



### THE 2010 WALK AWAY FROM COLON CANCER

is an event to raise awareness and funds to reduce preventable colon cancer death and suffering by increasing screening rates through education, advocacy, and health systems improvement in Kentucky and surrounding communities.

Each year, thousands of American families are affected by this common but little discussed disease. Colon cancer is the 2nd leading cancer killer in both men and women in Kentucky, Indiana, and the whole U.S. This is despite the fact that it is one of the most preventable forms of cancer.

By participating in the Walk, you and your team join the growing movement to make colon cancer a disease of the past. The Colon Cancer Prevention Project is a 501(c)(3) nonprofit dedicated to colon cancer prevention and support.



PO Box 4039, Louisville, KY 40204  
(502) 290-0288, (800) 841-6399  
walk2010@c2p2ky.org www.c2p2ky.org

For more information about the  
**WALK AWAY  
FROM COLON CANCER  
& 5K RUN**  
please visit  
[www.c2p2ky.org](http://www.c2p2ky.org)

### TOOLS AVAILABLE ONLINE

1. A guide for setting goals,
2. Team Sign-up Form,
3. Team Captain Guide,
4. Template letters for use in team recruitment and fundraising,
5. Fundraising ideas,
6. Fundraising tracking forms,
7. Donation forms, and more!

### SPECIAL THANKS TO:

**Jewish Hospital &  
St. Mary's HealthCare**



**Paducah  
Gastroenterology  
Associates, PSC**

*FIFTH ANNUAL*

# WALK AWAY FROM COLON CANCER & 5K RUN



**SATURDAY, AUG 28, 2010**

*Iroquois Park  
Louisville, Kentucky  
9:00 AM*

*Register your team today!*

## WHEN

Saturday, August 28th, 2010 9:00 a.m.

## WHERE

Iroquois Park, New Cut Road and  
Kenwood Drive, Louisville KY

## DISTANCE

5 kilometers, USATF Sanctioned

## REGISTRATION & ENTRY FEES

\$20 early registration, \$25 after August 25th. All participants will receive a Walk Away From Colon Cancer t-shirt (only preregistered will be guaranteed a shirt-all others first come first serve).

**ONLINE** registration available through [www.rivercityraces.com](http://www.rivercityraces.com) through 11:55 p.m. August 25th.

**WALK-IN** registration available at Fleet Feet Sports, 1500 Bardstown Rd. 10:00 a.m. - 7:00 p.m. through August 27th.

**RACE DAY** registration at Iroquois Park from 7:45 a.m. - 8:45 a.m.

## PACKET PICKUP

August 26th at the Clifton Center, 2117 Payne Street, Louisville from 12:00 p.m.-7:00 p.m. August 27th at Fleet Feet Sports, 1500 Bardstown Road, from 10:00 a.m.-7:00 p.m.

## AWARDS

Top three male and female overall. First male/female master and grandmaster. Top three male and female in each age group: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

## REGISTRATION FORM

Online registration available through [www.rivercityraces.com](http://www.rivercityraces.com)

First name \_\_\_\_\_ Last name \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone Day Evening \_\_\_\_\_ Email \_\_\_\_\_

Gender Male Female Date of Birth \_\_\_\_\_ T-shirt size S M L XL XXL

I am: Team Captain Team Member Walker Runner

Please visit our website for more information on starting a team and useful resources.

Team Name \_\_\_\_\_

I have enclosed my registration fee.

Please make checks payable to the Colon Cancer Prevention Project. There is no fee for children 10 and under. **Each participant must submit a registration form, regardless of age.**

Check here for child 10 and under.

My goal is to raise \$\_\_\_\_\_ to help end preventable colon cancer and suffering. The Colon Cancer Prevention Project recommends a goal of \$100 per participant. See reverse for a list of tools and resources available online at [www.c2p2ky.org](http://www.c2p2ky.org) !

Return completed forms to: Walk Away From Colon Cancer & 5K Run  
c/o River City Races  
2115 Bonnycastle Ave.  
Louisville, KY 40205



**ASSUMPTION OF RISK AND RELEASE:** In consideration of your accepting my registration for the Walk Away From Colon Cancer & 5K Run, I on behalf of myself, my heirs, executors, administrators, and any assigns, hereby expressly waive and release, the Colon Cancer Prevention Project (the "Project"), its agents, employees, volunteers, event sponsors, and any others involved in this event or this organization from any and all claims arising from my participation in this event. I hereby represent that I have full knowledge of the risks involved and that I am physically fit and able to participate in this event. I understand and agree that all entry fees are nonrefundable and nontransferable. I acknowledge that the Project, in its sole discretion, may delay or cancel the event if it believes the conditions on the race day are unsafe or unfit. I grant full permission to the organizers of the event to use and publish my name and image as a participant in photographs, video, online, or via other media. *If Participant is a minor or acts in accordance with a legal guardian, the parent or guardian must sign and agree to the following:* I am the parent and/or legal guardian of the Participant, and I hereby consent to his/her participation in the event. I have read the foregoing agreement, and I agree on behalf of myself and the Participant to its terms.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_