

COLON CANCER COALITION

Be a part of Philadelphia's inaugural Get Your Rear in Gear 5K. Help us recognize survivors and honor those we have lost to colon and rectal cancer.

This is a USA Track and Field Certified 5K Course. Prizes awarded for:

- First and second place male and female 5K finisher
- Multiple age group winners
- Top individual fundraiser
- Top fundraising team
- Largest team

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

A portion of the money raised will also help the Colon Cancer Coalition begin Get Your Rear in Gear events in other cities across the United States. By working together, we can have a positive impact on colon and rectal cancer in our community and beyond.

Never run a 5K race before but would like to try?

Then join our 5K training group! The training will be run by a certified ChiRunning instructor, and consists of a 9-week progressive program that will help you safely prepare to run the full 5K distance. ChiRunning is a simple-to-learn running technique that reduces injury and makes running more fun. The cost for the training is \$75. Find out more by contacting instructor Craig Stimmel at www.phillychi.com or at 267-909-5585.

**Register today at
www.getyourrearingear.com**



American Association for Cancer Research
A Century of Leadership in Science. A Future of Cancer Prevention and Cures
www.aacr.org



COLON HEALTH CENTERS
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CROZER REGIONAL CANCER CENTER
DELAWARE COUNTY REGIONAL CANCER CENTER
SPRINGFIELD CANCER PROGRAM
TAYLOR CANCER PROGRAM



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



5k

run/2 mile walk
Kids' Fun Run

**SUNDAY,
March 22, 2009**

**MARTIN LUTHER KING DRIVE
(WEST RIVER DRIVE)
PHILADELPHIA, PA**

SUNDAY MARCH 22, 2009

MLK DRIVE, PHILADELPHIA, PA

- kids' fun run • 9:00AM
- 5k timed run • 9:30AM
- 2 mile walk • 9:45AM
- awards • 10:30AM

registration opens at 7:30AM

TONY'S TROT

The inaugural Kids' Fun Run will honor former White House Press Secretary Tony Snow. The Kids' Fun Run is not only a place for our younger runners and walkers to show their stuff, but also a time for us to reflect on the passing of an extraordinary parent who was an inspiration to his children and many others.

www.getyourrearingear.com



GET INVOLVED!

Form a Team

An Official Team is 10 or more family, friends, co-workers, classmates, athletes or anyone else you can recruit. Team members can be a combination of walkers, runners and kids. Make your team really stand out with your own t-shirt, hat, banner — be creative! Register today and a Team Kit will be sent to the Team Captain to help you get started.

Become a Fundraiser

Collecting funds for the cause isn't hard and can really make a difference. Collect contributions online or simply ask for donations. Visit our website to learn how to get started and find some fun and easy ideas to help raise money.

Donate

Sponsor someone participating in this event or make a donation directly to help fight colorectal cancer in the Philadelphia area. Send in your donation with this form or go to our website to make your contribution on our secure online system.

Volunteer

It takes hundreds of people to help make this event a success. Please contact us to find out how you or your group can help.

Sponsor

Be a part of this high profile community event. Sponsors can help with dollars, in kind services or products or volunteers.

INFORMATION

For more information, please go to www.getyourrearingear.com and click on Philadelphia 5K, March 22 or contact the Local Event Director Maria Grasso at mariagrasso@getyourrearingear.com or at 856-371-9238 or the Colon Cancer Coalition at 952-426-6521.

Mail to: Colon Cancer Coalition – PA
8009 34th Ave., Suite 360
Bloomington, MN 55425

Event (choose one)

- Kids' Fun Run • 9:00AM
- 5K Timed Run • 9:30AM
- 2 Mile Walk • 9:45AM

Technical shirts and goodie bags guaranteed to the first 500 adult participants.

Children receive a cotton t-shirt and medal.

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.

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
- Gender Female Male

Mail in registrations must be postmarked by March 12, 2009.
Online registration is open through March 18, 2009 at
www.getyourrearingear.com

Make checks payable to:
Colon Cancer Coalition – PA

Pre-registration through March 18:

Adult: \$25.00
Child (10 and under): \$12.00

Race Day Registration after March 18:

Adult: \$30.00
Child (10 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 Philadelphia, 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.