

Event Overview



- DATE:** APRIL 13, 2008
- LOCATION:** SOUTHDALE CENTER
EDINA
- TIME:** 8:30 a.m. Kids' 1/2 Mile Fun Run
9:00 a.m. 5K Timed Run
9:05 a.m. 5K Walk
- FEES:** \$25.00 5K Run and Walk until April 9th
\$30.00 Day of event

\$12.00 Kids' 1/2 Mile Fun Run until April 9th
\$15.00 Day of Event
- DAY OF:** All participants will receive a technical running shirt and goodie bag. Lots of food and fun for the whole family. Come out and help us raise awareness and funds to fight colorectal cancer.
- 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 4th annual Get Your Rear in Gear event in the Twin Cities. The 2005 event attracted over 1,200 participants; 2,700 participated in 2006 and 3,200 participated in 2007. The goal for 2008 is 5,000 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 the Twin Cities area will assist local organizations dedicated to these goals.
- QUESTIONS:** Contact us at cindyiverson@getyourrearingear.com or 952-426-6521.