

2nd Annual Butts & Guts 5K Walk/Run

March 27, 2015

Garden Grove Event Center
(formerly Sports Blast)

1215 E Walnut, Carbondale, IL



March is colorectal cancer awareness month and you can help raise awareness about this type of cancer and the necessary screenings for early detection. In 2015, Illinois had approximately 5,720 new cases of colorectal cancer diagnosed and approximately 2,090 deaths from this type of cancer. Whether you prefer to be competitive or participate for fun and awareness, you are invited to join us. To help draw attention to the need for preventative screenings, such as the colonoscopy, we will provide all participants who **register by March 23, 2015** with t-shirts and boxers. Participants will be encouraged to wear the shirts on race day as well as the boxer shorts. Each time you wear the t-shirt or boxers after the race, you and others will be reminded to schedule those lifesaving, preventative screenings.

Registration begins inside the Garden Grove Event Center at **5:00 pm** — 5K Start Time is **6:00 pm**

- Timing provided by River to River Roadrunners
- Pre-register by **March 23** to be guaranteed apparel
- Starting point is _____
- Assistants will be located around the course to monitor the race course.
- **\$25 registration fee— Registrations received by March 23, 2015 guarantee participants event apparel. Participants who register day of event will not receive apparel.**
- Start time of the 5K is **6 pm**. Awards will be presented immediately after results are tabulated.
- Men and Women Runners: 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
- Men and Women Walkers: 19 and under; 20-29; 30-39; 40-49; 50-59; 60-69; 70 and over



Proceeds benefit American Cancer Society Relay For Life of Jackson County.

Complete, the application and return with payment to: **Butts and Guts 5K, American Cancer Society**, 4503 West DeYoung, Suite 200C, Marion, IL 62959 or deliver in person to Garden Grove Event Center.

Event apparel will only be guaranteed for registrations received by **March 23, 2015**. For information, call **618.998.9898 opt 3**.

Name _____ Address _____

City/State/Zip _____ Age _____ Telephone _____

Email _____

Circle appropriate categories:

Male	Female	Run	Walk (<i>Walkers must walk only</i>)	Adult T-shirt Size:	Small	Medium	Large	X-Large
				Adult Boxer Size:	Small	Medium	Large	X-Large

Liability waiver to be signed by all entrants, or by parent or guardian, if entrant is under 18. In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release, **the American Cancer Society Relay For Life, the Garden Grove Event Center, the City of Carbondale, Carbondale Park District, and any and all sponsors and their representatives, successors, and assigns from any and all rights and claims for damages I may have arising out of or any injuries and illnesses suffered by me in this event, including those which may be attributable to weather conditions.** I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event and a licensed medical doctor has verified my physical condition. Further, I hereby grant full permission to any and all of the publicity and/or promotional purposes without obligation or liability to me. I have read the entry information provided and certify my compliance by my signature below. I understand entry fees I pay are non-refundable.

Signature _____

Parent/Guardian (if under 18 years of age) _____