



# PLEDGE FORM

Saturday, November 7, 2009 • 9:00 AM  
24th Street, Virginia Beach Boardwalk

## Singular Breaths, Collective Hope

You may now collect pledges for your participation in the 6th Annual Lung Cancer 5K Run/Walk, 1 Mile Walk, and Kid's Fun Run. By getting friends, neighbors, relatives, and co-workers to sponsor your participation, you can help increase awareness of lung cancer within the community while also raising money for the cause. Awards will go to the person who raises the most funds, as well as top male and top female fundraiser. **The proceeds from this event will go to The Lung Cancer Alliance, the only national non-profit organization dedicated solely to advocating for people living with lung cancer or at risk for the disease.**

### Please make all checks payable to: Tidewater Striders

All checks are due the morning of 11/07/09

### Runner/Walker Information:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

### Sponsor Information- Please ensure information is legible!

Name	Address	Phone	Donation Amount
Jane Doe	12345 Community Ct., VA Beach 23456	757-111-2222	\$50.00
<b>Total:</b>			

**Questions?** Please contact: Cathi Reade at: (757) 717-8774, or email: cathireade@cox.net

To volunteer, visit us at: [www.raceforbreath.active.com](http://www.raceforbreath.active.com)



Thank you for participating in the 6th Annual Race for Breath! As a participant, you have access to the Race for Breath Homepage at <http://www.raceforbreath.active.com> for information on giving donations and becoming a sponsor.

You can always fundraise by logging on to <http://www.active.com/donate/raceforbreath08> and clicking on "become a fundraiser" at the top of the page. Here you can create your own fundraising link and send emails to friends and family encouraging them to donate. We encourage you to set a fundraising goal and work to reach that goal. Fundraising is an excellent way to help fight lung cancer!

In total, Race for Breath has raised over \$475,000 for lung cancer research, education, advocacy, and treatment. This year the goals are even loftier — through the Race for Breath Lung Cancer 5K, **The 2010 Race for Breath Foundation plans to raise \$120,000 for The Lung Cancer Alliance**, the only national non-profit organization dedicated solely to advocating for people living with lung cancer or at risk for the disease. Please help us reach our goal — every little bit counts!

#### **Lung Cancer Facts we hope our fundraising efforts will change:**

- Lung cancer is the leading cause of cancer death in the United States.
- Lung cancer causes 30 percent of all cancer deaths.
- Lung cancer is the leading cancer killer among Caucasians, African-Americans, Asians, and Hispanic males.
- Lung cancer will kill more people this year than breast, prostate, colon, liver, kidney, and melanoma cancers combined.

*Good luck with your fundraising efforts and thank you again for your participation.*

*We look forward to seeing you on Race Day!*

## **FUNDRAISING IDEAS.**

**Don't feel limited solely to online fundraising! There are many ways to raise pledges, so be creative! Here are some of our fundraising ideas:**

- Find out about your company's matching gift program — often companies will *match* donations made to charitable organizations.
- Host a bake sale.
- Carry your pledge form with you — you never know who might want to contribute!
- Start a letter campaign — sending out letters to people you know with information on the race and why you are participating — heartfelt messages get the best response.
- Post the pledge form up at work, church, gym, or school bulletin board and highlight your contact information.
- Host a yard sale — it's always a good time to do spring cleaning or ask friends to bring over items and have a large super yard sale!
- Restaurant canisters — ask a restaurant if they mind if you put a money canister at the front — it's an easy way to raise some extra money!
- Ask your favorite local restaurant to donate a portion of its proceeds to your organization. Invite friends to the restaurant and publicize the event to ensure a large turnout at the restaurant. Both the restaurant and the charity win!

For more information on Fundraising, please contact the race director, Cathi Reade at: (757) 717-8774, or email: [cathireade@cox.net](mailto:cathireade@cox.net)

**To volunteer, visit us at: [www.raceforbreath.active.com](http://www.raceforbreath.active.com)**