



# LET'S GET FIT LET'S GET FIT

JUNE 7, 2009

5KM RUN/WALK



**STEPS:** 1. Fill out your name and complete mailing address. 2. Start by sponsoring yourself! Then, ask your family and friends to sponsor you for the 5 km Run/Walk. 3. Keep track and collect the money from your sponsors. 4. Total your sponsor money and bring with you on the Run/Walk day.

**Please note the \$10.00 entry fee is waived if participant raises \$50.00 or more in sponsorship. T-Shirts will be given to all participants who have \$50.00 or more in sponsors.**

**Participant's Full Name: (Please Print)** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**THANK YOU FOR YOUR GENEROUS SUPPORT!**

**Note: Official receipts for income tax purposes will be issued for donations of \$20.00 or more. Receipts will be issued from St. Lawrence Lodge, Mary Jane Hawkins Foundation and given to the participant (above name) for distribution.**

**SPONSOR LIST (Please Print)**

e.g. First	Last	Street	City or Town	Postal Code	Amount	Please check if receipt required
Mary	Smith	19 Reynolds Drive	Brockville	K6V 6T2	\$20.00	<input checked="" type="checkbox"/>

1.					\$	
2.					\$	
3.					\$	
4.					\$	
5.					\$	
6.					\$	
7.					\$	
8.					\$	
9.					\$	
10.					\$	
11.					\$	
12.					\$	
13.					\$	
14.					\$	
15.					\$	

**Total \$**