

GET YOUR
REAR
IN GEAR



2011 Annual Report

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Ash & James Photography



A LETTER FROM OUR FOUNDER & EXECUTIVE DIRECTOR

Dear Friends,

2011 continued the rapid growth expansion for the Colon Cancer Coalition that started in 2010. In 2011, we strategically expanded our staff by hiring a communications director, a dedicated finance/business manager, and adding to our events department. The staff increases were important as our race calendar exploded by 36% over the numbers in 2010, nearly tripling the 2009 numbers, and the growth for the future continues to look strong.

It is the dedication of our small nimble staff and volunteers that make our growth possible. Not many people realize that our events come to us organically and are run 100% by volunteers. We don't solicit races; local event directors come to us looking to make a difference in their community. We provide them with a proven race model, financial backing, and the support staff to make their race successful. Our volunteer event directors love that they have the power to make a difference both through the event and through the local investment of the funds that are raised.

Our biggest strength as an organization is our volunteers. They are the source of an abundance of new ideas, and keep our staff energized and focused. Volunteers provide countless opportunities to reevaluate our events and implement best practices from Rochester, MN to an event in California.

Our volunteers come to us because they have a passion for raising awareness of the nation's #2 cancer killer. Most volunteers have been personally touched by the disease; some are survivors themselves, some have lost loved ones, and some honor friends and family who are still fighting. Our volunteers are students, surgeons, hospital administrators, and other professionals who do this in their "spare" time.

We are confident that the Colon Cancer Coalition / Get Your Rear in Gear is the only organization in the country that allows local event directors to direct the investment of their money locally to mission driven programs without restrictions. Get Your Rear in Gear events focus on the top two priorities for this disease as identified by the CDC: awareness and education. By focusing on these priorities, we feel we can make a huge difference for this disease... one person, one family and one city at a time.

Sincerely,



Kristin Tabor
Founder & President



Anne Carlson
Executive Director

WHO WE ARE

History

Get Your Rear in Gear® began as a tribute to Susie Lindquist Mjelde who passed away in 2002 at the age of 46. In 2005, her sister, Kristin Lindquist, an avid runner, recruited her running club to plan an awareness-building, fundraising race in her memory. That first race attracted over 1,200 people, shattering estimates that the race would draw 500. Six years later, Get Your Rear in Gear has expanded nationally and grown to nearly 40 events nationwide. In 2011, Get Your Rear in Gear events attracted over 30,000 runners, walkers, volunteers and spectators. Between 2005 and 2011 the Colon Cancer Coalition has distributed nearly \$2 million for colon cancer awareness, education, prevention and screening programs around the country.

By making the words colon, colorectal and colonoscopy a part of the everyday language, we believe we can overcome the fear and decrease deaths from this largely preventable cancer.

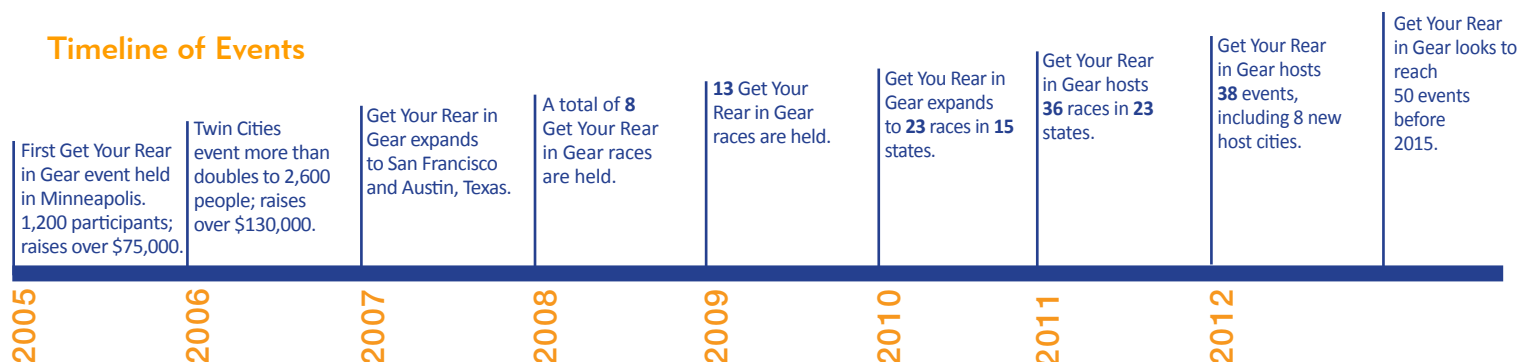
Mission Statement

The mission of Get Your Rear in Gear is to ensure that all citizens have adequate information and access to screening for colon cancer.

Vision Statement

To establish a colon cancer event and/or align with an existing event in every state to help raise awareness and funds in order to adequately fund colon cancer activities.

Timeline of Events



Connect with Us

GetYourRearInGear.com On our website you can learn about colon cancer, sign up for our events, read how events are impacting the community.



[Facebook.com/GetYourRearInGear](https://www.facebook.com/GetYourRearInGear)

"Like" us and get updates on the events, read inspiring posts from survivors and caregivers and more.



[Twitter.com/GYRIG](https://twitter.com/GYRIG)



[YouTube.com/GYRIGvideo](https://www.youtube.com/GYRIGvideo)



Bringing people together.

BENEFITS AND OTHER EVENTS

Mitch Turner Drive Away Cancer Golf Classic

Steve Turner, his siblings, Jeff, Jonathon, Connie and Lisa, and their mother, Octavia, remembered and celebrated the life of Mitch Turner by making a difference for others struggling with colon cancer. The inaugural Mitch Turner Drive Away Cancer Golf Classic was held April 9, 2011, Mitch's birthday, at Beaver Hills Golf Club in Martinsville, VA.

The tournament included 14 teams, 56 golfers, and raised \$3,700 for the Colon Cancer Coalition.

In the early days following his diagnosis, he was committed to encouraging others to get screened and take control of their health. He penned a "Letter to the Editor" in his local paper that told his story. He was looking to inspire others to get screened as a way to avoid the surgery and treatment he was undergoing.

Following his death, Mitch Turner donated his body to science with a hope that it could benefit people in the future. In a letter he wrote to his family before he died Mitch said, "I can imagine this scenario where a medical student or researcher is working with it [his body], and a light goes on in his or her head, and they discover a better or new way to do something that will benefit other people in the future."



Mitch Turner

The Turner family worked with the Colon Cancer Coalition to help fund local efforts to provide aid to cancer patients and their families through the local chapter of the American Cancer Society.

Butch Kummer 4-50-4

Butch Kummer, a two-time cancer survivor, coordinated a "4-50-4" to help raise funds for early colorectal cancer screening and detection. The event took place in Hastings, MN. in honor of his 54th birthday.

He asked people to donate at least one dollar through his website and at the event, and hoped to raise \$2,000 toward the cause. The day of the event, Oct. 8, over 50 people joined Butch for the 4-mile run, 50-mile bike ride, followed by a 4-mile run to support the cause. In addition to dualathlon participants, many stopped by to make contributions and helped raise over \$3,000!

"It's not so bad to get up close and personal with your doctor," says Butch, so "get your rears checked!" To help prevent colon cancer, Butch provides these simple tips to follow:

- Know your family medical history, talk to your doctor about the right age for you to be screened
- Eat a variety of fruits and vegetables every day
- Consume a low-fat diet
- Engage in regular exercise
- Stop using tobacco products
- Consume alcohol in moderation



Butch Kummer

Mark Chambers Memorial Golf Tournament

The Mark Chambers Memorial Golf Tournament at the Stone Creek Country Club in Oregon City, OR, was held Saturday, July 30, 2011. Planned in memory of avid golfer, Mark Chambers, the event boasted great weather and a good time had by all.

Chambers battled colon cancer off and on for nearly 5 years. A month before he passed away in January of 2011 at the age of 58, he was still traveling and playing golf.



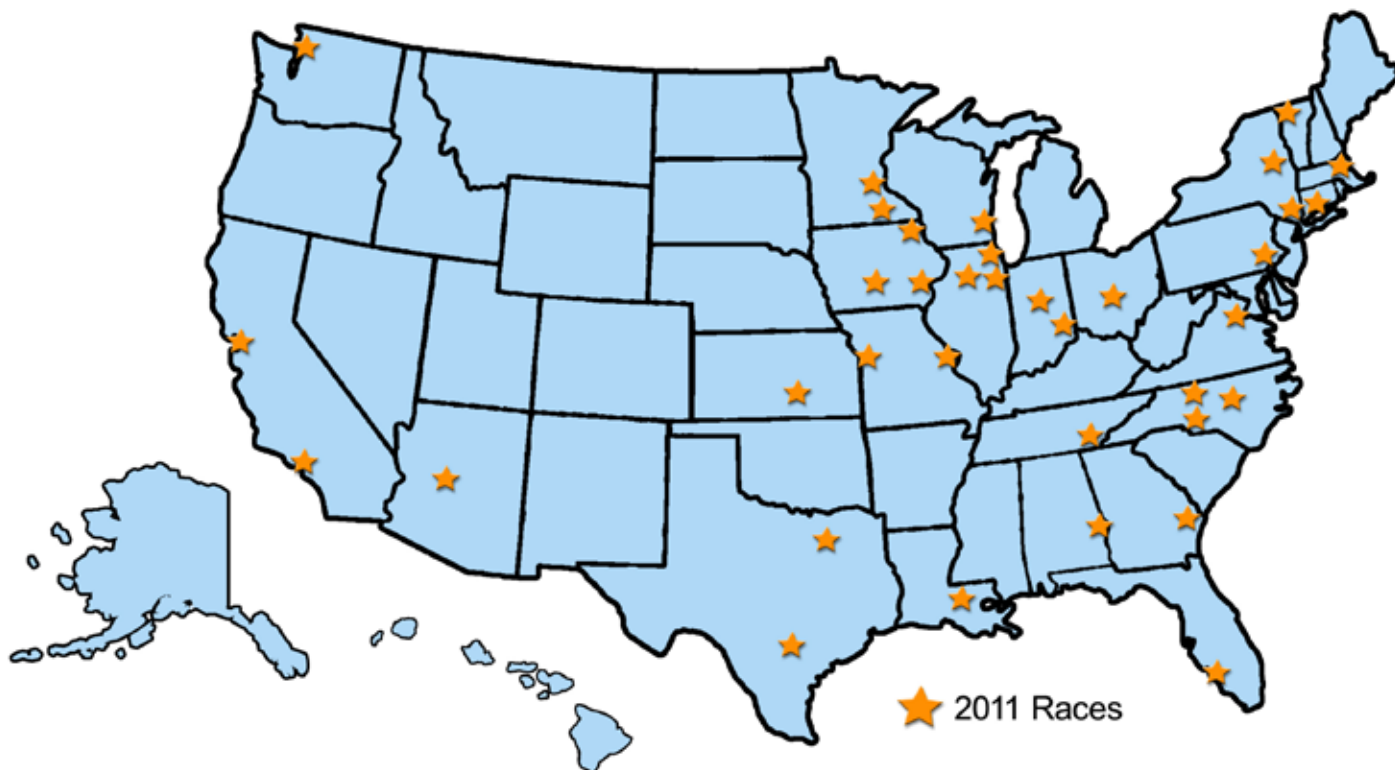
Mark Chambers Memorial Golf Tournament planners with Chambers (center).

The tournament was organized by Andrew Stein, Chambers' business associate and golfing buddy. Stein wants others to know that Chambers was not screened for colon cancer prior to his diagnosis. If he had had a colonoscopy at the recommended age of 50, the cancer may have been caught earlier or prevented entirely. "While Mark wasn't screened in time, the good news is there are others who got screened because of his struggles."

Money raised at the golf event has been donated to Get Your Rear in Gear to help advance awareness, education and screenings for colon cancer.

GET YOUR REAR IN GEAR

RACE EVENTS



- Phenix City, Alabama
- Prescott, Arizona
- Orange County (Irvine), California
- San Francisco, California
- Oxford, Connecticut
- Fort Myers, Florida
- Chicago, Illinois
- Ladd, Illinois
- Tinley Park, Illinois
- Indianapolis, Indiana
- Southeast Indiana (Batesville)
- Des Moines, Iowa
- Muscatine, Iowa
- Northeast Iowa (Waukon)
- Wichita, Kansas
- Baton Rouge, Louisiana
- Boston, Massachusetts
- Rochester, Minnesota
- Twin Cities, Minnesota
- Kansas City, Missouri
- Lake St. Louis, Missouri
- New York (Brooklyn), New York
- Saratoga, New York
- Charlotte, North Carolina
- Raleigh, North Carolina
- Winston-Salem, North Carolina
- Central Ohio (Columbus)
- Philadelphia, Pennsylvania
- Chattanooga, Tennessee
- Dallas/Fort Worth, Texas
- San Antonio, Texas
- Seattle Area (Bothell), Washington
- Milwaukee, Wisconsin
- Colchester, Vermont
- Alexandria, Virginia



PROFILES

LOCAL EVENT DIRECTOR

Janna Evans: Orange County

Janna Evans is the Local Event Director for Get Your Rear in Gear - Orange County. Evans is a professional coach and trainer and started Get Your Rear in Gear - OC in memory of her friend, Tami Stewart, who lost her battle with stage III colon cancer on November 19, 2010. Stewart regretted not getting her colonoscopy at the recommended age of 50 and Janna's crusade is to spread the message of colon cancer awareness, screening and education. She hopes that by encouraging others to be screened that other families may be spared the heartache.



Janna Evans (left) with Kristin Lindquist Tabor.

NEW EVENT

Get Your Rear in Gear - Boston

The first year of Get Your Rear in Gear - Boston exceeded expectations. The race attracted over 1,300 runners and walkers and raised over \$93,000 that was dedicated to the Massachusetts League of Community Health Centers to help cover colon cancer screening and treatment costs not covered by insurance.



Boston runner starting the race.

RETURNING EVENT

Get Your Rear in Gear - Philadelphia

The first Get Your Rear in Gear - Philadelphia was held in 2009. From 2009-2011 the event has raised over \$425,000 to help fight colon cancer and spread the message about the importance of the early detection through screenings. Planned by Maria Grasso in memory of her father who passed away from colon cancer, funds from the event have helped fund leading-edge research in colon cancer and



compassionate care in the area through Thomas Jefferson University Hospital, Department of Colorectal Surgery and the Kimmel Cancer Center.

Successful start to Get Your Rear in Gear - Philadelphia.

RECOGNITION EVENT

Survivor Dinner

Each year Get Your Rear in Gear - Twin Cities hosts the Survivor / Caregiver Dinner. Held each year the week prior to the Twin Cities 5K Run/Walk, this gathering allows people in the colon cancer community to get together with the staff and volunteers behind the Twin Cities event. The emotional evening provides opportunity to celebrate survivors and remembers those who may have passed away during the year. In 2011, Get Your Rear in Gear staff presented founder Kristin Lindquist Tabor with a proclamation from Minnesota Governor Mark Dayton declaring event day as "Get Your Rear in Gear Minnesota Day."



Get Your Rear in Gear Minnesota Day Proclamation.

2011 GRANTS AND FUNDED PROGRAMS

Fight Colorectal Cancer: Alexandria, VA

Call on Congress Advocacy Training. This program fund is administered through the Hand-in-Hand Fund at the Buddy Kemp Cancer Support Center in Charlotte, North Carolina. The program will provide financial assistance to underinsured and uninsured individuals to help cover the cost of colonoscopies.

Northwest Family YMCA: Austin, TX

The Austin, Texas Get Your Rear in Gear is partnering with the YMCA's Livestrong program to provide small group fitness programs for adult cancer survivors and their families.

Pennington Biomedical Research: Baton Rouge, LA

Funds from the Get Your Rear in Gear - Baton Rouge event support the research and public awareness through Pennington Biomedical, including research studies and large community events for education.

Massachusetts League of Community Health Center: Boston, MA

The inaugural Get Your Rear in Gear Boston event completely funded the Colon Cancer Screening & Education Program, the first colon cancer specific program for the Massachusetts League of Community Health Centers.

Get Your Rear in Gear Colonoscopy Program: Charlotte, N.C.

This program fund is administered through the Hand-in-Hand Fund at the Buddy Kemp Cancer Support Center in Charlotte, North Carolina. The program will provide financial assistance to underinsured and uninsured individuals to help cover the cost of colonoscopies.

Buddy Kemp Cancer Support Center: Charlotte, N.C.

Charlotte Get Your Rear in Gear Cancer Support Group. The group provides psychosocial support and educational services to its participants and the Charlotte, N.C. population at the Buddy Kemp Cancer Support Center.

Greater Chattanooga Colon Cancer Foundation: Chattanooga, TN

Funds from the Chattanooga race will help build regional awareness educational campaigns partnering with major corporations for employee education and community organizations.

Greater Burlington YMCA Colchester, VT

The partnership with the YMCA allows colon cancer survivors and patients to use the YMCA facilities and trainers in Winooski and Burlington, VT, at no cost to them.

Cancer Patient Support Services: Colchester, VT

A portion of the grant money in Colchester, VT gives financial and emotional support to colon cancer patients, providing everything from transportation to helping pay bills.

Trinity Muscatine Hospital: Muscatine, IA

Through a partnership with Get Your Rear in Gear, Trinity Hospital in Muscatine, and the State of Iowa Public Health Department, funds from the Muscatine 5K help fund colorectal screening programs for the under and uninsured.



Chattanooga volunteers.



Having fun in Colchester!

2011 GRANTS AND FUNDED PROGRAMS

CONTINUED...

Public Awareness Campaign: Northeast IA - Waukon

Partnering with Veterans Memorial Hospital in Waukon, two billboards were placed outside of Waukon, IA and radio PSAs aired on the local radio station.

Waukon Wellness Center: Northeast IA – Waukon

Indoor Ironman Challenge. The Waukon (Iowa) Wellness Center initiated a March challenge in which participants had 31 days to complete 140.6 miles of biking, walking, running, or using the elliptical. Colon cancer screening information was part of the active messages presented during the challenge. This program has been funded for two years by the NE Iowa Get Your Rear in Gear.

American Cancer Society: Philadelphia, PA

Funds from the Get Your Rear in Gear Philadelphia help the American Cancer Society prevent cancer or detecting it early; help people get well supporting them during and after a cancer diagnosis; find cures through investment in ground-breaking discovery; and fight back by working with lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight.

Thomas Jefferson University Hospital: Philadelphia, PA

Department of Colorectal Surgery and the Kimmel Cancer Center. Funds support leading-edge research in colon cancer and compassionate care in Philadelphia.

REX Foundation: Raleigh, NC

The Rex Healthcare GYRIG Educational Lecture Series. The series funded by the Raleigh race serves the people of Wake County (NC.) by providing colorectal education and community outreach during the month of March which serves as the National Colorectal Cancer Awareness Month.

Strides for Life: San Francisco, CA

This grant provides programs of public education, wide scale screening efforts, and risk-reduction strategies directed toward populations at high risk.

Margaret Mary Community Hospital: Southeast, IN

Colon Cancer Awareness Campaign, March 2011. The awareness campaign, funded by the proceeds from the Get Your Rear in Gear - Southeast Indiana, was placed in newspapers, on billboards, and banners throughout southeast Indiana during Colon Cancer Awareness Month in March.

SAGE Scopes Screening Program: Twin Cities, MN

A division of the Minnesota Department of Health, SAGE provides colon cancer screening and treatment services to Minnesotans who are under- or non-insured.

Cancer Services, Inc: Winston-Salem, NC

The grant from the Get Your Rear in Gear Winston-Salem race will allow Cancer Services of North Carolina will provide financial assistance with medications and other cancer-related needs of colon cancer patients, specifically the under-served populations.



Showing their spirit in Boston.



A beautiful Ft. Myers morning.

GRANT SPOTLIGHT

Cancer Services Inc., Winston-Salem, NC

Proceeds from the 2011 **Get Your Rear in Gear - Winston-Salem** were given to Cancer Services, Inc. to provide financial assistance with medication and other cancer-related needs of colon cancer patients and helped secure other in-kind assistance from pharmaceutical companies. This grant allowed Cancer Services meet 100% of requests from qualifying clients (those at 200% of Federal Poverty Guidelines). Through this partnership, Get Your Rear in Gear was able to directly touch 30 colon cancer survivors in the Winston-Salem area in North Carolina, leveraging the grant money to provide three times the grant amount in financial assistance and over 73-times the grant amount in in-kind assistance.



Cancer Services, Inc.
Winston-Salem, MA.

Get Your Rear in Gear Colonoscopy Program: Charlotte, NC Grant

The **Get Your Rear in Gear Colonoscopy Program** is administered through the Hand-in-Hand Fund at the Buddy Kemp Cancer Support Center in Charlotte, North Carolina. The program provides financial assistance to underinsured and uninsured individuals to help cover the cost of colonoscopies.

Just a short email to let you know how grateful I am for your organization.

I received a grant for a colonoscopy and had the procedure. They removed eight polyps and sent the bigger ones to the lab. All were found to be benign.

The doctor told me that if I would have went a year longer without being checked, I would most likely have gotten cancer.

I am 54 years young and very thankful for your organization.

Thanks so much,
Dennis
Charlotte, NC



Sue Falco & Mary Karen Bierman at
Get Your Rear in Gear - Charlotte.

EVENT SPONSORS

Alexandria

Chandler May
Jay McConville
Shaklee
Sheila Barnes

Baton Rouge

AmSurg
AWC Inc.
Fleet Feet Sports
Gastroenterology Associates, LLC
Lake Surgery Center
Law Offices of BDBCB
Milford Church of God
Myriad Genetics Inc.
Nuclear Imaging, LLC
Ochsner Clinic Foundation
Our Lady of the Lake Regional Medical
Surgical Care Affiliates
The Baton Rouge Clinic

Boston

Caitlin Gambee
Genentech
PMG Physician Assoc.
Quest Diagnostics
Salix

Charlotte

Amy Rupertus Peacock
Blue Cross Blue Shield of NC
Carolina Digestive Health Associates
Carolina Surgical Clinic of Charlotte
Charlotte Colon & Rectal Surgery Assoc.
Charlotte Gastroenterology
Foundation for the Carolinas
J.R. McCann
Northeast Digestive Health Center
Novant Health Inc.
Steve More Chevrolet
Susan Falco

Chattanooga

Association of the Memorial/Mission
Chattanooga Surgical Foundation
Chattanooga Surgical Foundation
David N. Collins, MD, PC
Diagnostic Imaging Consultants, INC.
Gastroenterology Assoc. of Chattanooga

Chicago

Eastlake Chiropractic & Healthcare
Sutter & Ori, LLC

Colchester

Coca Cola Co.
Kens Pizza & Pub
People's United Bank

Dallas/Fort Worth

AmSurg
Matrix Holdings

Des Moines

Aviva USA
Goals in Motion
Iowa Get Screened
Iowa Health
The Iowa Clinic

Indianapolis

AmSurg
Colon Rectal Care, INC.
Community Hospitals of Indiana
Hancock Regional Hospital
IU Health
Schwab Charitable Fund

Kansas City

AmSurg
Imagefirst
Kansas City Life Insurance Co.
Wilson Company

Ladd, IL

CBW Insurance
Central Bank
Double D Express
E.J. Cattani & Son, Inc.
Eakas Construction
Eric J. Verucchi Inc.
Euclid Beverage
G&G Poultry, Inc.
Hurst Funeral Homes
Illinois Valley Community Hospital
Illinois Valley YMCA
Jerry's Body Shop
Kathy Martin
Law Offices BB&F
Lou's La Grotto, Inc.
Sasso, Inc.
Spring Valley Chiropractic
Spring Valley City Bank
St. Margaret's Health
Starline Construction
Tee Group Films, Inc.
Tony Mautino
Village of Ladd
Wal-Mart

Lake St. Louis

Crossfit Ice LLC
The Orthopedic Center of St. Louis

Milwaukee

Columbia St. Mary's
Froedtert Health
Revolution Natural Running
Shorehaven Behavioral Health
Thomas Bray

Muscatine

Bob Keig Insurance Agency
Community Bank
Dr. J.A. Hanssen
Dr. John M. Sleichter
First Nat'l Muscatine
Heinz North America
Miller & Harrison Insurance
Muscatine Medical - Surgical Assoc. P.C.
Muscatine Physical Therapy Services
Olson Family Denistry PLLC
River Rehabilitation Inc.
Salvatore Vitale's Restaurant
Taco Johns of Muscatine
The Pizza Ranch
The Sicilian Pizza & Subs
Trinity Muscatine Hospital
Walgreens
Wester Drug, Inc.

New York

The CoveyLove Legacy Fund

Northeast Iowa

Bruce Torkelson
Caseys General Store
Deco Products
Elliott Jewelers
Farmers and Merchants Saving Bank
Fidelity Bank and Trust
Floors Plus
G&S Machine
Gunderson Lutheran
IAS
James Dixon
Kerndt Brothers Savings Bank
Kol-Gol
Martin Funeral Homes
Mayo Clinic
Miltys
New Albin Savings Bank
Pheasants Forever
Regancrest

SPONSORS CONTINUED...

Northeast Iowa (cont.)

Rounds Chiropractic
Rusty Berger Masonry
RW Pladsen
Smed & Associates
Systems Equipment
Teddy's Auto Sales
The Old Rossville Store
Veterans Memorial Hospital
Viking State Bank
Waukon Dental
Waukon State Bank

Orange County, California

Oasis of Hope
Performtech

Oxford, CT

D'Ambruso Construction Co. Inc.
Davis Oil Co., Inc.
One Evergreen Properties, LLC.
Oxford Paint & Hardware

Phenix City, AL

AZO Club of Phenix City
Columbus Radiation
Myrtle Harden
Thelmas House of Beauty

Philadelphia

American Assoc. for Cancer Research
AmSurg
Eastern Regional Medical Center
Janny Montgomery Scott, LLC
Jefferson University Hospital
Nash Wealth Management
Penn University of Pennsylvania
Preferred Healthmate, Inc.
Premier Prizm
Synergy Events
Wanda Paul



Blue Sky Photo

Get Your Rear in Gear - Milwaukee

Raleigh

American Institute of Healthcare
AmSurg
CBLPath
First Citizens Bank
Health Park Pharmacy
Larry E Robbins
Mednax Services (American Anesthesiology)
Raleigh Radiology, LLC
Raleigh Hem Oncology Associates
Revolution Chiropractic
Salix
Sheilah Lowans
US Endoscopy Group, Inc.
Warner Chilcott

San Antonio

AmSurg
Comprehensive Radiology Mgmt
Mag Kad, LLC
Methodist Specialty & Transplant Hospital
Metropolitan Methodist Hospital
Pathology Reference Lab LLC
San Antonio Digestive Disease Endoscopy
San Antonio Gastroenterology Associates
Sonterra Endoscopy Center, LTD
Star Anesthesia, P.A.
Texas Institute of Gastroenterology Associates
Valero Services, Inc.
Village Oaks Pathology Services

Saratoga Springs

CDPHP
Lavelle & Finn, LLP

Southeast Indiana

Margaret Mary Community Hospital

Seattle-Area

BioLife Solutions
Clear Chiropractic
Evergreen Healthcare
Genentech

Tinley Park

Brad Scheiber
Express Auto Glass
PCS Industries
Trace Ambulance
Xerox

Twin Cities

Abdo Publishing
Abdo, Eick & Meyers
Cole's Salon Inc.
Colon & Rectal Surgery Associates
HealthPartners
Mayo Clinic
Minnesota Gastroenterology
MN Oncology Hem.
Park Nicollet
Perdue Pharma LP.
SFM Mutual
Transamerica Life Insurance
Vital Images

Wichita

Beall, Mitchell and Sullivan, LLC.
Chris Cole
Christopher A. Majors DDS PA
Emprise Bank
Hutton and Hutton Law Firm, LLC.
Kansas Gastroenterology
Klenda, Mitchell, Austerman & Zue, LLC.
Wesley Medical Center
Wichita Surgical Specialits

Winston-Salem

Amanzi
Cook
Darran
Michael Spangler
Sanofi-Aventis U.S. Inc.
Wake Forest Baptist Health
WFU Health Sciences



Philadelphia Mayor Michael Nutter addresses the crowd on race day.

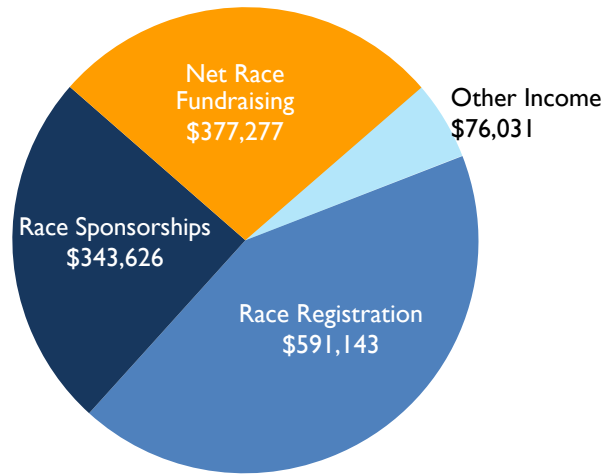
2011 FINANCIALS



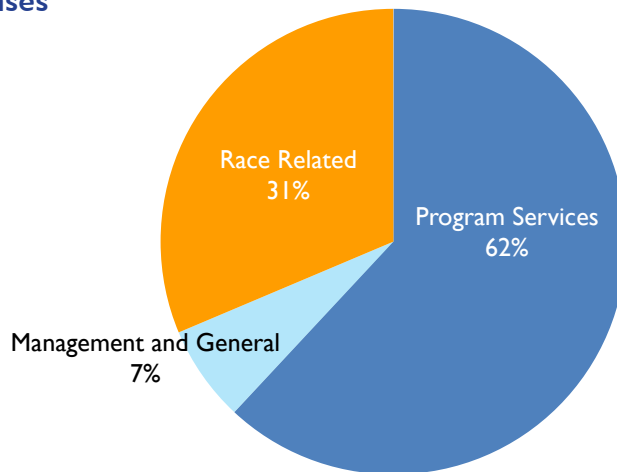
Balance Sheet

Total Current Assets	721,566
Grants and Awards Payable	678,559
Other Liabilities	66,499
Unrestricted Net Assets	(23,492)

Income



Expenses



BOARD AND STAFF

Colon Cancer Coalition Board

Kristin Tabor, President of the Board
Founder of the Colon Cancer Coalition

Jeff Smedsrud, Vice President
Vice President, Senior Vice President and
Chief Marketing and Strategy Officer for
Independence Holding Company (NYCE: IHC)

Jack Abdo, Board Member, CFO
Partner, Abdo, Eick & Meyers

**Larry Cappel, Board Member,
West Coast Chairperson**
President and CEO, Pacific Health Alliance,
Founder, Strides for Life Foundation

Dave Grounds, Board Member, General Counsel
Adjunct Professor, Keller School of Management

Colon Cancer Coalition Staff

Anne Carlson
Executive Director

Lisa Sanderson
National Events Director

Erin Peterson
Communications Director

Chris Evans
Business Manager

Christie Lockhart
Event Manager

Erin Steinlage
Event Manager



Twin Cities survivors at the 2011 event.

GET YOUR REAR IN GEAR ■ A Colon Cancer Coalition Event
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