

7th Annual

REMEMBER RUN

11 KM, 5 KM & 2.5 KM Run

Saturday, November 7, 2015

Hosted By:



Branch 126



OFFICIAL PLEDGE FORM

**ALL PLEDGES DONATED TO THE PRESTON LEGION POPPY FUND
COLLECT FANTASTIC PRIZES WITH A PLEDGE OF YOUR SUPPORT**



Minimum \$50 Pledge	Minimum \$100 Pledge	Minimum \$250 Pledge	Minimum \$500 Pledge	Top 3 Fundraisers
Free Saucony CoolMax Socks	<ul style="list-style-type: none"> Free Entry Socks 	<ul style="list-style-type: none"> Free Entry \$100 Saucony Gift Certificate at Runners' Choice Socks 	<ul style="list-style-type: none"> Free Entry \$200 Saucony Gift Certificate at Runners' Choice Socks 	Each will receive a Free Pair of Saucony Running Shoes at Runners' Choice
(value \$5)	(total value \$35)	(total value \$135)	(total value \$235)	(value \$120 each)



ALL PLEDGES DONATED TO THE PRESTON LEGION POPPY FUND

The red poppy of Flanders is immortalized as an emblem of sacrifice and remembrance for the honouring of the thousands who laid down their lives for those ideals which we, as Canadians, cherish.

The poppy calls upon us to remember not only those who have died, but those they left dependent, and those who still suffer from honourable wounds and disabilities. The poppy challenges us to serve in peace, as in war, to help those who need our help, and to protect those who need our protection.

The Poppy has been widely recognized as a symbol of Remembrance, since it was first adopted in 1921. By wearing the poppy, we demonstrate our gratitude to those who gave their lives for the freedom we enjoy.

Activities supported include: assisting needy veterans, ex-service members and their families; purchasing medical appliances; funding medical research and training, providing bursaries to the children and grandchildren of veterans and ex-service members; and funding accommodation, care facilities, meals-on-wheels, transport and related services for veterans, seniors and disabled persons.



FUNDRAISING IDEAS

This event is a fundraiser for The Preston Legion Poppy Fund, and we need YOUR help to reach our goal! The two easiest ways to raise money are by paper form and online:

Need some help getting started?

- Sponsor yourself!
- Ask some colleagues, friends, and neighbours to sponsor you
- Keep this form handy to ask for donations on-the-go
- Staple an envelope to it – cash, cheques and coins are all acceptable
- You can also write your story of why you're supporting this charity

Start your online pledge profile

- Every runner has an easy-to-use online pledge profile
- Just go to the race website, click on "Pledge A Participant" and search for yourself
- Share this link on Facebook, Twitter, or to your email contacts, along with your story!

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Participant Name:		Full Postal Address:			Phone:	
Sponsor's Name		Full Address (please print clearly and indicate if a tax receipt is required ✓) Street City Postal Code			Amount Pledged *	Tax Rec. * ✓
1					.	
2					.	
3					.	
4					.	
5					.	
6					.	
7					.	
8					.	
9					.	
10					.	
11					.	
12					.	
13					.	
14					.	
15					.	
Total Pledges Collected on this sheet (photocopy additional sheets if required)					.	

* For pledges of \$20 or more, indicate (✓) if a tax receipt is required.

Please make cheques payable to The REMEMBERrun

All pledge money must be received on or before race day for participants to be eligible for prizes.

Please note: In accordance with Canada Revenue Agency regulations, if you make a contribution to your own sponsorship total, the amount of your donation receipt may be reduced by the fair market value of the incentive prize you receive.