

INNER HARBOR 5K PLEDGE FORM (Optional)

*PLEASE RETURN COMPLETED FORM WITH CHECKS MADE OUT TO IACAF, INC. PO BOX 281 JAMESVILLE NY 13078
 *OR BRING THE FORM AND MONEY TO THE REGISTRATION TABLE ON THE DAY OF THE RACE

NAME	PLEDGE \$ AMOUNT

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TOTAL AMOUNT RAISED	\$
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All of the proceeds from this event will be used to fund mental health/wellness services for children and families throughout Central NY. Many of our programs are available at 'no fee' and families can 'pay' for services by volunteering back into their communities.

ALL PARTICIPANTS WHO RAISE \$250 OR MORE WILL AUTOMATICALLY BE ENTERED TO WIN A FREE CHILDREN'S BICYCLE

- \$25 LEVEL - FREE BOWLING or PUTT-PUTT GOLF or SYRACUSE CHIEFS TICKETS
- \$75 LEVEL - 2 PAIR RUNNING SOCKS or CHILDREN'S BOOK (choose from select titles)
- \$150 LEVEL - BASKETBALL or SOCCER BALL or BOOK (choose either 'Once A Runner' or 'Way of the Peaceful Warrior')
- \$250 LEVEL - 'LIFE IS GOOD' ITEM (T-shirt or Hat) or RAZOR SCOOTER or LACROSSE STICK
- \$500 LEVEL - IPOD SHUFFLE or RUNNING WATCH
- \$750 LEVEL - PAIR OF RUNNING SNEAKERS or SONY IPOD DOCK
- \$1000 LEVEL - IPOD 8GB NANO
- \$1250 LEVEL - DIGITAL CAMERA w/ CASE
- \$1500 LEVEL - NINTENDO Wii SYSTEM

*levels of \$500 and higher also include prizes from first 2 levels

Name _____ Phone _____
Address _____
City _____ State _____ Zip _____
Item Choice from Above Selections _____



*Prizes will be delivered the week after the race.