



Friends and Family
Cancer Foundation



Neighbors Helping Neighbors in Need

5K Run/Walk & 10K Run Annual Dash & Bash

*Travis Fitzgerald Memorial Park
Lyndon Station, WI
Saturday, September 7th, 2019 @ 9:00 A.M.*

PLEDGE CONTEST RULES

1. Sign up supporters and list the amount they pledge on the back of this form
2. Collect all donations prior to the Dash & Bash
3. Complete participant info on back of form and submit with donations to the Registration table at the Dash & Bash
4. Donations may be made in the form of cash or check made payable to the FFCF
5. Pledges do not replace the participant's registration fee
6. The participant/participants with the greatest donation amount from each event (10K, 5K Run/Walk and 5K Team) will win a deluxe prize basket

*Profits from this event will benefit the Friends and Family Cancer Foundation
Email or call Becky Coley: rcoley19@yahoo.com or 608-547-7112*

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