

Event Overview



- DATE:** AUGUST 17, 2008
- LOCATION:** COLCHESTER BAY PARK
- TIME:** 9:00 a.m. 5K Timed Run
9:05 a.m. 5K Walk
- FEES:** \$25.00 5K Run and Walk through August 14
\$30.00 August 15 through race day
- \$12.00 Children 12 and under through August 14
\$15.00 August 15 through race day
- DAY OF:** First 200 adult participants will receive a dri-fit running shirt and goodie bag. Prizes to the top overall male and female 5K run finishers. Anyone who would like to fight colorectal cancer in Vermont is encouraged to come out and enjoy refreshments, food, and great fun while helping to raise awareness.
- SPECIAL TRIBUTES:** Recognize survivors, honor those who have fought this colorectal cancer and honor those who we have lost to the disease.
- TEAMS:** A team is any group of five or more participants. Team members can be all ages and can be a combination of walkers and runners.
- HISTORY:** This is the inaugural Colchester Get Your Rear in Gear 5K event. The goal for 2008 is 250 participants!
- TO BENEFIT:** The COLON CANCER COALITION. It is the goal of the Coalition to foster a Get Your Rear in Gear event in every state to improve awareness of colorectal cancer and positively impact screening rates. Funds raised in Vermont will assist local organizations dedicated to these goals.
- QUESTIONS:** Contact us at cindyiverson@getyourrearingear.com or 952-426-6521.