

GET EDUCATED. GET SCREENED.

- » Colon cancer is the second leading cause of cancer deaths in the United States – 54,000 each year
- » More than 150,000 people are diagnosed with colorectal cancer each year
- » It equally affects men and women, affects those primarily 50 and older, one of the fastest growing segments of our population
- » Those with family history of the disease are at increased risk
- » It is curable – over 90% cured if caught early
- » Colon cancer is preventable through regular screening

TAKE ACTION NOW!

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.

THANK YOU TO OUR SPONSORS

PLATINUM SPONSOR



PHYSICIAN GROUPS



DIGESTIVE HEALTHCARE



GOLD SPONSORS



SILVER SPONSOR



BRONZE SPONSOR



FRIEND



SUPPORTER



IN-KIND



NATIONAL SPONSORS



A Colon Cancer Coalition Event
8009 34th Ave., Suite 360
Bloomington, MN 55425
952.426.6521

www.getyourrearingear.com

GET YOUR REAR IN GEAR RALEIGH



5k Run/Walk & Kids' Fun Run
for Colon Cancer Awareness

SATURDAY
MARCH 3, 2012

FRED FLETCHER PARK
RALEIGH, NORTH CAROLINA



Stay connected at
www.facebook.com/getyourrearingear



Twitter.com/GYRIG
Tweeting from an event? Use #GYRIG

It's more than a race.

Get Your Rear in Gear events are touching lives across the United States

Get Your Rear in Gear® races are produced by the Colon Cancer Coalition, a national grassroots organization dedicated to furthering the advancement of colon cancer awareness and screening. Get Your Rear in Gear events are planned and run by dedicated volunteers who are passionate about putting an end to this preventable disease by increasing screening rates and encouraging people to take charge of their own health.

EILEEN'S STORY



Battling stage four Colon Cancer was not easy. Had I been educated on polyps, maybe I would not have been in the fight to begin with. My name is Eileen Tierno. I am a 34 year old wife, mother and stage four colon cancer survivor (diagnosed at 32). I have no family history, along with the other

eighty percent of patients diagnosed with colon cancer, so a stage four diagnosis was a shock. A colonoscopy was where it all started for me. You are the only one who knows your own body; you are the only one who can prevent colon cancer by getting checked. *Get Your Rear in Gear* knows first-hand that colon cancer doesn't discriminate, and that is why I am able to share my story with you. My husband, children, family and friends look forward to the GYRIG 5k. It is a great time for a great organization to celebrate living life and surviving!

SATURDAY • MARCH 3, 2012

Fred Fletcher Park
802 Clay Street
Raleigh, North Carolina

Pre-Registration through February 28:

Adult: \$25.00
Child: \$12.00
(12 and under)

Race Day Registration after February 28:

Adult: \$30.00
Child: \$15.00
(12 and under)

Raceday Schedule

Registration opens	7:30 a.m.
Kids Fun Run	8:30 a.m.
5K Timed Run	9:00 a.m.
5K Walk	9:05 a.m.

Awards/Shirts

Marathon-quality medals for age group winners. Moisture wicking technical shirts to the first 500 participants.

Course

Please visit www.getyourrearingear.com to view the course map.

More information

To sponsor, volunteer or get more information about this event, contact Stacey Robinson at 919-239-8603, srobinson@recllc.net.

75% of the funds stay in the local area to fund colon cancer awareness, education and prevention programs.

www.getyourrearingear.com

EVENT (CHOOSE ONE):

5K Timed Run 5K Walk Kids Fun Run

T-SHIRT SIZE: Youth: XS S M L Women: XS S M L XL XXL Men: S M L XL XXL

Name: _____ Team Name: _____

I am a colon cancer survivor

Male Female

Street Address: _____ Birthdate: _____ Age (on race day): _____

City: _____ State: _____ Zip: _____ Phone: _____

ENTRY FEES ARE NON-REFUNDABLE:

I would like to donate \$ _____

Entry fee \$ _____

Total amount enclosed \$ _____

MAIL OR FAX THIS FORM TO:

Colon Cancer Coalition - Raleigh
5600 Lincoln Drive, Suite 360
Edina, MN 55349
FAX: 952-674-1179

Make Checks payable to
Colon Cancer Coalition

You can also register online 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, Fred Fletcher Park, the City of Raleigh, and any and all persons, sponsors and entities, their representatives and successors from all claims 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.

Participant 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.

PAYMENT TYPE:

Cash Check # _____ Credit card: Mastercard VISA Discover AMEX

Card # _____ Exp. Date: _____ Cardholder signature: _____