

NEW PLEDGE FORM

Please ask your friends and family to sponsor you for this good cause. We invite all corporate and family/friend teams to participate in this year's race events. Come out as a group and enjoy the events. Teams can include volunteers, runners or walkers. Award for top three fundraisers TBA.

Name: _____

Team name (if applicable): _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime phone: _____

E-mail: _____

DONOR NAME	AMOUNT
1. _____	\$ _____
2. _____	\$ _____
3. _____	\$ _____
4. _____	\$ _____
5. _____	\$ _____
6. _____	\$ _____
7. _____	\$ _____
TOTAL \$ _____	

Send completed forms and checks (NO CASH) to:

Obediah Cole Foundation
PMB 352,
4017 Washington Rd.
McMurray, PA 15317

Please send check (no cash) for the total. Return by June 30, 2011,
THIS FORM CAN BE DUPLICATED.

Team forms available online at:

www.fathersday5k.com or **obcofoundation.org**

Each person needs to register individually also.

Team Captain: _____

Phone: _____

Email: _____



Free Prostate Screening Optional

Free Prostate Cancer Screening Optional. We will provide free screenings for men (if medically appropriate) on **Saturday, June 18, 2011 from 10 am to 2 pm** They will be done at **Gilda's, 2816 Smallman Street in the Strip District.** Parking is free. Some restrictions may apply. You must call **412-572-6830** to register for the screening.

Parking

Parking is free in lot 1 & 2 across from Bettis Grille 36 and at the Carnegie Science Center. See **www.obcofoundation.org** for additional parking information. Lots open at 6:00 am.

Aid Stations & Refreshments

Aid Stations will be located along the route and the finish line. Water, juices and healthy snacks will be provided.

Race Results & Timing

The 5k Run and 10k Run Race are sanctioned and certified by USA Track and Field.

Race Course

10k Race will start at North Shore Drive in front of Bettis Grille 36. It will proceed up Riverfront Trail to River Avenue to Washington's Landing and return along Riverfront Trail back to the finish line at Riverfront Park at the Quay.

5k Run/Walk will start at North Shore Drive in front of Bettis Grille 36, proceed up Riverfront Trail to River Avenue and turn around at Heinz Street and return back down to the Trail to the finish line at Riverfront Park, located at the Quay.

Fun Walk Will start on the Quay ramp leading to the trail behind the Science Center.

NO roller blades or alcoholic beverages allowed in the race.
The race director's decision is final.

Race Day Events Schedule

6:30 am	On Site Registration, at the Quay (closes at 7:30 am)
8:00 am	10k Run
8:30 am	5k Run/Walk
8:45 am	Fun Walk* Stroll *Walkers may go any distance
9:45 am	Awards Father Son/Daughter Look-Alike Contest
10 am -12 pm	Other Family Activities Carnegie Science Center, National Aviary, Bettis Grille 36 Spaghetti Warehouse (on site)