



**It's time for the inaugural Metro Football Club
 2010 Walk/Run-A-Thon!**
 Saturday, 13th March 6:00pm

First Name: _____ Last Name: _____

I plan to walk/run at least _____ laps for Metro Football Club.

Dear Potential Sponsor,

I am participating in the Metro Football Club Walk/Run-A-Thon. All proceeds will help fund New training equipment (Training Bike, Treadmill) etc. You can sponsor me for an amount per lap and can name a maximum amount that you are willing to contribute. After the walk/run-a-thon, I will return to tell you how many laps I walked / ran and collect your contribution. Make cheques to Metro Football Club Inc.

Thank you!

Name of Sponsor	Pledge per Lap (Example: \$1.00)	Maximum Pledge	Amount Collected from Sponsor	Business Matching Pledge Amount
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Participants:

To reach our goal, we hope that each participant finds 10 sponsors.

Please bring this form to your club on the walk/run-a-thon day, Saturday, 13th March.

Inaugural Metro Football Club 2010 Run/Walk-A-Thon

Saturday, 13th March

Our inaugural run/walk-a-thon is a fun and fit activity for all club members & supporters, with all participants reaching for their personal best distance. Participants set realistic lap goals based on age and fitness. Drinks will be provided, and each entrant will receive a token of participation.

Our goal is to help the fundraising committee raise at least \$2000 to fund modern training equipment and help reduce costs associated with player registration fees. We hope that each family will participate in the walk-a-thon to the best of its ability. If each family raises \$50, we will achieve our goal. We're hoping to make this walk-a-thon an annual fun family event, so the more contributions you raise, the more successful we'll be at achieving our goal. Thank you very much for your participation!

Rules

1. Participants may start collecting pledges as soon as they receive the pledge sheets. **Reminder: Pledge sheets need to be turned in on walk-a-thon day, Saturday, 13th March.**
2. Pledges may be made by anyone. **Please ask everyone who pledges if their company has a matching gift fund policy.** Companies who do match pledge gifts are listed on the back of the pledge sheet.
3. **Each sponsor making a pledge should write their own name, pledge per lap, and maximum pledge.** Participants may collect the pledge in advance but must keep pledges until all are collected.
4. On walk/run-a-thon day, each group walkers or runners will walk/run during a 1 hour time period on our field. Each lap is approximately 400m. Each participant will be issued a "lap tag," which will be punched each time the participant reaches the starting point, thereby keeping track of the number of laps completed.
5. Upon completion of the walk-a-thon, participants will hand in their lap tags. A volunteer will record each participant's lap total on their pledge sheet and return it. Participants may then collect outstanding pledges. **Please return pledge sheets with the money to Metro Football Club by Thursday, 18th March.**
6. Participants are encouraged to involve all family members and friends.
7. There will be novelty races on the night
8. Prizes for most money raised and most laps etc.

We look forward to all our participants having a great time! For questions or concerns, or to volunteer, **call Darrin Chaffey at 0418 122 473.** Email: metrofc@live.com.au

Metro Football club will not be responsible for any personal injury but will ensure a safe secure walking & running area is provided.