

**Event
Chairperson**



Janette Gaw, M.D.,
colorectal surgeon

**Event
Co-Chairperson**



Vera Owens, colon
cancer survivor

The colon Cancer Coalition operates Get Your Rear in Gear events across the country promoting awareness and raising funds to fight colon cancer. The events are designed to unite people, cities and states throughout the USA; to provide support and hope for those who have had their lives affected by our nation's second leading cause of cancer deaths, and to encourage individuals of all ages to get screened.

21st Century C.A.R.E. is a 501(c)(3) non-profit organization based in Fort Myers and dedicated to cancer patients. We provide financial assistance to cancer patients in need, sponsor educational programs for cancer patients, physicians, and other health care practitioners, hold support groups, and conduct cancer screening programs.



The Colorectal Institute
*Colorectal Surgery
Professional Care, Personal Touch!*

21st Century C.A.R.E.
Get Your Rear in Gear 5K Run
2234 Colonial Blvd.
Fort Myers, FL 33907

PLEASE DELIVER TO:
Current Resident or



➤➤➤ **5K Run, 2 Mile Walk
& Kid's Fun Run**



**Saturday
March 24, 2012**

**HAMMOND STADIUM
14100 SIX MILE CYPRESS
PARKWAY
FORT MYERS, FLORIDA**

**To benefit colorectal cancer education,
screening, and treatment**



Proceeds

Money raised at the event will be used locally by 21st Century C.A.R.E. in Southwest Florida and nationally by the Colon Cancer Coalition to increase access to education, screening, and treatment of colon cancer.

Fundraising

Fundraising is encouraged! Donate as an individual or as a team! Awards will be provided to the highest fundraising individual and team. In addition, incentive prizes will be awarded to each individual or team member as follows:

\$100—\$249: 21st Century C.A.R.E. hat
\$250—\$499: 21st Century C.A.R.E. tote bag
\$500+: 21st Century C.A.R.E. hat, tote bag, and umbrella

Please visit www.getyourrearingear.com to make a donation as an individual or team

Other Information

Strollers and pets are allowed only in the 2-mile walk. Unregistered runners, bikes, skateboards and rollerblades are prohibited. Hot and humid conditions may exist; please drink plenty of fluids before, during and after the race. Continental breakfast and refreshments will be available.

Goodie Bags

The first 500 registered participants will receive a goodie bag with race t-shirt and gifts.

Race Packet Pick-up

Run Florida
13101 McGregor Blvd
Fort Myers, FL 33919
239-225-0234
Friday, March 23, noon to 6:00 pm

Race Information

Race day Schedule

7:00 am Registration opens
8:00 am 5K timed run
8:10 am 2-mile walk (untimed)
9:15 am Kids' fun run

Refreshments and awards to follow the race

Course Map: please go to www.ftmyerstrackclub.com

Entry Fee

Pre-registration via mail postmarked by March 16 and online through March 20:

Adult	\$25
Youth (17 & under)	\$15

Late registration, all ages (after March 20): \$30

Entry fees are non-refundable, non-transferrable and are not tax deductible.

Awards

Awards will be provided to the top male and female finisher overall, and in each category below:

Masters: 40 and above
Grandmasters: 50 and above
Senior Grandmasters: 60 and above

The first three male and female finishers in the 5K timed run in each of the age categories below will receive a medal:

11 and under	12-15	16-19	20-24	25-29	
30-34	35-39	40-44	45-49	50-54	55-59
60-64	65-69	70-74	75 and older		

All participants in the Kids' Fun Run will receive a medal

For more information

Please contact Ann Francis at (239) 938-9301 or Ann.francis@rtsx.com

Registration Form Get Your Rear in Gear

Please complete and mail with check made out to 21st Century C.A.R.E. to:
2234 Colonial Blvd.
Fort Myers, FL 33907

Or register on-line at www.getyourrearingear.com

Team name (if applicable): _____
Name: _____
Date of Birth: _____ Age on race day _____
Email: _____
Phone: _____
Address: _____
City/State/Zip: _____

Male Female Runner Walker
 Kid's fun run participant Cancer survivor

T-shirt size (t-shirts will be provided for the first 300 registrants)

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

WAIVER & RELEASE: MUST BE READ AND SIGNED WITH ENTRY

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 or heat, 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 Fort Myers, Lee County Parks and Recreation, 21st Century CARE, the Colorectal Institute, Fort Myers Track Club, 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.

Signature (Parent or Legal Guardian if under 18)

Date