




**8Km & 3Km Fun Runs**   
**September 4, 2010**  
**8:00 a.m.**  
**Mooney's Bay in Ottawa**  
**in support of Carefor**  
**[www.carefor.ca](http://www.carefor.ca)**

Please print clearly and ensure that all information is correct.

Participant Name \_\_\_\_\_  
 Telephone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Mailing Address \_\_\_\_\_  
 City/Prov \_\_\_\_\_  
 Postal Code \_\_\_\_\_

I am unable to participate but please find my donation for \$ \_\_\_\_\_

# Participant Pledge Form

This pledge form provides you an opportunity to support Carefor's charitable work in the community. **By participating in The Canadian and collecting pledges, you are helping to help us help others.** Thanks for your contribution.

**Carefor Health & Community Services** is a not-for-profit, charitable organization that provides an extensive basket of home healthcare and community support services. Since 1897, our services have been tailored to meet our community needs. We help families stay together longer by enhancing independent living and by supporting caregivers. Our motto is "When there's a need for care, we're there". <http://www.carefor.ca>

## Participant Responsibilities and Procedures

- Enter and participate in The Canadian – September 4, 2010 at the Terry Fox Athletic Facility in Ottawa.
- Sponsor yourself and ask your friends, family, co-workers, and neighbours to support your walk or run.
- Drop off your pledges sheet and collected funds at the race kit pick up or during the event and submit them directly to a Carefor representative.
- Pledges prizes will be available at the Carefor booth while quantities last.
- All money raised in this pledge form goes directly to Carefor Health & Community Services. The funds support home healthcare and community support services in Ottawa.

## How to Join the Carefor Team

1. Register to an event during The Canadian
2. Announce your pledge goal (minimum \$100)
3. A portion of your entry fee will be directed to Carefor and will go towards your fundraising efforts
4. Receive your Carefor team t-shirt
5. Access to your personal fundraising webpage and tips to help you reach your goal

## Note to Contributors

- Pledge collector is responsible for all pledge collection
- Official tax receipts are given for pledges over \$20. Carefor Charitable Registration No 11928 4768 RR0001
- Print clearly and provide complete address to receive receipt

## Payment Methods

- Cash or Cheque - Please make cheques payable to Carefor Health & Community Services
- Credit Card – We accept MasterCard, VISA, and American Express. Please fill out the information on the pledge form
- You can also fundraise online! Visit <http://www.canadahelps.org/GivingPages> to create your personal fundraising webpage

## Individual Fundraising Incentives

Raise funds in support of Carefor and you will receive one of the following items based on the amount of pledge money you turn in. Prizes are not cumulative.

**RAISE \$100** – Receive your Carefor Team t-shirt special edition

**RAISE \$250** – Receive your Carefor Team t-shirt special edition & a stainless steel water bottle

**RAISE \$500** – Receive your Carefor Team t-shirt special edition & a travel coffee mug

Top fundraiser receives the “Grand Prize” (must raise a minimum of \$500 to qualify). The “Grand Prize” will be determined soon.

Contributor	Pledged Amount	Collected Amount	Methods of payment	
Name: _____ Tel: _____				Cheque
Address: _____				
City/Prov: _____ Postal Code: _____				Cash
Email: _____				
MasterCard, VISA, American Express (please circle one)				Credit Card
Card No: _____				
Expiry (mm/yy): _____ Name on Card: _____				Online
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For more information, email [info@carefor.ca](mailto:info@carefor.ca) or call 613-749-7557.

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