CHANGE THE WAY YOU SEE COLORECTAL CANCER

Colorectal Cancer is the second-leading cause of cancer-related deaths in the United States, claiming more than 53,500 lives each year. Both men and women are equally at risk for this cancer which can occur at any age. Colon cancer can be prevented with proper screening and, if found in its earliest stages, it is survived by almost 90% of patients. For more information go to www.getyourrearingear.com/education.

Donations may be sent to:
Colon Cancer Coalition - Charlotte
8009 34th Ave., Suite 360, Bloomington, MN 55425

THANK YOU TO OUR SPONSORS

PRESENTING SPONSOR

Presbyterian CANCER CENTER

OMEGA SPORTS
www.omegasports.net

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DIAMOND SPRINGS

THE AMERICAN SOCIETY OF COLON AND RECTAL SURGEONS
ASCRS 1899

KNIGHTS™

GET YOUR REAR IN GEAR
CHARLOTTE, NC
Colon Cancer Coalition

5K RUN WALK & KIDS' FUN RUN

SATURDAY 8:00 AM
MARCH 13, 2010
Independence Park, Charlotte, NC

Presented by
Presbyterian CANCER CENTER

Help us recognize survivors and honor those who have lost their battle to colorectal cancer.

Register at: www.getyourrearingear.org

FRONT

GET INVOLVED!

Be part of Charlotte's inaugural **Get Your Rear In Gear 5K** event in Charlotte, NC. This is a USA Track & Field Certified Course.

FORM A TEAM
Form a team to support a loved one, raise funds, or simply to share the excitement on race day. 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! Get more information and a downloadable team packet at www.getyourrearingear.com - click on the Charlotte Event.

BECOME A FUNDRAISER
Collecting donations isn't hard and can really make a difference. Visit www.getyourrearingear.com - click on the Charlotte Event - to get more information about fundraising. Funds in person may be mailed to the Coalition or brought to the event on race day.

SPONSOR
Be a part of this high profile community event. Sponsors support us by offering products, services, volunteers or financial support. Contact Susan Falco at susan.falco@getyourrearingear.com or 704-313-GEAR to learn more.

DONATE
Can't make it on race day? Do you want to honor a loved one or improve awareness in your community by supporting this event? Donations may be made on www.getyourrearingear.com - click on the Charlotte event.

VOLUNTEER
Please contact us at GYRIGVolunteer@gmail.com

Funds raised will be invested in local programs to:
- Raise awareness of colon and rectal cancer
- Increase screening for colorectal cancer, especially for those under- or non-insured
- Provide support to those touched by colorectal cancer

A portion of the monies 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.

If you are not able to make our event you can enter the March 6, 2010 race in Raleigh, NC!

Saturday | March 13, 2010
Independence Park - Charlotte, NC
Park Dr. & Clement Ave.
Register online at www.getyourrearingear.com

REGISTRATION & EVENT INFORMATION

Pre-registration through March 9:

5K Run/Walk
Adult: $25
Child (≤18): $12
Kids' Fun Run (≤10): $12

Race Day Registration after March 9:

5K Run/Walk
Adult: $35
Child (≤18): $15
Kids' Fun Run (≤10): $15

Online registration is open through March 9th, 2010 at www.getyourrearingear.com

Packet Pick-up
Packet Pick-up will take place on March 11th and 12th, from 10am - 7pm at Omega Sports, 4271 Park Road, Charlotte, NC 28209

Dri-fit shirts and goodie bags guaranteed to the first 500 adult and/or child 5K participants. Children participating in the Kids' Fun Run will receive a cotton t-shirt.

Schedule Of Events
5K Timed Run/Walk ---- 8:00 am
Kids' Fun Run ---------- 9:15 am
Awards ---------- 9:30 am

Race Day Registration opens at 7:00 am.

Course
The Start/Finish Line is at Independence Park - Park Dr. & Clement Ave. Please visit www.getyourrearingear.com to view the course map

Awards
Race Awards:
1st, 2nd, 3rd place awards
Male & Female
Standard Age Groups

Team Awards:
Top Fundraising Team
Largest Pre-registered Team
Best Team Identifier
Top Individual Fundraiser

Kids' Fun Run
The "Get Your Little Rear In Gear" Fun Run is for kids 10 and under. All pre-registered kids will be guaranteed a "Get Your Little Rear in Gear" t-shirt and all runners will receive a finisher's ribbon. Registration available on race day.

IN THE EVENT OF RAIN: The event will occur rain or shine. We reserve the right to cancel due to extreme circumstances. In such event, there will be no refunds, rather your entry fee will become a donation to the Colon Cancer Coalition.

PARKING: Please visit www.getyourrearingear.com for parking options.

ENTRY FORM
(One form per participant - forms may be copied)

Event (Choose one):
☐ Kids' Fun Run ☐ 5K Timed Run ☐ 5K Walk

T-Shirt Size: Youth: XS S M L Adult: S M L XL XXL

Name:_____

Street Address:_____ Team Name:_____

City:_____ State:_____ Zip:_____ Birthdate (mm/dd/yy) & Age (race day):_____ Email:_____ Phone:_____

Event Information:
☐ Male ☐ Female ☐ I am a colon cancer survivor

Entry Fees Are Non-refundable
I would like to donate $_____
Entry Fee $_____
Total Amount Enclosed $_____

Make checks payable and mail this Entry Form, donations and pledges to:
Colon Cancer Coalition – Charlotte
PO Box 77945
Charlotte, NC 28271

Mail in registrations must be postmarked by March 1, 2010. Online registration is open through March 9, 2010 at: www.getyourrearingear.com

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 Charlotte and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though that 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, to the best of my knowledge my child is physically fit and has no condition that may authorize necessary emergency treatment.

Signature (Parent/Guardian if under 18): _____ Date: _____

Entry fee is not tax deductible; donations are deductible to the fullest extent allowed by law.

INSIDE SPREAD