

2nd Annual



100 MILES IN MARCH

Walk Away With Better Health



Run/Walk Mile Tracker

SUN	MON	TUE	WED	THU	FRI	SAT
		Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7 <i>1st week done - keep going!</i>	Day 8	Day 9	Day 10	Day 11	Day 12
Day 13	Day 14	Day 15 <i>Yay me! I'm halfway there!</i>	Day 16	Day 17	Day 18	Day 19
Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26
Day 27	Day 28	Day 29 <i>Nearly there!</i>	Day 30	Day 31		

2022



Facebook.com/groups/PCF100Miles

I achieved

_____ miles in March!



pcf.org



MARCH 1 – 31, 2022

Donations are tax deductible to the fullest extent of the law.
 100 Miles in March is a program of the Prostate Cancer Foundation.
 Our federal tax ID# is 95-4418411.

Use this form to keep track of donations or pledges that you get as you do the 100 Miles in March Challenge. If you have any questions, please contact us at 310-570-4700 or info@pcf.org. **All donors will receive a tax receipt when a donor's address is included.**

Registered Participant

 (PRINT YOUR NAME)

Donor / Pledger's Name	Donor / Pledger's Address	Donation	Pledge per mile	Total Contribution
1		\$	\$	\$
2		\$	\$	\$
3		\$	\$	\$
4		\$	\$	\$
5		\$	\$	\$
6		\$	\$	\$
7		\$	\$	\$
8		\$	\$	\$
9		\$	\$	\$
10		\$	\$	\$

Sample Check

John Doe
 123 Main Street
 Santa Monica, CA 90401

Date _____

Payable to Prostate Cancer Foundation \$ 25.00 dollars

Pay to the order of Prostate Cancer Foundation Twenty-five and 00/100

Participant's name Laure Smith Memo John Doe Donor's name _____

Fill out this form, include checks and mail to:
 Prostate Cancer Foundation
 Attn: 100 Miles in March
 1250 Fourth Street, Suite 360
 Santa Monica, CA 90401

Total Contributions \$