

## Father's Day Ride and Stride 2006

Come and join the fun at the third annual **Father's Day Ride and Stride**, Sunday June 18 at North Park! The event kicks off beginning at 7 AM and participants can choose to walk or ride bikes in the fight against prostate cancer. Bike riders are treated to some of the best designed, most scenic, and well marked bicycle courses in Western Pennsylvania. Options range from the relatively easy 25k course with no major climbs to an intermediate difficulty 50k course to a 100k course with the "mountain assault" option to test the most avid of cyclists. Not into biking? Come out and try the walking route which follows the five mile scenic circular route around North Park Lake. A shorter 2 mile option is available as well. All three bike routes, as well as the walking routes, begin and end at the North Park Boathouse. Take your pick, bring your friends, bring your family, all for a great way to spend Father's Day morning. Activities at the boathouse during the event will include food, music, prizes, informational displays with giveaways, and entertainment for youngsters. Something NEW this year: A free bicycle helmet program for eligible children.

Both the **Father's Day Ride and Stride** and it's sister event "**The Shoot Out for Prostate Cancer**" the following day support the **Allegheny Prostate Center** and **The Western Pennsylvania Prostate Cancer Foundation**. These two non-profit organizations pursue the goals of awareness, education, and research pertaining to prostate cancer and other urologic diseases here in Western Pennsylvania.

The cost of pre-registration is \$25 per person or \$25 for a dad and one child. The cost for a family of four is \$50. All paid registrants will receive a tee shirt! The first 100 people to pre-register will receive a Ride and Stride Ball Cap!

The cost to register the day of the event will be \$30.

If you would like to enlist sponsors or other donors for the event, fill out the appropriate form on the brochure. You could be eligible to win a prize based on donations/pledges collected.

For those of you with other father's day plans, come out early, take a short ride or a nice walk and be finished by 10 AM! Food, music, and prizes are planned to accommodate early birds as well as those taking 6 hours to complete the 100k bike course!

To get your brochure, call 877-284-2000. For individuals wishing to register online, go to [www.peopleware.net/2880](http://www.peopleware.net/2880). To register for the father/child or family rate, please complete the registration form on the brochure. Those wishing to enlist sponsors and additional donors should use the brochure as well.