

# ABOUT COLON CANCER

Colorectal cancer is the second-leading cause of cancer-related deaths in the United States, claiming more than 57,000 lives this year. An estimated 147,500 men and women will be diagnosed with colon cancer this year alone. However, colon cancer can be prevented and/or treated with proper screening. Found in its earliest stages, physicians have had great success eliminating the cancerous cells.

Both men and women are at risk for colon cancer. This disease is most common among people aged 50 and older and the risk of occurrence increases with age. A personal or family history of colon cancer or colon polyps also increases the risk of developing colon cancer.

**HELP FIGHT  
COLON CANCER**  
and

**GET YOUR  
REAR  
IN GEAR**



[www.coloncancercoalition.org](http://www.coloncancercoalition.org)

Central Ohio Get Your Rear In Gear

Phone: 740-504-1436

E-mail: [shohman@capital.edu](mailto:shohman@capital.edu)

**CENTRAL OHIO'S  
GET YOUR  
REAR  
IN GEAR**

**SUPPORT COLON  
CANCER WITH A**

**5K  
RUN/WALK**

**Activities:**

**Run/Walk**

**Health Fair**

**Petting Zoo**

**Face Painting**

**Silent Auction**

**and more!**

**SEPTEMBER 14, 2008**  
**Knox County Fairgrounds**

GET YOUR

**REAR**

IN GEAR

CENTRAL OHIO



# SCHEDULE OF EVENTS

**September 14, 2008**

**1:00** - Registration begins  
The first 30 that register will receive a free t-shirt!

Petting Zoo, Health Fair, Silent Auction, ect. open

**2:00** - Timed 5k Run begins

**2:30** - 5k Walk begins

**4:00** - Silent Auction Ends  
Awards Ceremony

# AWARDS

**Awards begin at 4:00 PM**

**Top 10 finishers in the 5k will receive medals!**

# Registration

**Pre-register by Sept. 1 to receive a free t-shirt!**

Mail to:

15905 Sycamore Rd.  
Mount Vernon, OH 43050

\_\_\_\_\_  
**First/M/Last**

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

\_\_\_\_\_  
**City/State**

\_\_\_\_\_  
**Phone Number**

\_\_\_\_\_  
**E-mail Address**

\_\_\_\_\_  
**Birthdate**      **Age**

**EVENT:**

**5k Run**     **5k Walk**

**T-SHIRT SIZE (circle one of each)**

**Youth**      **Adult**

**S   M   L   XL   XXL**

**ARE YOU A...**

- Colon Cancer Survivor?**
- Other Cancer Survivor?**
- Family/Friend of someone with Colon Cancer?**

**WHO ARE YOU WALKING FOR?**

Make checks payable to:

**Colon Cancer Coalition**

## REGISTRATION FEE

**Age 13 and over**

**\$20/person** (includes t-shirt if pre-registered by Sept. 1st)

**Youth 12 and under**

**\$10/person** (includes t-shirt if pre-registered by Sept. 1st)

**Race Fee:**      \$ \_\_\_\_\_

**Would you like to make a donation to fight Colon Cancer?**      \$ \_\_\_\_\_

**Total Enclosed**      \$ \_\_\_\_\_

## WAIVER AND RELEASE

I understand that running/walkin in a race may be potentially hazardous. I should not enter any walk/race unless I am medically able and properly trained. I assume all risks pertaining to entry into this race including but not limited to falls, or other accidents. Having read this waiver, I agree to not hold Colon Cancer Coalition, Knox County, or any volunteers, sponsors or their executors from any liability or claims arising out of any injury, including those arising from negligence of volunteers or other participants.

\_\_\_\_\_  
**Print Name**

\_\_\_\_\_  
**Signature (Parent/Guardian if under 18)**

\$12 of your entry fee and any donation is tax to the full extent the law allows.