



The 2010 Kids' Fun Run is dedicated to Terry Gallagher, husband, father, friend and stage IV colon cancer survivor. Friends admire his honesty and integrity and are inspired to be better people because of him. While his daily activities include attending his children's events, whether coaching or cheering them on, or enjoying what outdoor opportunities Minnesota has to offer, he remains focused on this disease. Terry's goals are simple: to raise awareness and educate others. We share Terry's belief that by talking openly about colon cancer and raising awareness, lives can be saved. We are honored to dedicate the Kids' Fun Run to Terry Gallagher.

Honorary Kids' Fun Run Starter KARE-11 TV News Anchor, Tim McNiff

Funds raised at the Twin Cities Get Your Rear in Gear 5K Run/Walk will help support the Sage Scopes Screening Program, a division of the Minnesota Department of Health which provides screening and treatment services to Minnesotans diagnosed with colon cancer who are under- or non-insured.

Register today at www.getyourrearingear.com

Minnesota Gastroenterology, P.A.
Premier Gastroenterology Care



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Frauenschuh Cancer Center
Park Nicollet



LEVEL
Minnesota RED



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

GET YOUR REAR IN GEAR TWIN CITIES




5k timed run/walk
kids' fun run

SUNDAY,
May 16, 2010
SOUTHDALÉ CENTER
EDINA, MN

SUNDAY

MAY 16, 2010

kids' fun run • 8:00AM

5k timed run • 8:30AM

5k walk • 8:35AM

registration 7:00AM

SOUTHDALE CENTER

Edina, MN

www.getyourrearingear.com

Find us on facebook



**Honorary 5K Chairperson
WCCO-TV Sports Anchor
and KFAN Radio Personality
Mark Rosen**

GET INVOLVED!

Form a Team

Form a team to support a loved one, raise funds, or simply to share the excitement on race day. An official team is 10 or more family members, friends, co-workers, classmates, and anyone else you can recruit. Get more information and a downloadable team packet at www.getyourrearingear.com/events.

Become a Fundraiser

Collecting donations isn't hard and can really make a difference. Visit www.getyourrearingear.com/events to get more information about fundraising online. Funds raised 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 Kristin Tabor at kristintabor@getyourrearingear.com or 612-998-4689 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/donate.

Volunteer

It takes hundreds of volunteers just like you to make race day possible and save lives. To find out more go to volunteers@getyourrearingear.com.

Share Your Story

Have you or someone you know been touched by colon or rectal cancer? Share your story or read others at www.getyourrearingear.com/stories.

INFORMATION

Need help? Visit www.getyourrearingear.com/events or contact the Local Event Director, Anne Carlson-Davis at 612-272-0738 or annecarlsondavis@getyourrearingear.com.

Mail to: Colon Cancer Coalition – Twin Cities
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 5,000 adult participants. Children receive a cotton t-shirt.

First Name / MI / Last Name: _____

Street Address: _____

City, State/Province, Zip/Postal Code: _____

Email: _____

Age on race day: _____ Male Female

I am a member of Team _____
(team name here)

I am a colon cancer survivor.

T-Shirt Size (included with race entry fee)

NOTE: Shirts run large. Order at least one size smaller for proper fit.

Youth-S Youth-M Youth-L

Adult-S Adult-M Adult-L Adult-XL Adult-XXL

Mail-in registration must be postmarked by May 6, 2010. Online registration closes May 12, 2010 at www.getyourrearingear.com. Race day registration available.

Make checks payable to:
Colon Cancer Coalition – Twin Cities

Discounted price by mail or online through April 25:

Adult: \$25.00

Child (12 and under): \$12.00

Full price by mail or online after April 25:

Adult: \$30.00

Child (12 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 Edina and Southdale Center, 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.