



GET YOUR
**REAR
IN GEAR**
CENTRAL OHIO



Schedule of events:

Registration opens • 7:00AM

Kids' Fun Run • 8:00AM - 5K Run/Walk • 8:30AM

Pre-registration via mail through September 10 and
online through September 14:

Adult 5k Run/Walk: \$25.00 - Kids' Fun Run: \$12.00

Race day registration (after September 14):

Adult 5k Run/Walk: \$30.00 - Kids' Fun Run: \$15.00

To register online visit: getyourrearingear.com or mail to:

Colon Cancer Coalition - Central Ohio

8009 34th Avenue S., Suite 360

Bloomington, MN 55425

First Name / MI / Last Name:

Street Address:

City, State/Province, Zip/Postal Code:

Phone:

Email:

Date of Birth: _____ Age on race day: _____ Male Female

I am a colorectal cancer survivor.

I would like to donate \$ _____

Event Fee \$ _____

Total Amount Enclosed \$ _____

Charge my: MasterCard VISA

Card#

Exp. Date:

Cardholder's Signature:

T-Shirt Size (included with race entry fee)

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, City of Mount Vernon, Kokosing Gap Trail, 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.

GET YOUR REAR IN GEAR

Kids' Fun Run and

5k

WALK/RUN FOR COLON CANCER

September 19, 2010
Kokosing Gap Trail
Memorial Park
Mount Vernon, OH

Get Your Rear in Gear is a series of nationwide events to raise awareness and funds for colorectal cancer. Run, walk, form a team or volunteer your time. Support those battling colorectal cancer, and provide other important services.

To sponsor contact Nathan Arnold, narnold@velveticecream.com, 740-892-3921. Interested in volunteering? Contact Erin Huffman, erin.huffman@hotmail.com, 952-426-6521.

For further race information contact Lisa Sanderson at lisasanderson@getyourrearingear.com.

www.getyourrearingear.com