



Walk Your A.S. Off

Taking steps today for better tomorrows!

www.WalkYourASoff.com www.facebook.com/WalkYourASoff

My Selected Charity:

Arthritis National
Research Foundation
200 Oceangate, Suite 830
Long Beach, CA 90802
(800) 588-2873

CureArthritis.org

Pledge Form For Arthritis National Research Foundation

walker _____
address _____
email _____

team _____
phone _____

My fundraising Goal: _____

My Step Goal: _____

the following people are sponsoring my walk:

	Name	Contact Info	Flat Pledge Amount	Pledge Per Step	Pledge For Goal	Date Pledge Received	Check, Cash or Online	Will Pledge be Matched
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1.								
2.								
3.								
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12.								
13.								
14.								
15.								

Program Instructions

1. Have your family & friends pledge money for every step, your step goal met, or a flat pledge!
2. Check made out to: [Arthritis National Research Foundation](#)
3. Give pledge sheet & collected checks to: (Address above)
4. Thank you for making a difference in the lives of people living with a form of Spondylitis.

Total Amount Raised: _____



Donor Info must be NEAT & Complete for a tax receipt to be issued

Donate the easy way - ONLINE links to partner charities donation portals available at walkyourASoff.com/fundraising/

*Before beginning any new exercise program, consult your physician or physical therapist. They can help provide modifications to suit your particular needs. Ask which exercises you should do and then check to see that you are doing them correctly