

COLON CANCER COALITION

Be a part of the Alexandria Get Your Rear in Gear event. Funds raised will be invested in local programs to:

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- Raise awareness of colon and rectal cancer
- Invest in innovative projects to help increase screening for colorectal cancer, especially for those under- or non-insured
- Provide support to those touched by colorectal cancer

Get Your Rear in Gear races are a series of nationwide events to raise awareness and funds for colorectal cancer. By working together, we can have a positive impact on colon and rectal cancer in our community and beyond.

TONY SNOW MILE FOR A MIRACLE

Tony Snow; husband, father, friend, neighbor, journalist, commentator, musician, and inspiration for millions passed away over two years ago. Yet, the memory of his caring nature, his warm smile and laugh, and his brave fight against colon cancer remains strong in our community. Please join the people of Mt. Vernon in celebrating his life and working in his honor to support those in need, raise awareness, and eventually find a cure for this disease.

Register today at
www.getyourrearingear.com



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



5k

run/walk
Tony Snow Mile
for a Miracle

**SATURDAY,
NOVEMBER 6, 2010**

**FORT HUNT PARK
ALEXANDRIA, VIRGINIA**

SATURDAY NOVEMBER 6, 2010

Tony Snow Mile for a Miracle • 8:30AM

5k run • 8:45AM

5k walk • 8:50AM

**Registration/Race
Day Packet Pickup • 7:00AM**

Note: Register Early! This race is limited to 750 participants.

**FORT HUNT PARK
ALEXANDRIA, VA**

www.getyourrearingear.com



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.gyrig.com/events.

Become a Fundraiser

Collecting donations isn't hard and can really make a difference. Visit www.gyrig.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 Jay McConville at mccfamily@cox.net or 703-624-6701 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.gyrig.com/donate.

Volunteer

Please contact Jay McConville at 703-624-6701 or mccfamily@cox.net to volunteer.

Share your Story

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

INFORMATION

Contact the Local Event Director, Jay McConville at mccfamily@cox.net or 703-624-6701, or Lisa Sanderson, National Events Director at lisananderson@getyourrearingear.com.

Mail to: Colon Cancer Coalition – Alexandria
8009 34th Ave., Suite 360
Bloomington, MN 55425

Event (choose one)

Tony Snow Mile for a Miracle

- Adult
 Junior (11-16)
 Child (10 and under)

5k run/walk

- Adult
 Junior (11-16)
 Child (10 and under)

Dri-fit shirts to all participants over 10 years of age.

First Name / MI / Last Name:

Street Address:

City, State/Province, Zip/Postal Code:

Team Name/Captain:

Email:

Birthdate (mm/dd/yyyy):

Age (race day):

Gender Female Male

I am a member of Team _____

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 October 23, 2010. Online registration is open until limit is filled.

Make checks payable to:
Colon Cancer Coalition – Alexandria

Pre-registration through September 30:

Tony Snow Mile for a Miracle

Adult - \$25
Junior (11-16) - \$15
Child (10 & under) - \$10

5K Run/Walk

Adult - \$25
Junior (11-16) - \$15
Child (10 & under) - \$10

Registration after September 30:

Tony Snow Mile for a Miracle

Adult - \$25
Junior (11-16) - \$20
Child (10 & under) - \$15

5K Run/Walk

Adult - \$35
Junior (11-16) - \$20
Child (10 & under) - \$15

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 Alexandria, Fairfax County, National Park Service, 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.