

Strides for Life

COLON CANCER FOUNDATION

is a 501(c)(3) nonprofit organization founded in 2004.

Mission Statement

Colon cancer is the second leading cause of cancer deaths in the U.S. Ninety percent (90%) of these deaths are preventable. The mission of **Strides for Life** is to save lives through prevention and early detection of colon cancer.

THE STRIDES WE ARE MAKING WITH THE HELP OF FUNDS YOU RAISE

- Increasing awareness of colon cancer through a variety of educational programs;
- Funding colonoscopies for those without health insurance;
- Sponsoring educational forums for the community and physicians;
- Sponsoring screening programs in five California communities.

Colon Cancer Coalition

The mission of the Colon Cancer Coalition is to ensure that all citizens have adequate information and access to screening for colorectal cancer. The Coalition oversees Get Your Rear in Gear races in states across the country which increase awareness, raise funds and provide support for those whose lives have been affected by colon cancer.

To learn more, go to www.getyourrearingear.com



Dylan's Story

The Strides for Life Organization was founded in honor of Dylan Cappel. Dylan died of colon cancer at the age of 23, while training for a berth on the 2004 United States Olympic Rowing Team. Dylan was a graduate of St. Dunstan School in Millbrae and a 1996 graduate of Serra High School in San Mateo. He graduated from the University of Wisconsin-Madison in 2000 and, at the time of his death, he was the Assistant Men's Varsity Rowing coach at the University of Wisconsin-Madison.

Strides for Life is dedicated to his memory and committed to decreasing the amount of pain and suffering this hideous disease wreaks on society.



**PARTICIPATE AS
AN INDIVIDUAL OR
CREATE A TEAM!**
WWW.STRIDESFORLIFE.ORG

Non Profit Organization
U.S. Postage
PAID
Permit No.47
Millbrae, CA 94030

P. O. Box 4225
Burlingame
CA 94011


Strides for Life
Colon Cancer Foundation

Strides for Life

Colon Cancer Foundation



PRESENTS



GET YOUR
REAR
IN GEAR
SAN FRANCISCO



7TH ANNUAL
**4 Mile WALK
OR RUN**
& KIDS ACTIVITIES

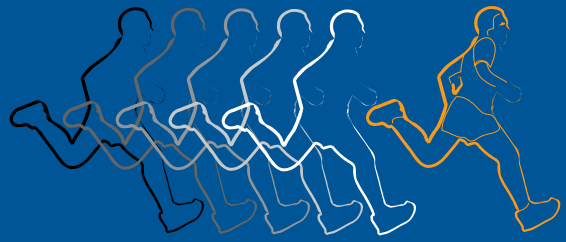
October 3, 2010

REGISTER ON-LINE AT

www.stridesforlife.org

OR MAIL REGISTRATION TO

P.O. Box 4225, Burlingame, CA 94011
650-348-5800



SUNDAY OCTOBER 3, 2010 LAKE MERCED SAN FRANCISCO

registration • 7:30AM

parking lot @ Lake Merced & Sunset Blvd.

opening ceremony • 8:45AM

event begins • 9:00AM

Post Race Breakfast prepared and served by our returning top-notch Breakfast Crew!

www.stridesforlife.org
650-348-5800



Keep this portion

GET INVOLVED!

Form a Team

A team is you and five or more family, friends, co-workers, classmates, teammates or anyone else you can find. Team members can be of any age and can be a combination of walkers & runners. Be creative and make your team really stand out. Go to www.stridesforlife.org to download a Team Packet or contact us at 650-348-5800 to have one mailed to you.

Help Fundraise

Set up an online account and invite others to donate to our effort under your or your team's name. Go to www.stridesforlife.org and follow the links to set up your site.

Donate

Please support our effort to make a difference in the fight against colorectal cancer. Funds raised provide colonoscopies and other related medical services to uninsured and underinsured people. Sponsor someone you know who is participating or simply go to www.stridesforlife.org and donate through our secure site. Contact us at 650-348-5800 to have a pledge form mailed to you.

Volunteer

It takes hundreds of people to help make this event a success. If you or a group would like to help, go to www.stridesforlife.org and fill out the volunteer form or contact us at 650-348-5800 to have one mailed to you. Volunteers are needed on event day as well as to help with a number of activities leading up to the event, so any time you can give is appreciated.

Keep this portion



4 Mile Walk / Run

REGISTERED PARTICIPANTS RECEIVE TECH-SHIRT, GOODIE BAG & POST RACE BREAKFAST.

Pre-registration: \$35 / Race Day Registration: \$45
Children 13 and under: \$10

In addition to your registration fee, **participants are encouraged to raise sponsorship funds.** Prizes awarded to top fundraisers. Every penny raised helps prevent this disease.

I am unable to attend, but would like to donate \$_____. Ask your company representative for matching funds. Please attach your employer's Matching Gift Form.

Make checks payable to:

Strides for Life Colon Cancer Foundation

Amount Enclosed _____

Charge my: MasterCard VISA

Card# _____

Exp. Date: _____

Cardholder's Signature: _____

Mail to: Strides for Life Colon Cancer Foundation
P.O. Box 4225, Burlingame, CA 94011
or **Register on-line at**
www.stridesforlife.org by 9/27/2010

Event (choose one)

walk run non-walk/run attendee

Name _____

Address _____

City/State/Zip _____

Team Name _____

Captain _____

Must be postmarked by September 27, 2010
Return this portion

Email: _____

Phone: _____

Birthdate (mm/dd/yyyy): _____ Age (race day): _____

In Honor or Memory of: _____

I am a colon cancer survivor.

Gender: male female

MANDATORY PARTICIPANT RELEASE AND WAIVER

I understand that my execution of this Waiver is a prerequisite in the Strides for Life Walk/Run. I further understand that there are risks and dangers, including death, inherent in participating in this Event which consists of a walk/run of approximately 4 miles.

1. I understand that in order to participate in the event, I agree to assume all risks and to release and hold harmless Strides For Life Colon Cancer Foundation and their affiliates, divisions, assigns, successors in interest, agents, servants, employees, officers, trustees, sponsors, officials, volunteers and directors, past and present and all government and public entities including, but not limited to, the State, County and local municipalities where the event takes place (collectively the "Released Parties").

2. I understand and agree that this release will have the effect of releasing, discharging, waiving, and forever relinquishing any and all actions or causes of action that I may have or have had on my behalf and on behalf of my survivors, heirs and estate, whether past, present or future, whether known or unknown, and whether anticipated or unanticipated by me, arising out of my participation in this Event. This release constitutes a complete release, discharge and waiver of any and all actions or causes of action against the Released Parties.

3. I understand and agree that this release applies to personal injury, property damage, or wrongful death that I may suffer, even if caused by the negligent actions or omissions of others. I understand that by agreeing to this release that I am assuming full responsibility for any and all risk of death or injury or property damage suffered by me while participating in this event, including training walks prior to the Event.

4. I understand that I am solely responsible for my health and safety. I hereby represent that I am physically capable of participating in and completing this Event, that I will observe all applicable event rules and that I will conduct myself in a safe and prudent manner while participating in the Event. I acknowledge that participants under the age of 14 must be accompanied by an adult.

5. I understand that I am responsible for my own safety at this event, and I will abide by all event and traffic rules.

6. I give full permission for use of my name and photographs in connection with this Event.

7. I hereby consent to and permit to emergency treatment in the event of injury or illness.

8. I have carefully read this Waiver and fully understand its contents. I am aware that this is a release of liability and I sign of my own free will.

SIGNATURE REQUIRED FOR REGISTRATION

ENTRY FEES ARE NON-REFUNDABLE.

PRINT FULL NAME

SIGNATURE (Parent or Legal Guardian if under 18)

DATE

Must be postmarked by September 27, 2010
Return this portion