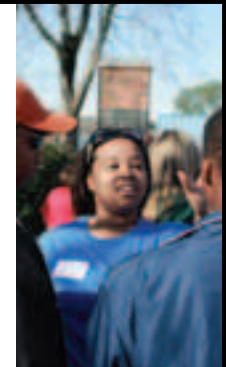


Did you know...

- Colorectal cancer is the third most common cancer in both men and women in the United States.
- Colorectal cancer is the number three cancer killer.
- An estimated 2,140 new cases of colorectal cancer cases were diagnosed in 2010 in South Carolina.
- Colorectal cancer is preventable and is one of the most treatable forms of cancer when it is detected early.
- Screening for colorectal cancer saves lives by removing precancerous growths before they become cancerous.
- If you are 50 years or older, ask your doctor about being screened for colorectal cancer.



We greatly appreciate the many businesses, organizations and physician offices that have supported the Colorectal Cancer Awareness Walk during its first decade. Their contributions are invaluable!



1600 Marion Street
 PO Box 247
 Columbia, SC 29202



SATURDAY, MARCH 12, 2011

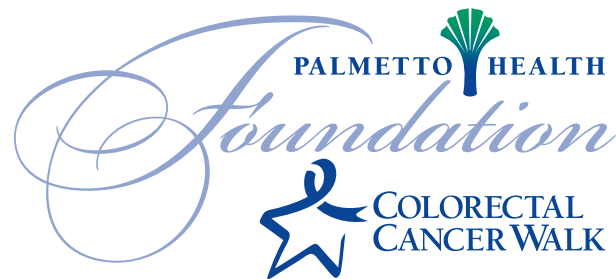


Non-profit org
 U.S. Postage
 Paid
 Columbia, SC
 Permit No. 1031

Register: palmettohealthfoundation.org
 Proceeds benefit Palmetto Health Cancer Centers

facebook.com/palmettohealthfoundation
twitter.com/PH_Foundation
palmettohealthfoundation.blogspot.com

March is National Colorectal Cancer Awareness Month



Where Riverfront Park, 312 Laurel St., Columbia

When Saturday, March 12, 2011

9 a.m. Registration opens at park entrance (pre-registration is encouraged); aerobic warm-up
10 a.m. Walk begins – rain or shine

Opening remarks by:

Woody Windham, *Oldies 103 (103.1 FM)*
 Georges T. Postic, MD, *Columbia Gastroenterology Associates*

Refreshments will be available immediately following the walk, along with music and the simultaneous release of blue balloons by walk participants.

Route The two-mile walk starts at the entrance to Riverfront Park and concludes at the Riverfront Park amphitheater area.

Cost \$20 per person (includes **T-shirt**).

Registration Registration is required for all participants and may be done online or using this paper form. To register online, go to palmettohealthfoundation.org.

Safety reminders You may walk, run or roll wheelchairs. Strollers and skates are welcome. For the safety of our participants, no animals or bicycles, please.

Proceeds from the Colorectal Cancer Walk stay right here in your community, benefiting Palmetto Health Cancer Centers. The purpose of the walk is to raise awareness about colorectal cancer and the importance of early detection through screenings. A portion of the proceeds will provide colorectal cancer screenings

for eligible individuals. Donations are welcome and are tax deductible. The tax ID of Palmetto Health Foundation is 57-0725699. **Please make checks payable to: Palmetto Health Foundation – Colorectal Walk.**



Team Up!

Gather your friends, family and co-workers and form a team! Teams should have one designated team captain who will turn in all registration forms and fees at one time. The team name and captain name should be indicated on each form. There is no minimum requirement for the number of people needed to form a team. Team captains may download a form to track your team members and their shirt sizes at palmettohealthfoundation.org or can request it by calling Palmetto Health Foundation at 803.434.7275. Teams will be recognized prior to the start of the walk.

Online registration will be available until Friday, March 11 at 8 a.m. After that time, you may register using the paper form.



Get your T-shirt!

Turn in your registration forms, registration fees and additional donations and pick up your T-shirts. Sizes will be available on a first-come first-served basis. Sizes are not guaranteed. T-shirts may be picked up at Palmetto Health Foundation (1600 Marion St.) between Monday, March 7 and Friday, March

11, 8:30 a.m.-5 p.m. or beginning at 9 a.m. in the registration area at Riverfront Park on Saturday, March 12.

Get a Prize!

A special prize will be given to the team that raises the most money (registration fees of team members will be included) and to the individual who raises the most money.

In order to count toward the team and individual fundraising prizes, registration fees and additional donations must be turned in to Palmetto Health Foundation by 8 a.m. on Friday, March 11.



Questions?



For more information about the Colorectal Cancer Walk, call Palmetto Health Foundation at 803.434.7275.

Team captains/members may make multiple copies of this form in order to sign up team members. Each registrant **MUST** complete his or her form and sign it.

Registration Form

If you register using this form, do not register online. Mail this completed form to Palmetto Health Foundation, Department #274, P.O. Box 100199, Columbia, SC 29202.

Miss Mr. Mrs. Dr. Other _____

Name _____

Address _____

City/State/Zip _____

Phone _____ E-mail _____

Male Female Shirt size: S M L XL XXL

Are you a colorectal cancer survivor? Yes No

All walkers must sign here:

Agreement, Waiver and Indemnification: In consideration of being allowed to enter in the Colorectal Cancer Walk (the "Event"), I agree, on behalf of myself and any minor that might accompany me (collectively where appropriate "we"), with Palmetto Health Foundation, Palmetto Health, sponsors, volunteers and partnering organizations (collectively "Host"), as follows: We hereby remise, release and forever discharge Host from, and agree to indemnify Host against any liability, cost or expense resulting from any and all actions, causes of action, claims and demands which we might otherwise have in respect of any injury, damage or loss that we might suffer, including, without limitation, falls, animal bites, food poisoning, accidental needles sticks, road and ground conditions, effects of weather (including heat and humidity) howsoever caused, whether by negligence or otherwise, of Host or any other person for whom Host is responsible. Host is not responsible for enforcement of the rules of Host or any statutory or generally accepted rules in connection with the Event. We further agree that any failure to enforce such rules will not be deemed to be negligence on the part of Host, and we hereby waive all of our right to make any claim against Host in that regard. I attest that I am physically fit and prepared for the Event and will wear a helmet if skating. I agree to obey all applicable local and state traffic laws, rules and ordinances in my participation in the Event. I also give full permission for the use of my name and photographs taken in connection with the Event and give my consent to permit emergency treatment in the event of injury or illness while participating in the Event. I will not take pets of any kind to the Walk in the park or along the route. I will not ride my bicycle during the Event. This Agreement, Waiver and Indemnification is good unless and until revoked by me in writing.

Signature (Parent/Guardian if under 18) _____ Date _____

Printed name _____

- My \$20 Colorectal Cancer Walk fee is attached.
- I have raised \$ _____ in addition to my \$20 registration fee. *(Please attach additional donations to this registration form.)*
- I will be unable to walk but would like to donate \$ _____ to Palmetto Health Cancer Centers.

Please make checks payable to: Palmetto Health Foundation-Colorectal Walk

Donations are tax deductible. Receipts will be issued only for individual contributions of \$250 or more. For contributions less than \$250, a cancelled check will serve as receipt. All registration fees and donations are non-refundable.

Palmetto Health Foundation protects your personal information and adheres to all legislative requirements with respect to privacy. If at any time you would like to be removed from our mailing list, please call 803.434.7275 or email us at foundation@palmettohealth.org.