

2022 Jog-A-Thon Pledge & Donation Sheet



“Hello, my name is _____ and I’m from Immaculate Heart of Mary Academy.
 We are having a Jog-A-Thon to raise money for *playground swings, slide and monkey bars; a good microscope, field trips and tuition assistance.*
 Will you please help by sponsoring me with a per lap pledge or a one time donation?”

Remember to smile, look people in the eye, and be sure to say “Thank you!”

Date:	Name:	Address:	Phone:	Per lap:	Donation:
How many laps can I run in 1 hour? 1 lap = 20-25 laps (walking) 35-40 laps 1/8 mile (steady jogging)				Totals	

Make checks payable to: IMHA (Immaculate Heart of Mary Academy)

St. Thomas Aquinas, pray for us!

St. Philomena, pray for us!

Immaculate Heart of Mary, pray for us!