



~ IRON HORSE BIKE RIDE ~ CYCLE IN SEPTEMBER FOR DUCHENNE

Join us on **9.15.13** as we ride to derail **Duchenne Muscular Dystrophy** on our **Iron Horse Ride**. We will meet in the **Wallace Lake Metro Parks Pavilion** (in Berea OH) on 9.15.13 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) 1 pm with live music from Chuck & Scott, and raffles.

\$25 Entrance fee (\$10 ages 16 through 6, 5 under free) includes:

- Ride T-shirt
- 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 ~ Starting and ending at Wallace Lake Picnic Area ~ Mill Stream Run Reservation Metroparks

- ~ 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

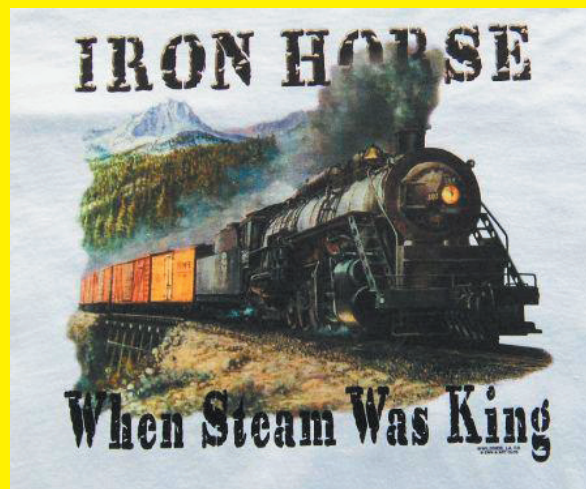
Each rider must register at www.joainc.org
Helmets are required, ear buds discouraged.

Sign up at www.joainc.org Events tab ~ Cycle in September

Contact: Jen Dumm 440 230 1555

Email jen@joainc.org

Visit us at joainc.org – events tab



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.