



5K Run/3K Walk for HOPE

Pledges Make A Difference!

There is no minimum to raise, but its easy to collect \$250 or more!
Pledges will help make our 5K Run/3K Walk a big financial success... You will have done your part in
“Making a difference for the bereaved in our community”

Make checks payable to **HOPE FOR BEREAVED, INC.** Please bring any contributions to the registration area on walk day. If you raised all your donations online, simply print out your online form and bring it with you on walk day, or if you do not run or walk mail it to HOPE for BEREAVED, 4500 Onondaga Blvd., Syracuse, NY 13219 or donate through our secure website at hopeforbereaved.com.

Contribution Tracking for your Records Only

Runner/Walkers Name: _____			
Team Name/Company: _____			

Sponsors Name	Pledge Amount	Donation Online/ Credit	Matching Gifts
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Total			

Looking for suggestions to raise money and spread the word about Hope for Bereaved?

Form a team: Ask your family, friends/co-workers to join your team.

Sign up: Visit hopeforbereaved.com to sign up.

Set up: Create your personal fundraising page, customize it with stories, and share your reason for helping HOPE.

Send: Email everyone you know, and ask them to join your team or support you with a donation.

Spread the word: to co-workers, friends, family, and classmates.

Help HOPE: Obtain sponsors.

Join the committee: Attend meetings and help on race day.

Obtain pledges: Participate without running or walking. Raise money online or in person.

\$\$ WIN A GIFT CARD \$\$

For every \$250.00 raised win a \$25 gift card.

Ask your personnel or human resources department if your company has a matching gifts program, your donations could be doubled!