

GET YOUR
REAR
IN GEAR
I O W A



SATURDAY
OCTOBER 9, 2010

kids' fun run - 8:30AM

5k timed run/walk - 9:00AM

registration - 7:30AM

Raccoon River Park
2500 Grand Avenue
West Des Moines, Iowa



5k
run/walk
kids' fun run

for Colorectal Cancer

www.getyourrearingear.com



Help us honor survivors. Walk in
memory of those we've lost.

Form a Team!

Get a group of ten people or more – runners or walkers –
and form a team. Teams are eligible for great prizes! Technical
shirts guaranteed to the first 500 adult participants.

Go to www.getyourrearingear.com
to register. Or contact Local Event
Director David McCluskey at
515-559-4789 or david@davidsfight.org.

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