



Community Foundation Fitness Challenge April 14th to May 13th 2023

Goals:

- To get active and record how many swans we can add to our flock. (One swan for every 1000 kms)
- To raise money for the Vanderhoof Community Foundation and support our local community.

Both individuals and teams can participate.

Participants can walk, run, swim, cycle, roller blade, ski - anyway that one can track kilometres. Kilometres are reported on the honour system. Teams can include any number of family, friends, co-workers, classmates or any other group can include residents from anywhere in the world. Teams are encouraged to come up with a catchy name and challenge others they know in a friendly rivalry for kms covered or money raised.

Back this year - Gift Baskets - thanks to the generosity of local businesses!

First Draw - Riverside Park April 14, 2023 at 6:30pm. We will have an event to kick off our challenge. All are welcome!

Weekly draw every Monday at 6:00pm following receipt of kms for that week. Will be announced Tuesday am. Registration will begin on April 14th, 2023. Forms are available online at <https://vhfcf.org> and at Earthen Ware. Return completed registration by email to legacy@vhfcf.org or drop off at Earthen Ware.

Minimum Payment:

Families: \$25.00

Youth Groups or Classes: \$25.00

Adults: \$10.00

* In order to receive a tax receipt, donations must be at least \$25.00.

Method of Payment:

- A. Cash or cheque payable to Vanderhoof Community Foundation dropped off at Earthen Ware in Vanderhoof (place in envelope with name, phone and email)
- B. eTransfer to legacy@vhfcf.org (Security Question Answer: Swans)

Registration Form:

Name	Phone #
Team Name (if applicable)	Team Captain Name
Amount Donated	Team Captain Email
Method of Payment	Cheque Cash eTransfer
Email Address (if tax receipt required):	