



www.ccalliance.org



Please join us for the 1st annual 2010 Washington DC Undy 5000 -- Not your typical 5K!

In 2008, Colon Cancer Alliance (CCA) launched a series of 5000 meter (5K) runs called *Undy 5000s*. These events are designed to draw media attention, give survivors and caregivers a voice, and get people talking about colorectal cancer.

Colon cancer is the second leading cause of cancer death in the United States and is 80% preventable with proper and timely screening. *Undy 5000* encourages discussion by providing custom event **boxer-style shorts** instead of traditional t-shirts for all participants to wear during the event. Why boxers? Because people don't like to talk about colorectal cancer. And talking about it will save their lives. We need people to talk about colorectal cancer at their doctor's office, around the dinner table, at the grocery store ... everywhere.

Response to our events has been overwhelmingly positive. By creating a sense of community and camaraderie among those affected by colorectal cancer and promoting open dialogue, *Undy 5000* 5Ks make a difference in the fight against colorectal cancer.

Mail the entry form on the reverse side or enter on-line at www.ccalliance.org

Who: You and others dedicated to ending the suffering caused by colon cancer!

What: *Undy 5000* (5K) and 1 mile fun-run/walk

Where: Hains Point, East Potomac Park, Washington DC

When: Sunday, October 3, 2010

- 6:45 Race-day packet pick-up opens on-site
- 7:45 Ceremony begins
- 8:00 5K begins
- 8:10 1 mile family fun-run begins
- 9:00 Awards • Scoring by **Marathon Charity Cooperation**

Late registration and packet pick-up:

- Saturday, October 2, 2:00-6:00 PM
- **Georgetown Running Company**
- 3401 M Street NW, Washington DC • 202-337-8626
- 15% off to all who visit, enters, or pick up that day

Top 3 overall + Top 3 in 10-year age groups – gift certificates courtesy of **Georgetown Running Company**

Why: To fight colorectal cancer

You get: All participants receive a pair of Undy boxer-style shorts.

Help us: You can also earn **incentive items** by fundraising! Register now and recruit your friends, family, & coworkers. Sending out just 10 emails asking for \$25 each is an easy way to raise \$250!