

Bottoms Up

for colon cancer awareness

Hosted by The Endoscopy Center
& Rapid City Medical Center, LLP

March 30, 2019 at Founders Park

The Bottoms Up 5K aims to increase awareness of colon cancer and to raise funds for early detection and prevention. All proceeds benefit the American Cancer Society. While colorectal cancer is the second leading cause of cancer death in the U.S. among combined genders, early detection and removal of precancerous polyps saves lives. The goal is to make sure all adults over the age of 50 are following screening guidelines.

Race Day Schedule

10:30 am - Registration

10:50 - Race Line Up

11 am - Race Starts

Noon - Lunch & Brews

For sponsorship or volunteer opportunities contact Andi Litton at 605-721-8232 or LittonAL@rcmed.net
Return entry form and fee to Rapid City Medical Center, 2820 Mt. Rushmore Rd. or The Runners Shop

Entry Fee: (circle one)

Early Bird \$20

Runners Club Member or RCMC Employee \$15

Late Registration \$25

Circle One: 5K Run 5K Walk 1 Mile Run/Walk

Name: _____

Address: _____

Phone: _____ Email: _____

The first 200 to early register will receive a free beanie

Make Checks payable to Rapid City Medical Center

Early Bird Registrations closes on March 18.

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting entry, I and anyone I authorize to participate, waive and release Rapid City Medical Center and The Endoscopy Center, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising from participation in this event. Further, I grant to all of the foregoing the right to use any photographs, motion pictures or other recordings for promotional or marketing purposes.



Signature _____

Date _____