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It's time to Get Your Rear in Gear Saratoga Springs

*Inaugural 5K race partners with Wilton-based The Colon Club
to increase awareness and screenings for colon cancer and
celebrate the release of the 2012 Colonder*

Saratoga Springs, N.Y. (September 18, 2011) --- The inaugural Get Your Rear in Gear Saratoga Springs ran through Saratoga Spa State Park on Saturday, September 17. Runners, walkers, volunteers, and spectators gathered to raise awareness of the nation's number two cancer killer, and raise funds for colon cancer prevention and screening. The day will include opportunities for celebration of survivors and support for caregivers and those who may have been left behind.

Local event director Kristin MacDonald is bringing Get Your Rear in Gear to Saratoga Springs after she lost her grandfather to the disease and she learned about a family history he had been embarrassed to talk about. "As my mother and I begin to learn more, we knew we had to do something to get everyone - families, friends, coworkers - talking about colon cancer and get rid of the embarrassment and stigma attached to talking about your colon," MacDonald stated, "because that is the only way we are going to beat this disease."

Get Your Rear in Gear is excited to partner with Wilton-based The Colon Club for this inaugural event. The Colon Club will be celebrating the release of the 2012 Colondar, a twelve month calendar that features colorectal cancer survivors all diagnosed under the age of 50, at the event. Several 2012 Colondar models and some from past editions of the Colondar will be present and will be participating in the Get Your Rear in Gear 5K.

"We are excited to partner with Get Your Rear in Gear and are delighted to be a part of this growing series of races," says The Colon Club founder Molly McMaster. "Partnering with a like-minded organization allows us to reach more people with the word that colon cancer can happen to anyone, and that people should know the risk factors, symptoms and family history, and when it's right to get screened."

Funds raised at the Get Your Rear in Gear event will stay in the Saratoga Springs community, helping with prevention, early detection, treatment for this disease and healthy living projects for the community. A portion of the money will also be given to The Colon Club's "Kimberly Fund" to assist local families when a parent is diagnosed with colon cancer. Additional funds from the event will help support the "FIT Kit" program at Saratoga County. As part of the Cancer Services Program Partnership of Saratoga County, this program provides a non-invasive colon cancer screening test that is done in the privacy of a person's own home and follows up with a diagnostic colonoscopy if FIT is positive or a positive family history exists. These screening tests are offered at no cost to men and women age 50-64 without health insurance.

The event festivities will begin at 8:15 a.m. with the Kids' Fun Run for children aged 12 and under. The 5K Run will follow at 8:30 a.m. with the 5K Walk at 8:35 a.m. Registration information is available online at www.getyourrearingear.com. Race day registration is available at the event. Information about volunteering, fundraising, sponsoring an event or forming a team is also posted on the website.

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Get Your Rear in Gear[®] events are presented nationally by the Colon Cancer Coalition, a non-profit organization based in Minneapolis. The mission of Get Your Rear in Gear events is to ensure that all people have adequate information and access to screening for colon cancer. In 2011, 40 Get Your Rear in Gear races will occur in cities across the country. By making the words colon, colorectal and colonoscopy a part of the everyday language, we believe we can overcome the fear and decrease deaths from this largely preventable cancer. A history of the organization and a list of upcoming and past events can be found at www.getyourrearingear.com.

The Colon Club was founded in 2003 by Molly McMaster, a colon cancer survivor who was diagnosed on her 23rd birthday, and Hannah Vogler, whose cousin and Molly's friend, Amanda Sherwood Roberts, died of the disease at the age of 27. The main goal of the organization is to educate as many people as possible, as early as possible, about colorectal cancer in interesting and out-of-the-box ways. Their wishes are for people to have "colon talk" in their everyday lives, to know the risk factors and symptoms, and to get screened when it is appropriate for them. To learn more visit www.colonclub.com.

The Colondar is a twelve month calendar that features colorectal cancer survivors all diagnosed under the stereotypical age of 50. The featured survivors proudly show off their surgical scars and share part of their extraordinary personal stories, proving that this is a disease that can happen to anyone, at any age. The Colondar also features U.S. holidays, facts about colorectal cancer, a resource page and colorectal cancer events in the upcoming year.

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