



Run 4 Your Mom Mother's Day Four Mile



Sunday, May 12, 2019 -- 6:00 PM

Fletcher's Cove, 4940 Canal Road NW, Washington DC
on C&O Canal Towpath

www.safetyandhealthfoundation.org/mothers



Dear Friend,

Please sponsor **Run 4 Your Mom Mother's Day Four Mile run / walk** on Sunday, May 12, at 6:00 PM, at Fletcher's Cove, presented by DC Capital Striders Running Group & Safety And Health Foundation.

We also direct **Run 4 Your Dad Father's Day Four Mile run / walk** on Sunday, June 16, at 6:00 PM, also at Fletcher's Cove.

Our four-mile races start and finish at Fletcher's Cove, 4940 Canal Road, Washington DC, two miles west of Georgetown, Washington DC, on the beautiful riverside C&O Canal Towpath. Each race attracts about 100 entrants from all over the Washington DC area.

We advertise our sponsors on our web pages, entry forms, goodie bags, t-shirts, race-day signage, and post-race results. You can sponsor us with a tax-deductible contribution to Safety And Health Foundation, or you can donate refreshments, gift certificates, or in-kind support.

With net proceeds from its races, SHF provides first-aid / AED / CPR certifications classes for volunteers of DC-area races, to certified coaches, to parents of disabled children, and to Virginia teachers (who are required to complete first-aid training).

You may display at Fletcher's Cove on both race days and personally meet all the participants.

You may join us on either May 12 or June 16 or both for \$250.00 total.

For more information, please contact Jay Jacob Wind (racedirector@att.net, 703-927-4833)

Please send this form to SHF, 611 South Ivy Street, Arlington VA 22204

Sponsor Name _____

Contact Person _____

Address _____

City, State, ZIP _____

Your web site _____

Business Phone _____ **Fax** _____

E-mail _____

Enclosed is: \$[_____] A 501(c)3 tax-deductible donation to Safety And Health Foundation (SHF)

Amex MasterCard Visa _____ - _____ - _____ Exp.Date ____ - ____

Name on card _____ 3-digit code _____

I pledge in-kind support _____ (e.g., t-shirts or refreshments)

Gift certificates from your store or business (e.g., four or more \$25 certificates)