

# COLON CANCER COALITION

Be a part of the Iowa Get Your Rear in Gear event. 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

Get Your Rear in Gear races are a series of nationwide events to raise awareness and funds for colorectal cancer. By working together, we can have a positive impact on colon and rectal cancer in our community and beyond.

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



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



# 5k

run/walk  
kids' fun run

**SATURDAY  
OCTOBER 9, 2010**

**Raccoon River Park  
West Des Moines, Iowa**

# SATURDAY OCTOBER 9, 2010

kids' fun run - 8:30AM

**5k** timed run/walk - 9:00AM

registration - 7:30AM

**Raccoon River Park**  
2500 Grand Avenue  
West Des Moines, Iowa

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



## GET INVOLVED!

### Form a Team

Form a team to support a loved one, raise funds, or simply to share the excitement on race day. An official team is 10 or more family members, friends, co-workers, classmates, and anyone else you can recruit. Get more information and a downloadable team packet at [www.gyrig.com/events](http://www.gyrig.com/events).

### Become a Fundraiser

Collecting donations isn't hard and can really make a difference. Visit [www.gyrig.com/events](http://www.gyrig.com/events) to get more information about fundraising online. Funds raised in person may be mailed to the Coalition or brought to the event on race day.

### Sponsor

Be a part of this high profile community event. Sponsors support us by offering products, services, volunteers or financial support.

Contact David McCluskey at [david@davidsfight.org](mailto:david@davidsfight.org) or 515-559-4789 to learn more.

### Donate

Can't make it on race day? Do you want to honor a loved one or improve awareness in your community by supporting this event? Donations may be made on [www.gyrig.com/donate](http://www.gyrig.com/donate).

### Volunteer

Please contact David McCluskey at 515-559-4789 or [david@davidsfight.org](mailto:david@davidsfight.org) to volunteer.

### Share Your Story

Have you or someone you know been touched by colon or rectal cancer? Share your story or read others at [www.gyrig.com/stories](http://www.gyrig.com/stories).

## INFORMATION

Visit [www.gyrig.com/events](http://www.gyrig.com/events) or contact the local event director David McCluskey at [david@davidsfight.org](mailto:david@davidsfight.org) or 515-559-4789; or Lisa Sanderson, National Events Director at [lisasanderson@getyourrearingear.com](mailto:lisasanderson@getyourrearingear.com)

Mail to: Colon Cancer Coalition – Iowa  
8009 34th Avenue S., Suite 360  
Bloomington, MN 55425

### Event (choose one)

kids' fun run - 8:30AM

5k timed run - 9:00AM

5k walk - 9:00AM

Technical shirts and goodie bags guaranteed to the first 500 adult participants. Children receive a cotton t-shirt.

First Name / MI / Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State/Province, Zip/Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Birthdate (mm/dd/yyyy): \_\_\_\_\_ Age on race day:  Male  Female

I am a member of Team \_\_\_\_\_  
(team name here)

I am a colon cancer survivor.

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

NOTE: Shirts run large. Order at least one size smaller for proper fit.

Youth-S  Youth-M  Youth-L

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

Mail-in registration must be postmarked no later than October 1, 2010. Online registration is open through October 5, 2010 at [www.getyourrearingear.com](http://www.getyourrearingear.com).

Make checks payable to:  
**Colon Cancer Coalition – Iowa**

**Pre-registration via mail through October 1 and online through October 5:**

Adult 5K/Walk: \$25.00

Kids' Fun Run: \$12.00

**Race day registration (after October 5):**

Adult 5K/Walk: \$30.00

Kids' Fun Run: \$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 West Des Moines, 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.