



Quad Cities Senior Olympics Swim, Walk, or Spin-A-Thon PLEDGE SIGN UP LETTER

Saturday, April 16, 2011

9:00 a.m. to 1:00 p.m.

**Augustana College - Carver Gym Building
3700 – 5th Avenue, Rock Island, Illinois**

Thank you for participating in the Quad Cities Senior Olympics Swim, Walk, Spin-A-Thon! This event is held to raise money for the Quad Cities Senior Olympics to be held later this year on June 22, 23, 24, and 25, 2011.

This Swim, Walk, Spin-A-Thon is open to swimmers, walkers, and spinners of any age who would like to participate.

DIRECTIONS: Simply enter your name and the length you plan to swim, walk, or spin in the space below. Then ask your family, friends, and co-workers to sponsor you. Note the pledge they offer using the form on the back of this sheet. They can choose to donate an amount per lap or they can pledge a flat dollar amount. *Please remember to tell your sponsors that we are a 501 c (3) organization and all contributions are tax deductible!* (If you have more than 15 pledges, simply use a separate sheet of paper, or get a copy off of our website.)

You are welcome to invite anyone to watch you participate or they can be a volunteer & count your laps.

Swim-Walk-Spin-A-Thon participant: _____

PLEASE BRING THIS PLEDGE SHEET WITH YOU TO THE EVENT

SWIM

One lap is considered up and back.
36 Laps is 1 mile

WALK

1 mile is 8 laps of the balcony level in the gym

SPIN

1 mile on the odometer is 1 mile

Number of laps or miles you expected to swim, walk or spin. _____

To register or get more information call our Event Managers:
Matt at 563-940-2369/563-940-4615 or Jan at 563-326-1229

Visit our web site at: www.qcseniorolympics.org
Or you can e-mail us at qcseniorolympics@yahoo.com