

# Coulee Region Hunger 5K Walk/Run Pledge Sheet



**"We walk with our neighbors to end hunger!"**

***In-Person: Sunday, October 8, 2023 1:30 PM at Main Shelter, Myrick Park***

***Virtual: October 1-8, 2023 (email us for address )***

**Funds will be distributed as follows:**

**25% to Hunger Task Force, 25% to WAFER Food Pantry, and you choose where 50% is donated!**

**Your 50% to (pick one):** Bethel Butikk, Bread for the World, Cashton Cupboard and Closet, Catholic Charities, Catholic Relief Services, Church World Services, Couleecap, ELCA World Hunger, Holmen Area Food Pantry, La Crescent Food Shelf, La Crescent Lunch Wagon, La Crosse Warming Center, Lutheran World Relief, Onalaska/Holmen Food Basket, Place of Grace, Salvation Army, School District of Holmen, School District of La Crosse, School District of Onalaska, School District of West Salem, Trinity United Church of Christ Food Pantry, UWL Food Pantry, Viterbo Food Pantry, Western Food Pantry

**\*\* Register your individual or team name now at: [couleeregionhungerwalk.org](http://couleeregionhungerwalk.org) \*\***

Participant Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Team Name (if applicable) \_\_\_\_\_

Donor's Name

Donation Amount

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

\$ \_\_\_\_\_

**Total checks and cash**

**We walk to raise money for people who are going hungry, so we ask for a minimum of \$20 in pledges.**

Statement of Consent (In-Person Walk/Run): I understand the risks involved in participating in the Coulee Region Hunger Walk/Run and willingly accept these risks. I attest that I am physically fit and prepared for this event. I grant permission for the organizers to use photographs and images and quotations from me in accounts and promotions of the Coulee Region Hunger Walk/Run.

Signature \_\_\_\_\_

Parent or guardian signature if under 18 years of age.

Questions? (608) 385-5422 [couleeregionhungerwalk@gmail.com](mailto:couleeregionhungerwalk@gmail.com)