

## Director's Message

Welcome to our eighth annual Father's Day 5/10k race. Last year's 2009 event was sponsored by the Obediah Cole Foundation for Prostate Cancer. Dedicated to the memory of the father of Robin Cole, Pittsburgh Steeler. The 501(c)(3) foundation will allow the Father's Day 5/10k Race to keep race proceeds in western Pennsylvania to support prostate cancer activities including education, awareness and early detection.

## Jerry Livingston

Founder/Director

## Mission

Prostate Cancer Education, Awareness and Early Detection

## Did you know?

- Prostate Cancer is the most commonly diagnosed non-skin cancer in America with over 200,000 predicted cases each year which surpasses the number of breast cancer cases.
- One in six American men is at lifetime risk of developing prostate cancer. Every three minutes a man is diagnosed with Prostate Cancer in the United States.
- Prostate cancer mortality is expected to decrease 3.5 percent because of early detection.

Please help us  
defray costs by  
adding your own  
postage.  
Thank you.



Obediah Cole Foundation  
FOR PROSTATE CANCER

## Father's Day 5k/10k Race

PMB352 • 4017 Washington Road  
McMurray, PA 15317-2520



**VOLUNTEER NOW!**



Obediah Cole Foundation  
FOR PROSTATE CANCER

Prostate Cancer Education,  
Awareness & Early Detection

# 8<sup>th</sup> ANNUAL FATHER'S DAY

**5K/10K RUN/WALK**  
(5k walkers, any distance is acceptable)



**June 20, 2010**

**River Front Park  
Heinz Field Gate A**

**7:00 am**

**VOLUNTEER  
FORM**

**For more information: 412/572-6830**

[www.fathersday5k.com](http://www.fathersday5k.com)  
[pbunting2003@yahoo.com](mailto:pbunting2003@yahoo.com)

Benefits Prostate Cancer  
Awareness and Early Detection

# 2010 VOLUNTEER OPPORTUNITIES

Circle your interests:

**Office Support**

**Promotion / Media**

**Contact Sponsors**

**Solicit Door Prizes**

## DAY BEFORE RACE

**Day Before Race Set Up**

**Day Before Race Registration / Packet Pick Up**

## DAY OF RACE

### **Parking**

Direct drivers to parking areas and assist in traffic flow

### **Registration**

### **Volunteer Sign-in**

### **Information Stations**

### **Course Marshals**

Direct racers to starting lines and provide information, guidance and encouragement

### **Food Distribution**

### **Advocacy Tent**

### **Water Tables**

### **Finish Line**

### **Merchandise Sales**

### **Clean-up**

## 2 Easy Ways to Volunteer:

### 1) **On Line**

[www.fathersday5/10k.com](http://www.fathersday5/10k.com)

### 2) **By Mail**

Fill out this form and mail to:

**Obediah Cole Foundation  
for Prostate Cancer  
Father's Day 5k/10k Race**

PMB352 • 4017 Washington Road  
McMurray, PA 15317-2520

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please check all that apply:

\_\_\_\_\_ I have volunteered for the race in the past.

\_\_\_\_\_ I have a group that would like to volunteer

\_\_\_\_\_ If necessary, you may assign me to a different job on Race Day

\_\_\_\_\_ I am walking / running in the Race

\_\_\_\_\_ I am a prostate cancer survivor