



19th Annual

"Re-Fridgee-Eighter" Run

8 KM or 8 Mile Run & 3 KM Fun Run

Sunday, February 21, 2016

www.RunWaterloo.com

COLLECT FANTASTIC FUNDRAISING PRIZES!

Minimum \$50 in Pledges	Minimum \$100 in Pledges	Minimum \$250 in Pledges	Minimum \$500 in Pledges	TOP FUNDRAISER
FREE SAUCONY CoolMax® SOCKS	FREE ENTRY plus Socks	\$100 SAUCONY GIFT CERTIFICATE AT RUNNERS' CHOICE plus Socks and Free Entry	\$200 SAUCONY GIFT CERTIFICATE AT RUNNERS' CHOICE plus Socks and Free Entry	Will receive a Free pair of Saucony Running Shoes at Runners' Choice



The Juvenile Diabetes Research Foundation is the leading charitable funder and advocate of juvenile (type 1) diabetes research worldwide. Our mission is to fund research in finding a cure for diabetes and its complications . . . We are so close! JDRF research also benefits individuals living with type 2 diabetes.

Please visit our website at www.jdrf.ca for all the latest research information and activities.

On behalf of all the families living with diabetes – Thank you for participating, sponsoring and volunteering.



FUNDRAISING IDEAS

This event is a fundraiser for JDRF, 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 these charities

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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OFFICIAL PLEDGE FORM

ALL PLEDGES DONATED THE JUVENILE DIABETES RESEARCH FOUNDATION



Participant Name:		Full Postal Address:			Phone:		
Sponsor's Name		Full Address (please print clearly and indicate if a tax receipt is required <input type="checkbox"/>)			Amount Pledged *		Tax Rec. *
		Street	City	Postal Code			<input type="checkbox"/>
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 Re-Fridgee-Eighter"

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.