



Clara Maass

Medical Center Foundation

An affiliate of the Saint Barnabas Health Care System

One Clara Maass Drive • Belleville, New Jersey 07109

CLARA MAASS MEDICAL CENTER **LIFELINE CHALLENGE**



A Walk & Ride to Fight Prostate Cancer

SEPTEMBER 26, 2009

BRANCH BROOK PARK, NEWARK, NJ

Register Today at
www.claramaassfoundation.org

One in six men will be diagnosed this year with prostate cancer!

DATE

Saturday, September 26, 2009

LOCATION

Branch Brook Park, Newark, NJ

The "jewel in the crown" of Essex County's century-old park system, designed by Frederick Law Olmsted and home of more than 2,300 Japanese Cherry Blossom trees.

SCHEDULE

Riders

8:00am 10 and 15 mile cyclers begin

9:00am 5 mile cyclers begin

Walkers

10:30am 2 and 3 mile walkers begin

All ages and levels are welcome to Walk & Ride

Please arrive 45 minutes before your scheduled time

HOW TO PARTICIPATE

Be a Walker – Raise money to fight prostate cancer by walking through beautiful Branch Brook Park. Individuals must pay or obtain a minimum of \$25 in donations in order to participate. Families must pay or obtain a minimum of \$60 in donations.

Be a Rider – Raise money to fight prostate cancer by riding through beautiful Branch Brook Park. Individuals riding must pay or obtain a minimum of \$25 in donations in order to participate. Families must pay or obtain a minimum of \$60 in donations.

Form a Team – Ask your company, organization or school to form a team (of five or more unrelated people). Teams must pay or obtain a minimum of \$150 in donations.

For more information and to register, please go to www.claramaassfoundation.org or call 973-450-2277.

HOW TO GET PLEDGE DONATIONS

The best way to get donations is by emailing your family, friends, and business colleagues. Go to www.claramaassfoundation.org and click on LIFELINE CHALLENGE for a sample letter you can send to those you want to support you.

Our success depends on donations. Please ask friends and family to donate on your behalf.

PRIZES

Raise \$500: Receive an iPod Shuffle

Raise \$1,000: Receive an iPhone 3G

Raise \$5,000: Receive an iPod Shuffle

PLUS an iPhone 3G

PLUS be entered into a raffle to

win a 37" LCD flat screen television.

Please note one prize per family or team

THE COURSE

Walking and riding will take place in beautiful Branch Brook Park. Cyclists will ride on the same 2.2 mile loop that professional cyclists call the best course in the country. And walkers will enjoy an extended course that passes through the exquisite scenery of the park.

The event is for all levels and ages. All types of bicycles including racing, mountain and tricycles are welcome. Register Today!

SPECIAL ATTRACTIONS

T-Shirts

Massages

Raffles

Food Concession

DJ

Walk & Ride Rain or Shine

Master of Ceremonies: Ken Rosato, Eyewitness News Anchor, WABC-TV
Honorary Chairman: Joseph N. DiVincenzo, Jr., Essex County Executive

