



Name of Runner/Walker: _____

Address: _____

Phone Number: _____ Postal Code: _____

Sponsor's Name	Sponsor's Address	Sponsor's Phone Number	Amount Pledged	Receipt (y/n)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				

Please make cheques payable to London and Area Running Association (LARA)

TOTAL PLEDGED _____

London and Area Running Association (LARA) is a not-for-profit association; receipts can be issued if requested, but they cannot be used for tax purposes.

TOTAL REMITTED _____

Instructions:

- a. In order to be eligible for great prizes, please complete your pledge form and collect the money before Race Day.
- b. Bring both the completed form and all pledge money to the Pledge Table by 10:00am on Race Day.