

Participant information

First Name: _____
 Last Name: _____
 Address: _____ Apt # _____
 City: _____ Province: _____ Postal Code: _____
 Email: _____
 Preferred Tel: _____ Home: _____ Work: _____
 Preferred Language: English French
 Shipping address (if different from above): _____

Team information

I am participating as part of a team:
 Family/Friends Team:
 Corp Team:
 Team name: _____
 Team Captain: _____
 Company name: _____
 I am participating as part of a team but want my funds to be combined for a team prize.
 Prize will be shipped to Team Captain.
 Team Prize: _____




For Office Use Only:

Total \$ Cash _____
 Total \$ Cheque _____
 Total \$ Credit Card _____
 Initials: _____

General information

I am 13 years or under and would like to be a member of the Kids Club
 I am a member of THE GUTSY GENERATION ages 14–25
 DO YOU KNOW SOMEONE WITH IBD?
 No Myself Family member Other

Sponsor Name (First, Last)		Address			Email Tax Receipt to:	Status	Payment Method	Pledge Amount
Sponsor Name (First, Last)		Address				<input type="checkbox"/> Paid <input type="checkbox"/> Unpaid*	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card	
Credit Card number	Expiry MM/YY	City	Prov.	Postal Code				
Sponsor Name (First, Last)		Address				<input type="checkbox"/> Paid <input type="checkbox"/> Unpaid*	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card	
Credit Card number	Expiry MM/YY	City	Prov.	Postal Code				
Sponsor Name (First, Last)		Address				<input type="checkbox"/> Paid <input type="checkbox"/> Unpaid*	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card	
Credit Card number	Expiry MM/YY	City	Prov.	Postal Code				
Sponsor Name (First, Last)		Address				<input type="checkbox"/> Paid <input type="checkbox"/> Unpaid*	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card	
Credit Card number	Expiry MM/YY	City	Prov.	Postal Code				
Sponsor Name (First, Last)		Address				<input type="checkbox"/> Paid <input type="checkbox"/> Unpaid*	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card	
Credit Card number	Expiry MM/YY	City	Prov.	Postal Code				
Sponsor Name (First, Last)		Address				<input type="checkbox"/> Paid <input type="checkbox"/> Unpaid*	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card	
Credit Card number	Expiry MM/YY	City	Prov.	Postal Code				
Sponsor Name (First, Last)		Address				<input type="checkbox"/> Paid <input type="checkbox"/> Unpaid*	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card	
Credit Card number	Expiry MM/YY	City	Prov.	Postal Code				
Sponsor Name (First, Last)		Address				<input type="checkbox"/> Paid <input type="checkbox"/> Unpaid*	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card	
Credit Card number	Expiry MM/YY	City	Prov.	Postal Code				
Sponsor Name (First, Last)		Address				<input type="checkbox"/> Paid <input type="checkbox"/> Unpaid*	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card	
Credit Card number	Expiry MM/YY	City	Prov.	Postal Code				

I would like to pay the unpaid balance of my donors' pledges in full by credit card.   

Credit Card # _____ Expiry MM/YY _____ Balance Paid \$ _____

Prizes: (one prize per participant. Refer to the list of prizes on the next page to make one prize option selection based on the total pledges for all pages: I wish to donate my/our prize back to CCFC to further help find the cure.
 I've indicated my prize online

EXAMPLE: Level C: Option 1 2 3 Level E: Option 1 2 3 Level I: Option 1 2 3
 Level B: Option 1 2 3 Level F: Option 1 2 3 Level J: Option 1 2 3
 Level C: Option 1 2 3 Level G: Option 1 2 3 Level K: Option 1 2 3
 Level D: Option 1 2 3 Level H: Option 1 2 3 Level L: Option 1 2 3

A) Page Total: \$ _____
 B) # of Pages _____ of _____
 C) Total pledges for all pages: \$ _____
 D) Total ePledges: \$ _____
 TOTAL PLEDGES (C+D): \$ _____

* Check off Unpaid for sponsors you are paying for in full.

Waiver/Release: By participating in the 2010 Heel 'n' Wheel-a-Thon, I waive and release any and all claims for myself, heirs, executors and administrators against all officials and organizers of the Heel 'n' Wheel-a-Thon including but not limited to the CCFC, their sponsors and their properties, investors and owners for injury, illness or death which may directly or indirectly result from my participation in this event. I shall permit the free use of my name, amount raised, and picture in publicity resulting from the 2010 Heel 'n' Wheel-a-Thon. I am physically fit to participate in this event. I have read, understand and agree with the contents of this waiver /release prior to participating in the 2010 Heel 'n' Wheel-a-Thon.

Signature of Participant or Guardian: _____

Date: _____

Before handing your pledge form to our registration, please make sure to:

- Visit our website at www.heelnwheelathon.ca if you need additional copies of this pledge form
- If you are using ePledge to select a prize, make sure to update it with your offline donations
- **Print clearly** – we need clear and complete information for tax receipts and prizes
- Ensure all cheques are payable to CCFC
- Bring your collected pledges, your pledge form AND ePledge summary to be processed at the event
- Payment of all pledges must be made at the event registration. We encourage participants to apply the unpaid amount to their credit card.
- Keep a photocopy of your pledge sheets
- Note that tax receipts will automatically be issued for pledges of \$15 or more. Other amounts upon request
- Tax receipts will be mailed unless an email address is provided. In this case, the tax receipt will be emailed to the donor
- Remember, only **ONE** prize per participant! Note that the CCFC reserves the right to substitute prizes of equal or greater value
- If you do not choose a prize, we will gratefully consider it a donation to the Foundation
- Deadline for post-event donations is three weeks after the event. Donations received after this date will be excluded from the total amount eligible for a prize

2010 Contests

This year we have introduced new contests to reward the teams who raise the most money, in addition to the other popular participant contests.

Let the Top Team Win

- **Prize 1:** \$500 gift card from M&M Meat Shops goes to the team that donates/raises the highest amount.
- **Prize 2:** \$500 gift card from M&M Meat Shops goes to the team with the largest number of pledged participants.
- **Prize 3:** \$500 gift card from M&M Meat Shops goes to the team with the highest average pledge.

ePledge Contest

If you register online and raise a minimum of \$250 between Feb. 1 and May 31, you will be entered into a draw for a chance to win a \$300 Hbc gift card.

Get Gutsy Kids Club Contest

All Get Gutsy Kids Club members who raise \$475 or more will be entered into a draw to win a new iPod Touch.

Top Pledge Earner Club

If you raise \$1000 or more, you instantly become a member of our Top Pledge Earner (TPE) club. Membership offers you:

- Entry into a draw for a chance to win all expenses paid trip to the Annual CCFC Congress (excludes airfare ticket)
- Entry into a draw for a chance to win the Grand Prize of 2 Economy Class air fair tickets

2010 Prizes

Participants who raise a minimum of \$50 at the event qualify to receive one of these exciting prizes. Please make sure to select your prize option on the pledge form based on the pledge and ePledge totals. Please allow 10 to 12 weeks for shipping of prizes.

Level	Amount Raised	Prize Option 1	Prize Option 2	Prize Option 3
A	\$50	T-shirt (received at the event) – size is not required on pledge form		
B	\$125	CCFC pen	\$10 Tim Hortons Gift Card	
C	\$250	CCFC Pedometer	CCFC Urban Messenger Bag	
D	\$475	1GB USB Drive	\$35 Hbc Gift Card	\$35 Lululemon Gift Card
E	\$700	Solar mobile charger	\$55 Hbc Gift Card	\$55 Lululemon Gift Card
F	\$1000*	Nintendo DS Trainer	\$80 Hbc Gift Card	\$80 iTunes Gift Card
G	\$1500	Sony Noise Cancelling Headphone	\$125 Hbc Gift Card	\$125 iTunes Gift Card
H	\$2500**	Toshiba portable DVD	\$200 Hbc Gift Card	\$200 iTunes Gift Card
I	\$4000	iTouch	\$350 Hbc Gift Card	\$350 iTunes Gift Card
J	\$6000	Sony e-Book	\$550 Hbc Gift Card	\$550 iTunes Gift Card
K	\$8000	Toshiba 22" LCD HDTV	\$750 Hbc Gift Card	\$750 iTunes Gift Card
L	\$10,000	\$900 M&M Meat Shop Gift Card	\$900 Hbc Gift Card	\$900 iTunes Gift Card

All prizes have been purchased by the CCFC.

* At the \$1000 level, you will receive a \$20 M&M Meat Shops gift card in addition to your prize.

** At the \$2500 level, you will receive a \$50 M&M Meat Shops gift card in addition to your prize.



Crohn's and Colitis
Foundation of Canada

Fondation canadienne des
maladies inflammatoires
de l'intestin



HEEL 'N' WHEEL-A-THON
À PIED ET À ROULETTES