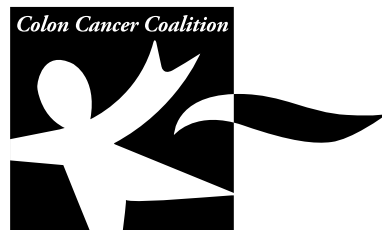




GET YOUR
REAR
IN GEAR
WAUKON, IA



Schedule of events:

Registration opens • 7:00AM
5k Run • 9:00AM - 5k Walk • 9:05AM

Pre-registration via mail through September 22 and
online through September 28:
Adult 5k Run/Walk: \$25.00 - Child (12 and under): \$12.00

Race day registration (after September 28):
Adult 5k Run/Walk: \$30.00 - Child (12 and under): \$15.00

To register online visit: getyourrearingear.com or mail to:
Colon Cancer Coalition - Waukon
8009 34th Avenue S., Suite 360
Bloomington, MN 55425

First Name / MI / Last Name:

Street Address:

City, State/Province, Zip/Postal Code:

Phone:

Email:

Date of Birth: Age on race day: Male Female

I am a colorectal cancer survivor.

I would like to donate \$ _____

Event Fee \$ _____

Total Amount Enclosed \$ _____

Charge my: MasterCard VISA

Card#

Exp. Date:

Cardholder's Signature:

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

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, City of Waukon, St. Patrick's School, 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.

GET YOUR REAR IN GEAR

5k

WALK/RUN FOR COLON CANCER

October 2, 2010

St. Patrick's School

200 2nd Street SW, Waukon, IA

Get Your Rear in Gear is a series of nationwide events to raise awareness and funds for colorectal cancer. Run, walk, form a team or volunteer your time. Support those battling colorectal cancer, and provide other important services.

To sponsor, volunteer, or for more information, contact Barb Smed at Northeast Iowa Realty, (563)568-7159, barb@neirealty.com or Laurie Martin, (563)380-9308, mothermartin55@gmail.com.

www.getyourrearingear.com