

COLON CANCER COALITION

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

- 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.

Register today at
www.getyourrearingear.com



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



4 mile

run/walk
CoveyLove
kids' fun run

**SUNDAY,
JUNE 13, 2010**

**PROSPECT PARK
BROOKLYN, NY**

SUNDAY

JUNE 13, 2010

CoveyLove kids' fun run • 8:00AM

4 mile run/walk • 8:30AM

registration 7:00AM

Prospect Park

Center Drive

Brooklyn, NY

www.getyourrearingear.com



Many of us wait a lifetime to meet that special friend who indelibly alters our heart and spirit forever. Whether it is with their fun-loving attitude, or their larger than life persona, their star quality inspires you to act from your better half. Amy Kathleen Covey was that person. Tragically, her life was cut short after a three-year battle with colorectal cancer. She was just "Covey"; our own single-named celebrity friend who could light up any stage. She was our fearless leader who taught us how to live life to the fullest, appreciate the silly and the kooky, and see the beauty in the simplest of things. This race celebrates her life while raising awareness for colon cancer.

Participants and friends are invited to remember Amy Covey by wearing a fun, creative costume... just as Amy would!

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. Or contact Vanessa Lal Steinkamp at vlal@d125.org or 773-425-8048; or Rachael Safirstein at 917-620-9159 or rsafirstein@gmail.com.

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 Vanessa Lal Steinkamp at vlal@d125.org or 773-425-8048; or Rachael Safirstein at rsafirstein@gmail.com or 917-620-9159 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/gyrignyc10.

Volunteer

To volunteer, please contact Vanessa Lal Steinkamp at vlal@d125.org or 773-425-8048; or Rachael Safirstein at rsafirstein@gmail.com or 917-620-9159.

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

Visit www.getyourrearingear.com/events or contact the local event directors: Vanessa Lal Steinkamp at vlal@d125.org or 773-425-8048; Rachael Safirstein at rsafirstein@gmail.com or 917-620-9159.

Mail to: Colon Cancer Coalition – New York City
8009 34th Avenue S., Suite 360
Bloomington, MN 55425

Event (choose one)

kids' fun run • 8:00AM

5k timed run • 8:30AM

5k walk • 8:30AM

Technical shirts and goodie bags guaranteed to the first 500 adult participants. Children receive a cotton t-shirt.

First Name / MI / Last Name:

Street Address:

City, State/Province, Zip/Postal Code:

Email:

Date of birth: 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 no later than June 4, 2010. Online registration is open through June 8, 2010 at www.getyourrearingear.com.

Make checks payable to:
Colon Cancer Coalition – New York City
Pre-registration via mail through June 4
and online through June 8:

Adult 5K/Walk: \$25.00

Kids' Fun Run: \$12.00

Race day registration (after June 8):

Adult 5K/Walk: \$30.00

Kids' Fun Run: \$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 New York Department of Parks and Recreation, Prospect Park, 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.