



“Wipeout Prostate Cancer” Obstacle Course Rules of Engagement

What is the “Wipeout Prostate Cancer” Obstacle Course?

It is 52 metres of challenging fun! Your team will have to run, climb, crawl, bounce, jump, wiggle and hurl its way through to the end. Fastest time wins. Did we say it was over 5 metres high in some places? Are you up for it?

What does my Team have to do to have a chance to run the course?

We are looking for teams to step up and tell us why they are participating in the Safeway Father’s Day Walk / Run for Prostate Cancer. We want to build on this year’s inspirational theme of “This run’s for you”.

Prostate Cancer is an important topic that affects us all, so we want to know who you are running for and why? Your message can be funny, emotional, engaging or even unexpected. It’s up to you.

Get creative as to how you tell your story. Written, pictures, or video are all great. Keep in mind that it will be posted on or linked to The Prostate Centre’s Facebook page. Sometimes shorter is better. Videos must be under 2 minutes in length.

Only 6 teams will get to participate. Be sure yours is one of them.

How does this work?

- Your team needs to be registered for the Safeway Father’s Day Walk / Run. Have you done that yet? Visit FATHERSDAYRUN.CA and “click” on the Victoria tab to get started.
- Create your message and post it or link it (if video) to The Prostate Centre Facebook page
- While we encourage creativity, the message should be impactful. Messages with no direct link to the event or prostate cancer or deemed inappropriate will not be included.

- Spread the word – get friends, family (don't forget your aunt in Calgary), coworkers, your crazy neighbour, your whole social network to visit The Prostate Centre's Facebook page and vote for your entry.
- The messages which receive the most votes will then be reviewed by a panel of Prostate Centre volunteers and the top 6 will be chosen.
- Only 6 members of the winning teams will get to run the course so it's up to you to decide who those lucky people will be. Will it be team members who are the fastest, those who jump the highest or how about those who raised the most money? Participating team members must be over 19 years of age.
- **The deadline for submitting your winning message is by midnight Wednesday June 8, 2011.**
- Winning teams will be notified on Friday June 10, 2011.

When will this take place?

The top 6 teams will face off at 10:00 a.m. (after the Opening Ceremonies) at the "Wipeout Prostate Cancer" Obstacle Course which will be set up on the main lawn at Royal Roads.

But what if we still want to complete the Run / Walk you ask? No problem. Once your team has completed the obstacle course, simply make your way to the Start / Finish and you are on your way.

Questions?

Give us a call - 250-388-0214

Drop us a line – doitfordad@theprostatecentre.org

Stop by for a visit – 100-1900 Richmond Road, Victoria



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