

START YOUR TEAM FOR THE KICKING BUTT 5K



Colon Cancer Prevention Project

FINISH



TEAM CAPTAIN PACKET

Contact

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1640 Lyndon Farm Court #108
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ABOUT THE KICKING BUTT 5K

WHEN - Saturday, Sept. 24, 2022. Festivities start at 7:30 a.m.; Walk/Run is at 9:00 a.m.

WHERE - Big 4 Bridge at Waterfront Park

DISTANCE - 5K (3.1 miles) or whatever distance you are comfortable with.

We also have a non-timed, 1-mile walk.

WHY - This 5K raises funds and awareness for timely screening for colorectal cancer. This year's theme is "Beat the Clock," to remind everyone that screening starts at age 45. All funds raised will go to education and advocacy work to promote life-saving screening in Kentucky and Southern Indiana.

REGISTRATION & ENTRY FEES

***Teams of 10 or more get \$5 off each registration**

Early bird registration is \$25 - May 23-June 17

Standard registration is \$30 - June 18-August 31

Last-second registration is \$35 - September 1-23

HONORARY POSTERS

Honor a loved one by creating a poster to be shared along the route. Please bring any posters to our office before 9/23.

FUNDRAISING

Teams have the option to fundraise for screening and prevention on their own before the 5K! (More details below). Top fundraising team will get a prize after the race.

EARLY PACKET PICKUP

Sep. 23 at Colon Cancer Prevention Project's office, 1640 Lyndon Farm Court , Louisville from 8 AM – 6 PM

DAY OF PACKET PICKUP

Big 4 Bridge at 7:30 AM.

AWARDS Top 3 M/F Overall and Top 3 M/F in the following age groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+



STARTING YOUR TEAM

- 1 First register yourself at coloncancerpreventionproject.org/events/kicking-butt-5k/
- 2 Select "Become a Fundraiser"
- 3 Scroll down to "Create or Join a Team Fundraiser." Decide your team name and set any fundraising goals
- 4 Submit your registration and your team link will be automatically emailed to you! Share your team page link with anyone who wants to join your team or donate to your fundraiser.
- 5 Recruit your team members! Hang a poster in your office, send an email blast, or share on social media.

If your team has 10 or more participants, each person will get a \$5 discount (automatically reimbursed after 10th runner signs up.) If you have any issues, email Amanda at asmart@kickingbutt.org!



TEAM FUNDRAISING

Teams are encouraged to raise awareness for colon cancer screening and prevention before the 5K by leading a fundraiser at work or among your friends and family! ****The top fundraising team will be awarded a prize at the 5K**** Our office is happy to give you some educational programs/ posters for your fundraiser. Just send us an email to schedule a pick up time.

Fundraising Ideas:

- Bake Sale
- Yard Sale
- Event at local business/restaurant
- Ask human resources if you can go Casual for a Cause. If your office has business professional or business casual dress, co-workers may make a donation to the Project in exchange for a dress down day.



Donations can be made via your team fundraiser page. Checks can be made out to the Colon Cancer Prevention Project. Any cash/checks can be dropped off or mailed to our office at **1640 Lyndon Farm Court #108, Louisville KY 40223** before September 24. ****Please include your team name on these donations!**

POSTERS

Is your team participating in honor of a colon cancer survivor? Make a poster in their honor to the 5K and we'll place it along the route! **Please drop off your poster to the Project office by Friday, September 23, located at 1640 Lyndon Farm Court.**

