

COLON CANCER COALITION

Be a part of Raleigh's inaugural Get Your Rear in Gear 5K event at Fred Fletcher Park. This is a USA Track & Field Certified Course. Help us recognize survivors and honor those we have lost to colon and rectal cancer.

Funds raised will be invested in local programs to:

- Raise awareness of colon and rectal cancer
- Invest in innovative projects to help increase screening for colorectal cancer, especially for those under- or non-insured
- Provide support to those touched by colorectal cancer

A portion of the money raised will also help the Colon Cancer Coalition begin Get Your Rear in Gear events in other cities across the United States. By working together, we can have a positive impact on colon and rectal cancer in our community and beyond.

**Register today at
www.getyourrearingear.com**



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



5k

run/walk
Kids' Fun Run

**SATURDAY,
MARCH 7, 2009**
FRED FLETCHER PARK
RALEIGH, NORTH CAROLINA

SATURDAY

MARCH 7, 2009

FRED FLETCHER PARK RALEIGH, NORTH CAROLINA

kids' fun run • 8:00AM

5k timed run • 8:30AM

5k walk • 8:35AM

awards • 9:30AM

registration opens at 7:00AM

www.getyourrearingear.com



GET INVOLVED!

Form a Team

An Official Team is 10 or more family, friends, co-workers, classmates, athletes or anyone else you can recruit. Team members can be a combination of walkers, runners and kids. Make your team really stand out with your own t-shirt, hat, banner — be creative! Register today and a Team Kit will be sent to the Team Captain to help you get started.

Become a Fundraiser

Collecting funds for the cause isn't hard and can really make a difference. Collect contributions online or simply ask for donations. Visit our website 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 Raleigh area. Send in your donation with this form or go to our website to make your contribution on our secure online system.

Volunteer

It takes hundreds of people to help make this event a success. Please contact us to find out how you or your group can help.

Sponsor

Be a part of this high profile community event. Sponsors can help with dollars, in kind services or products or volunteers.

INFORMATION

For more information, please go to www.getyourrearingear.com and click on Raleigh 5K, March 7 or contact the Local Event Director Phyllis Fowler at pfowler@recllc.net or at 919-355-1672 or the Colon Cancer Coalition at 952-426-6521.

Mail to: Colon Cancer Coalition – NC
8009 34th Ave., Suite 360
Bloomington, MN 55425

Event (choose one)

Kids' Fun Run • 8:00AM

5k Timed Run • 8:30AM

5k Walk • 8:35AM

Technical shirts and goodie bags guaranteed to the first 500 adult participants.

Children receive a cotton t-shirt.

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.

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

Gender Female Male

Mail in registrations must be postmarked by February 25, 2009.
Online registration is open through March 4, 2009 at
www.getyourrearingear.com

Make checks payable to:
Colon Cancer Coalition – NC

Pre-registration through March 4:

Adult: \$25.00

Child (10 and under): \$12.00

Race Day Registration and after March 4:

Adult: \$30.00

Child (10 and under): \$15.00

I would like to donate \$ _____

Event 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 Raleigh, 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.