyourrearingear.com) and fill out the volunteer form or contact us at 952-426-6521 to have one mailed to you. Volunteers are needed on event day as well to help with a number of activities leading up to the event, so any time you can give is appreciated.

Mail to: Colon Cancer Coalition  
Get Your Rear in Gear 5k – Central MN  
8009 34th Ave., Suite 360  
Bloomington, MN 55425

In-store registrations from July 15 to August 30 at:  
Revolution Cycle & Ski      EnduRUNce Shop  
160 29th Ave. South      616 2nd St. South  
St. Cloud, MN      St. Cloud, MN

Registration begins at 2:00PM on September 6th

### Event (choose one)

- Mountain Bike Tour • 3:00PM  
*This is a recreational tour of Quarry Park and is untimed.*
- 5k Run • 4:00PM  
*This is a timed event. Prizes to top overall male and female finishers and in multiple age categories.*
- 5k Walk • 4:05PM
- Adult participants for the bike tour, run and walk will receive a dri-fit shirt and goodie bag. Those registering as children will receive a cotton t-shirt.
- Technical shirts and goodie bags guaranteed only to first 250 registrants.

\_\_\_\_\_  
First Name / MI / Last Name:

\_\_\_\_\_  
Street Address:

\_\_\_\_\_  
City, State/Province, Zip/Postal Code:

\_\_\_\_\_  
Team Name/Captain:

\_\_\_\_\_  
Email:

\_\_\_\_\_  
Birthdate (mm/dd/yyyy):      Age (race day):

- I am a colon cancer survivor.  
Gender:  male  female
- Please contact me about volunteer opportunities.

### T-Shirt Size (included with race entry fee)

- Youth-XS  Youth-S  Youth-M  Youth-L
- Adult-S  Adult-M  Adult-L  Adult-XL  Adult-XXL

Mail-in registration must be postmarked no later than August 30, 2008. Registration can also be completed by visiting [getyourrearingear.com](http://getyourrearingear.com) until September 3rd, 2008.

Make checks payable to: **Colon Cancer Coalition**

### Fee for 5K Run or Walk or Bike Tour:

Adult: \$25.00  
Children 10 and under: \$10.00

### Fee after September 3rd:

Adult: \$30.00  
Children 10 and under: \$12.00

### Spaghetti Dinner (following 5K):

Adult: \$7.00      # \_\_\_\_\_ tickets

Children 10 and under: \$4.00      # \_\_\_\_\_ tickets

*Tickets will be distributed to bike/run/walk participants during registration; tickets for dinner alone will be held at the door under person's last name.*

Event Fee \$ \_\_\_\_\_

Spaghetti Dinner Fee \$ \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

Charge my:  MasterCard  VISA

\_\_\_\_\_  
Card#      Exp. Date:

\_\_\_\_\_  
Cardholder's Signature:

### 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 Waite Park, 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:

Registration fee and dinner ticket fee is not tax deductible. Donations are tax deductible to the full extent the law allows.