

# COLON CANCER COALITION

Be a part of the 5th annual Twin Cities Get Your Rear in Gear 5K event. Help us celebrate survivors, cheer on those battling colon and rectal cancer and honor those we have lost too soon to this disease.

## 2009 New and Improved!

### Team Kit

Forming a Team is easier than you think and is a great way for you and family members, friends, neighbors, schoolmates, co-workers – whoever! – to help make a difference in the battle against colon cancer. Those signing up as Team Captain will receive our new Team Kit filled with great ideas on how to grow your team and easy and fun fundraising ideas for you to try. There are some great incentives for our Teams and Fundraisers too!

### Kids' ½ Mile Fun Run

The 2009 Kids' Fun Run is dedicated to Anne Notch who was diagnosed with stage 4 colorectal cancer while pregnant with her third child. Anne is making each day count with her children, marking the big events and the not so big events in very special ways. 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 honor an extraordinary parent who is an inspiration to her children and to many others as well.



### Great Shirts and Bags

New terrific dri-fit shirts for our participants again in 2009! Look for a special new goodie bag that we hope will get lots of use well beyond race day.

### Photo Opportunities

A group picture of colorectal cancer survivors will be taken the morning of the event. Team photos will also be taken. Each survivor and Team Captain gets one free copy of photos taken; additional photos will be available for purchase.

Register today at  
[www.getyourrearingear.com](http://www.getyourrearingear.com)



MINNESOTA GASTROENTEROLOGY, P.A.

Colon and  
Rectal Surgery  
Associates, Ltd.



**ABDO**  
Publishing Company



Merchant & Gould  
An Intellectual Property Law Firm



LEVEL

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



# 5k

run/walk  
Kids' ½ Mile Fun Run

**SUNDAY,  
APRIL 19, 2009**

**SOUTHDALE CENTER  
EDINA, MN**

# SUNDAY

APRIL 19, 2009

SOUTHDALE CENTER  
EDINA, MN

kids' fun run • 8:30AM

5k timed run • 9:00AM

5k walk • 9:05AM

awards • 9:45AM

registration opens at 7:00AM

[www.getyourrearingear.com](http://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 Twin Cities 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](http://www.getyourrearingear.com) and click on Twin Cities 5K, April 19 or contact the Local Event Director Cindy Iverson at [cindyiverson@getyourrearingear.com](mailto:cindyiverson@getyourrearingear.com) or at the Colon Cancer Coalition at 952-426-6521.

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

### Event (choose one)

Kids' Fun Run • 8:30AM

5k Timed Run • 9:00AM

5k Walk • 9:05AM

Technical shirts and goodie bags guaranteed to the first 3,500 adult participants.

Children receive a cotton t-shirt and medal.

Prizes will be awarded to the top overall male and female finisher for the run and in multiple age categories.

\_\_\_\_\_  
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 would like to receive the Coalition's online newsletter.

I am a colon cancer survivor.

A group photo of colorectal cancer survivors will be taken at 8:20 a.m. Please report to the SURVIVOR tent by 8:15 a.m. if you would like to participate.

**T-Shirt Size** (included with race entry fee)

note: Technical shirts run a half size larger than standard sizing.

Youth-XS  Youth-S  Youth-M  Youth-L

Adult-S  Adult-M  Adult-L  Adult-XL  Adult-XXL

Mail in registrations must be postmarked by April 9, 2009.

Online registration is open through April 15, 2009 at

[www.getyourrearingear.com](http://www.getyourrearingear.com)

Make checks payable to:

**Colon Cancer Coalition – TC**

**Pre-registration through April 15:**

Adult: \$25.00

Child (10 and under): \$12.00

**Race Day Registration after April 15:**

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 Edina, 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.