

COLON CANCER COALITION

Our mission is to ensure that all citizens have adequate information and access to screening for colorectal cancer. We are working towards this goal by:

- Establishing a Get Your Rear in Gear event in every US state by 2010.
- Working with local and national businesses, health organizations, media, and survivors and their families and friends to help save lives by raising awareness through these events.
- Assisting local organizers in directing funds raised at Get Your Rear in Gear events to the best local programs to fulfill the mission.

Net proceeds from the Colchester Get Your Rear in Gear event will be invested in local projects that

- promote awareness of colorectal cancer
- increase colorectal screening
- provide emotional support to those affected by disease and their families

Register today at
www.getyourrearingear.com

Sponsored in part by



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



5k

timed run/walk

SUNDAY, AUGUST 17, 2008
BAYSIDE PARK
BLAKELY ROAD, MALLETTS BAY
COLCHESTER, VT

SUNDAY AUGUST 17, 2008 BAYSIDE PARK COLCHESTER, VT

Registration opens • 7:30AM
5k timed run • 9:00AM
5k walk • 9:05AM

www.getyourrearingear.com



GET INVOLVED!

Form a Team

A team is you and five or more family, friends, co-workers, classmates, teammates or anyone else you can find. Team members can be of any age and can be a combination of walkers and runners. Be creative and make your team really stand out. Go to getyourrearingear.com to download a Team Packet or contact us at 952-426-6521 to have one mailed to you.

Become a Fundraiser

Set up an account and invite others to donate to our effort under your name. Great prizes available! Go to www.getyourrearingear.com and follow the links to set up your site.

Donate

Please support our effort to make a difference in the fight against colorectal cancer. Sponsor someone you know who is participating at www.getyourrearingear.com and donate through our secure site, or contact us at 952-426-6521 to have a pledge form mailed to you.

Volunteer

It takes hundreds of people to help make this event a success. If you or a group would like to help, go to www.getyourrearingear.com and fill out the volunteer form or contact us at 952-426-6521 to have one mailed to you. Volunteers are needed on event day as well to help with a number of activities leading up to the event, so any time you can give is appreciated.

Mail to: Colon Cancer Coalition
Get Your Rear in Gear 5k – Colchester
8009 34th Ave., Suite 360
Bloomington, MN 55425

In-store registrations from June 1 to August 14 at:
Kevin Smith Sports (2 locations)
38 South Main St. 1174 Williston Rd., #1
St. Albans South Burlington

Registration begins at 7:30AM on August 17th

Event (choose one)

- 5k Run • 9:00AM
This is a timed event. Prizes to top overall male and female finishers.
- 5k Walk • 9:05AM
Participants will receive a technical shirt and adult goodie bag.
- Adult participants will receive a dri-fit shirt and goodie bag. Children registering as 12 and under will receive a cotton t-shirt.
- Technical shirts and goodie bags guaranteed only to first 200 registrants.

First Name / MI / Last Name: _____

Street Address: _____

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

Team Name/Captain: _____

Email: _____

Birthdate (mm/dd/yyyy): _____ Age (race day): _____

- I am a colon cancer survivor.
Gender: male female
- Please contact me about volunteer opportunities.

T-Shirt Size (included with race entry fee)

- Youth-XS 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 August 8, 2008. Registration can also be completed by visiting getyourrearingear.com through August 14, 2008.

Make checks payable to: **Colon Cancer Coalition**

Pre-registration through August 14:

Adult: \$25.00
Children 12 and under: \$12.00

August 15 through race day:

Adult: \$30.00
Children 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 Colchester, 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.