



# GET YOUR REAR IN GEAR<sup>®</sup>

## HAMPTON ROADS



### COLON CANCER AWARENESS

# 5K

## RUN/WALK

### SATURDAY March 25 2017



## Matteson Trail \* Hampton, VA

- 8:00 a.m. \* Registration
- 8:40 a.m. \* Opening Ceremony + Team Awards
- 9:00 a.m. \* 5K Timed Run
- 9:05 a.m. \* 5K Walk

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1 in 20 develops  
colon cancer.



online registration: [ColonCancerCoalition.org/HamptonRoads](http://ColonCancerCoalition.org/HamptonRoads)



Register for Get Your Rear in Gear - Hampton Roads! Funds raised at this event will be granted by the Colon Cancer Coalition to build colon cancer screening, awareness, and patient support programs in the Hampton Roads-area.

National Partner

