

GET YOUR  
REAR  
IN GEAR  
CHATTANOOGA



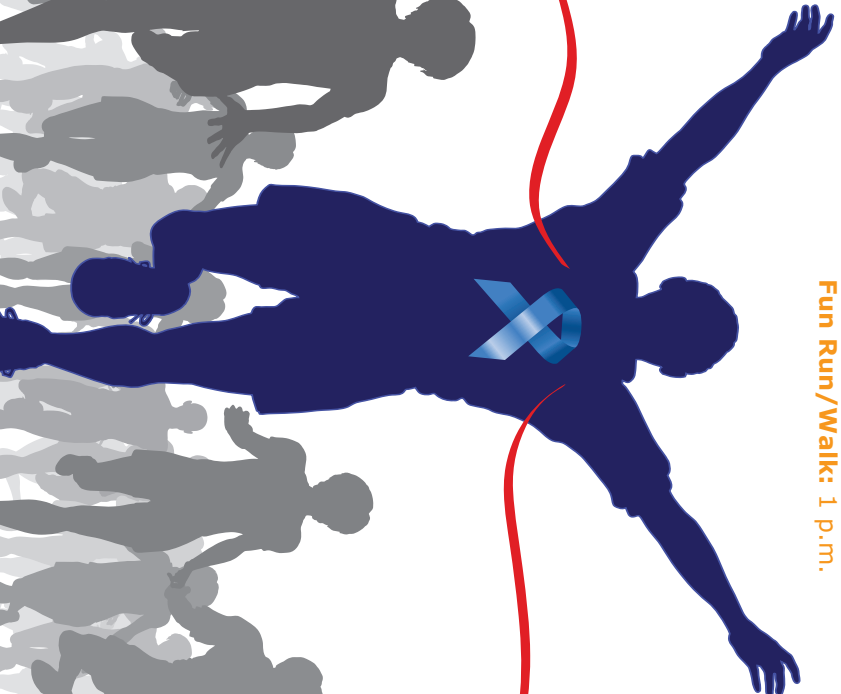
# 5K run/walk

For Colon Cancer Awareness

Saturday,  
March 12, 2011

Chattanooga Riverwalk at C.B. Robinson Bridge

**Registration:** 9:30 a.m. - Noon  
**5K Race:** 11 a.m.  
**Awards:** Noon  
**Fun Run/Walk:** 1 p.m.



## Please Join Us...

**Saturday, March 12, 2011** at the picturesque Riverwalk at C.B. Robinson Bridge in Chattanooga, Tennessee for the **Get Your Rear in Gear** 5K run and 5K fun run/walk in support of raising much-needed funds to increase regional awareness of colon cancer, improve access for early screenings and support those who've been touched by this most preventable disease.

### 5K Run - 11 a.m.

▶ Awards Ceremony - Noon

### Fun Run/Walk - 1 p.m.

▶ Includes FunZone for children.

### Race Day Registration:

▶ 9:30 a.m. - Noon

### Race Packet Pick-up:

▶ Friday, March 11, 7 a.m. - 6 p.m.

Surgical Specialties Building

2108 E. Third St.

Chattanooga, TN 37404

### Pre-Registration:

▶ [www.getyourrearingear.com](http://www.getyourrearingear.com)



"Thanks to early screening, I survived colon cancer. Please join our effort to help others do the same."

## Our Mission

Did you know colorectal cancer is the second leading cause of death in the United States? Did you also know it is a largely preventable disease? The key to preventing and surviving colorectal cancer begins with awareness and access to proper screening. Because other types of cancers are more highly publicized and their programs better funded, colorectal cancer often takes a back seat when it comes to issues of awareness, early screening and funding. With the goal of increasing regional public prevention awareness and raising funds to invest in improving access to screening for those in need of assistance, Chattanooga's Colon Cancer Awareness Coalition - a partnership between University Surgical Associates, Erlanger Health System, Memorial Health Care System and Parkridge Health System - and support from the national Colon Cancer Coalition, have teamed to bring this important event to Chattanooga.

## How You Can Get Involved!

### Form a Team

An official team is comprised of 10 or more family, friends, co-workers, classmates, athletes or anyone you can recruit for the event. Team members can include a combination of walkers, runners and children. Help your team stand out by designing your own t-shirts, hats or banner. Register today and a Team Kit will be sent to the team captain.

### Become a Fundraiser

Collecting funds for the cause is not hard and can really make a difference. Collect contributions online or simply ask for donations. Visit our web site ([www.getyourrearingear.com](http://www.getyourrearingear.com)) to learn how to get started and find some fun and easy ideas to help raise money.

### Donate

Sponsor someone participating in this event or make a donation directly to help fight colorectal cancer in the Chattanooga area. Send in your donation with this form or visit our web site to make your contribution on our secure online system.

### Volunteer

It will take many people to make this event a success. Volunteering your time for a few hours can make all the difference in the world. Please contact Get Your Rear In Gear Chattanooga at (423) 757-0716 to find out how you or your group can help on race day.

### Sponsor

Join this high profile community event as a corporate sponsor. Assistance with the donation of in-kind services, products or volunteers will ensure the success of the event.

### Additional Information

For questions regarding the Get Your Rear in Gear 5K Race, please visit us on the Web at [www.getyourrearingear.com](http://www.getyourrearingear.com), or contact Michael Ringering at (423) 757-0717, or the Colon Cancer Coalition at (952) 426-6521.

# Colorectal Cancer Facts

Unfortunately, Tennessee has one of the lowest rankings for colorectal screenings in the United States and one of the highest death rates related to colorectal cancer. Many of these deaths would be preventable through regular screenings. Funds raised by Get Your Rear in Gear will provide screenings for local residents who otherwise would not be able to afford testing.

## What is colorectal cancer?

Colorectal cancer is cancer that develops in the colon or rectum. The colon and rectum are parts of the digestive system, which is also called the gastrointestinal, or GI, system. The digestive system processes food for energy and rids the body of solid waste.

## How many cases of colorectal cancer occur in the U.S.?

Anyone can get colorectal cancer. The lifetime risk of being diagnosed with colorectal cancer is 5.5 percent for men and 5.1 percent for women. Although 20–25 percent of colorectal cancer cases occur among individuals with a family history of colorectal cancer, 75 percent of cases occur in people without these risk factors.

## What are some known risk factors for colorectal cancer?

Hereditry and medical history, personal history of colorectal cancer, polyps or chronic inflammatory bowel diseases, physical inactivity, overweight/obesity, diabetes, poor diet.

## What are some screening guidelines for colorectal cancer?

Receive a colonoscopy every 10 years, perform a flexible sigmoidoscopy every five years, perform a virtual CT colonography every five years, perform double-contrast barium enema every five years, perform a yearly fecal occult blood or fecal immunochemical, or stool DNA test as recommended by a physician.

# Race Waiver

Please read and sign, and include with entry form or provide on race day during registration. **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 Chattanooga and Hamilton County, the City of Chattanooga 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.

Print Full Name \_\_\_\_\_

Signature (Parent or legal guardian if under 18) \_\_\_\_\_

Date \_\_\_\_\_

# Register Online at:

[www.getyourrearingear.com](http://www.getyourrearingear.com)

# Mail Your Registration

Mail to: Colon Cancer Coalition - Chatt.

8009 34th Ave., Suite 360, Bloomington, MN 55425

Event (Choose one)

5K Timed Run (11 a.m.)  5K Fun Run/Walk (1 p.m.)

\*Race shirts, t-shirts and goodie bags are guaranteed to the first 400 adult participants. Children receive a t-shirt and wristband for entrance into the FunZone.

Gender:  Male  Female

First Name / MI / Last Name \_\_\_\_\_ Birthday (mm/dd/yy) \_\_\_\_\_

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

City, State, Zip \_\_\_\_\_

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

E-mail Address \_\_\_\_\_ Age (race day) \_\_\_\_\_

I am a colon cancer survivor.

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

Make Check Payable to: Colon Cancer Coalition - Chatt.

Pre-registration: Adult: **\$25**; Children 12 and under: **\$10**

I would like to donate: \$ \_\_\_\_\_

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

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

Credit Card Type \_\_\_\_\_ Exp. Date \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Cardholder's Name \_\_\_\_\_

\*Mail-in registrations must be postmarked no later than Friday, February 25, 2011. Online registration will remain open through Wednesday, March 9, 2011. Entry fees are non-refundable and NOT tax deductible. Donations are deductible to the fullest extent of the law.

\*The 2011 Get Your Rear in Gear 5k race will take place rain or shine; please be prepared for inclement weather. Race will not be rescheduled.

# Hosted by:



# Thanks to Our Sponsors!



Viloy Patel, M.D.  
J. Scott Memton, M.D.  
Susee Lynch, F.N.P.

