

Obediah Cole Foundation
FOR PROSTATE CANCER
Father's Day 5k/10k Race
PMB352 • 4017 Washington Road
McMurray, PA 15317-2520



CURRENT RESIDENT OR:



Obediah Cole Foundation
FOR PROSTATE CANCER

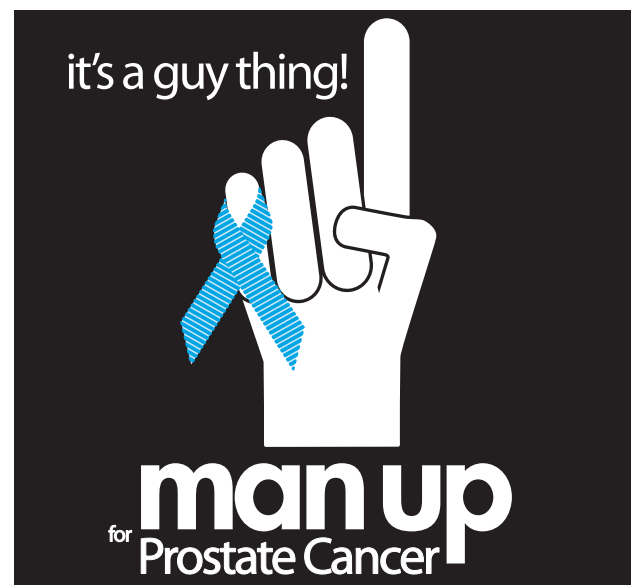
Prostate Cancer Education, Awareness & Early Detection

9th ANNUAL FATHER'S DAY

5K/10K RUN/WALK

(5k walkers, any distance is acceptable)

Fun Walk / Stroll



June 19, 2011
Riverfront Park
Heinz Field Gate A
Races start at 8:00 am

Registration opens at 6:30 am

FOR MORE INFORMATION

Phone 412/572-6830

Visit: www.fathersday5k.com • www.obcofoundation.org

www.active.com (search Man Up Father's Day 5/10k 2011)

or email jerryL22002@yahoo.com

Director's Message

Dear Friends and Supporters:

Great News! Last year's event grew another 30%. We had over 2500 participants! Bring a friend and help us grow!

The 2011 Man Up Father's Day 5/10k Race and Walk for prostate cancer will be 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. Our priority is to focus on the underserved and under insured.

You are helping us save lives by encouraging early prostate cancer detection. With your support, the Father's Day events will continue to grow and improve in the future.

Information and all necessary forms are available on these websites:

- www.fathersday5k.com
- www.active.com (search Man Up Father's Day 5/10k 2011)
- obcofoundation.org

We thank you in advance for helping us grow!

Jerry Livingston
Race Founder/Director

Jerry Bortman
Race Co-Director

Robin Cole
President Obediah Cole Foundation

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.

* Prostate Cancer Networking Group meets on the 1st Tuesday of the month at Gilda's in the strip.

DIVISIONS & PRIZES

Overall: Winner 10k and 5k male and female will receive a trophy.

5/10k Race Divisions: Men and Women Age Groups: Under 12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

Division Winner Prizes: First place trophy for man and woman with the fastest time in each category, medals for 2nd and 3rd.

10k Male and Female – Each winner will receive a trophy and certificate for an overnight stay plus breakfast at the Renaissance Hotel. (Must be an adult)

5k Male and Female – Each winner will receive a trophy plus a \$50.00 Dicks Sporting Goods gift certificate.

All 5k/10k 2nd and 3rd place race finishers receive medals.

Team Awards

Trophies for top three teams with the most registered participants including walkers and volunteers. Registration Forms available on line at www.fathersday5k.com.

No duplication of awards.

A RACE RACE EVENT
Prostate Awareness Cancer Education



MAN UP FATHER'S DAY

5k/10k Run/Walk

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Preliminary: More sponsors to follow

