

2 Easy Ways to Volunteer:

1. On Line

www.fathersday5k.com

2. By Mail

Fill out this form and mail to:

**Obediah Cole Foundation
for Prostate Cancer**

Father's Day 5k/10, 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

NON-PROFIT
US POSTAGE
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Permit No. 138
WASHINGTON, PA



Obediah Cole Foundation
FOR PROSTATE CANCER

Father's Day 5k/10k Race

PMB352 • 4017 Washington Road
McMurray, PA 15317-2520



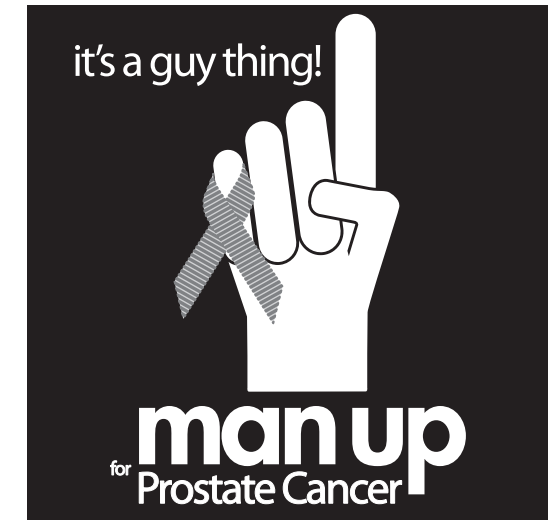
VOLUNTEER NOW!

CURRENT RESIDENT OR:



Obediah Cole Foundation
FOR PROSTATE CANCER

9th ANNUAL MAN UP FATHER'S DAY 5K/10K RUN/WALK Fun Walk



June 19, 2011
Riverfront Park Heinz Field Gate A
6:00 am
VOLUNTEER FORM

FOR MORE INFORMATION: 412/572-6830

courtneygpeck@gmail.com

Visit: www.fathersday5k.com
or www.active.com (search man up)

From The Desk of Jerry Bortman . . .

Hello,

Last year, the Father's Day Race/Walk grew 30%! The success of the race depends upon the many volunteers needed to make the event work smoothly. We need to keep on our toes to meet the increasing numbers participating.

I am working with Courtney Peck to coordinate the volunteers this year. We would greatly appreciate your help to get organized earlier this year by responding to the following requests:

1. Please notify Courtney Peck asap at (courtneygpeck@gmail.com) or 412-572-6830 (our answering service) if you are the volunteer and/or the contact person for a volunteering group with the names of your members.
2. If you/your group would like to work in a specific area of the race (race course, registration, volunteer tent, etc.) please let us know your request. While we know where some folks have worked in the past, we'd like to compile a complete list of everyone's preferences to ensure that we have adequate coverage in all areas of the race.
3. The deadline to notify us if you are volunteering for the race this year is Monday, May 16. Please respond to (412-572-6830 . . . leave message at our answering service) Please note that a deadline is needed so that we can have enough time to secure resources – such as parking- for everyone.
4. We'd greatly appreciate it if you would spread the word and recruit other volunteers!

If you have any questions, please don't hesitate to contact me. Please help us make this year's Father's Day 5/10k the most successful yet!

Best regards,

Jerry Bortman
(412) 572-6830

DIRECTOR'S MESSAGE

Welcome to our ninth annual Father's Day 5/10k race. Last year's 2010 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 has a 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.

2011 VOLUNTEER OPPORTUNITIES

Checkmark your interests:

- Office Support
- Promotion / Media
- Contact Sponsors
- Solicit Door Prizes
- Literature Distribution
- Website Support

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 Water Tables
- Volunteer Sign-in
- Food Distribution
- Finish Line / Cheer Participants
- Information Stations
- Merchandise Sales
- Course Marshals *Direct racers to starting lines and provide information, guidance and encouragement*
- Shuttle Drivers
- Clean-up / Breakdown
- Advocacy Tent
- Survivors Events