



Please collect sponsor funds prior to race and submit at time of race registration.

August 21, 2010

Forest Lakes South

5th Annual 5K Race to Benefit Organ Donor Awareness

www.carltribastone5k.org

Sponsored Participant Name:	
Team name:	

Sponsor Name	Please provide an e-mail address if interested in race communications	Donation amount (Checks made to LifeNet Health)	LifeNet Health Talking Points
			<p>Three Virginians die each week waiting for a life-saving organ transplant that doesn't come in time. More organ donors could save these lives, but there is a critical shortage of donors here in Virginia.</p> <p>Just one organ donor can save 7 lives. Transplantation works and it is saving lives every day — but there are many people who die while waiting. More than 2,000 people in Virginia are currently awaiting a life-saving organ transplant. Your decision to be an organ and tissue donor could save the lives of 7 people one day.</p> <p>Join the more than 2 million Virginians who are signed up as organ and tissue donors. Together we can save lives.</p>
	Total		

Questions?

Glenn & Wendy Graney -- Sponsor Committee

thegraneys@comcast.net



www.save7lives.org

Non-Profit Details:
 LIFENET HEALTH
 1864 Concert Drive
 Virginia Beach, VA 23453-1903
 Tax ID: 521273592
<http://www.lifenethealth.org>

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Thanks for participating in the Carl Tribastone Memorial 5K, which benefits LIFENET HEALTH, and brings awareness around the need for Organ Donation.

Participating is both worthwhile and easy to do. This is a great opportunity for your club or organization to rally behind a single cause. This is a very family-friendly event and the ability to run fast is not a requirement. The ability to have fun and enjoy the effort is paramount! Here are just a few ideas:

- Cub Scout and Brownie troops: this is a great activity to earn your summer community service credits.
- High school cross-country teams can challenge one another on both race results and fund raising totals.
- Swim teams can use it as one last gathering point for the summer.
- Friendly competition between local groups of Virginia Tech Hokies and Virginia Cavaliers!

Ask neighbors, friends, and family if they would be willing to sponsor you for the race. This is not a “per mile” or “per step” kind of sponsorship. It is just a way for each of them to get involved with supporting you as you raise money and awareness for a great cause.

- Each and every contribution no matter how small helps the cause.
- If you are participating as a team please enter the team name in the box on the sponsor sheet. If you are not participating as a team then you are a fantastic team of one and we thank you for your self-motivation! We will aggregate team totals and recognize the effort.
- Please collect the sponsorship contributions prior to the race.
- When your total collected sponsorship exceeds \$25.00 you can use the sponsorship as your personal race entrance fee. Please hand in the sponsor sheet and funds with your race registration form.
- The \$25.00 level is great and gets you as an individual entered into the race, but extra contributions are welcome and make a big impact.
- Any and all checks should be written to LIFENET HEALTH.
- Donations are tax deductible and the tax information is listed below.
- Many employers will match contributions of a certain size. Please encourage your supporters to research the possibilities.



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