

FATHER'S DAY

5k/10k Run/Walk

SPONSORS



Alco Parking Redfins
Mastro Gourmet Ice
Donut Connection

Director's Message

Dear Friends and Supporters:

Great News! Last year's event grew another 30%. We had over 1700 participants! Bring a friend and help us grow!

The 2009 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 or www.active.com (Select fathersday5k) or 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.

Divisions & Prizes

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 prize for man and woman with the fastest time in each category:

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

5k 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 metals.

NEW! 5 Awards will be given in the Promenade Fun Walk in various categories TBA.

NEW! Fun for the Family! Wear a tie to the Promenade Fun Walk – prizes will be given out for the Funniest, Most Creative and Ugliest ties! Prizes for best stroller decoration and best pet costume will also be awarded.

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.**

Race Day Events Schedule

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|----------------------|---|
| 7:00 am | On Site Registration (closes at 8:00 am) |
| 8:30 am | 10k Run |
| 8:45 am | 5k Run/Walk |
| 9:00 am | NEW Promenade Fun Walk* Stroll
*Walkers may go any distance |
| 9:45 am | Awards
Father Son/Daughter
Look-Alike Contest |
| 10 am - 12 pm | Post Race Activities
To Be Announced |

PLACE
STAMP
HERE

Obediah Cole Foundation
FOR PROSTATE CANCER

Father's Day 5k/10k Race

PMB352 • 4017 Washington Road
McMurray, PA 15317-2520



Obediah Cole Foundation
FOR PROSTATE CANCER

Prostate Cancer Education,
Awareness & Early Detection

7th ANNUAL
**FATHER'S
DAY**

5K/10K RUN/WALK
(5k walkers, any distance is acceptable)
NEW Promenade Fun Walk



June 21, 2009
River Front Park
Heinz Field Gate A

8:00 am

A RACE RACE EVENT

Presenting Sponsor



FOR MORE INFORMATION:

Phone 412/572-6830

Visit: www.fathersday5k.com

www.obcofoundation.org OR www.active.com
(select fathersday5k) jerryL22002@yahoo.com

