



~ IRON HORSE BIKE RIDE ~ CYCLE IN SEPTEMBER FOR DUCHENNE

Join us on **9.20.15** as we ride to derail **Duchenne Muscular Dystrophy** on our **Iron Horse Ride**. We will meet at the **Middleburg Hts Municipal Center Pavilion** starting at various times, ride one of the distances, and celebrate at our Party Lunch with your family and the rest of the JOA team!

Free lunch for all (bring friends) 12 pm with live music by Natalie Kulka and raffles.

\$25 Entrance fee (\$10 ages 16 through 6, 5 under free) includes:
Ride T-shirt available at registration day of
Rest Stop/Lunch
Fundraising prizes

Fundraising though not required is simple ~ we ask that you get pledges per mile and can be as small as \$1 per mile

Ride Distances ~Start & end at Middleburg Hts Municipal Center Pavilion (behind Police Dept)

~ **15 Mile Family Ride** ~suggested start time 11 am

~ **26 Mile Fun Ride** ~suggested start time 10 am

~ **36 Mile Challenge Ride** ~suggested start time 9 am

~ **72 Mile Extreme Ride** ~ suggested start time 8 am

Each rider must register at www.joainc.org

Helmets are required, ear buds discouraged.

Sign up at www.joainc.org Events tab ~ Cycle in September ~ Rain or Shine join us and Ride!

Contact: Jen Dumm 440 570 2167

Email jen@joainc.org

Visit us at joainc.org – events tab

Meet at

Middleburg Hts Municipal Center
15700 Bagley Road
Middleburg Heights, Ohio 44130



*John Owen's Adventure, Inc (JOA) is a North Royalton non profit founded by parents of John Owen, Tony & Jen Dumm. We aim to fund awareness for Duchenne Muscular Dystrophy. They develop funds for finding a cure, sustaining the quality of life for these affected children and educating the general public about such illnesses.
Visit us at joainc.org*