

LIFT Field Hockey Mile Challenge

Player Name:

DATE:

Miles Goal:

Pledge Name	\$/Mile	# Miles	# Miles	# Miles	# Miles	# Miles	# Miles	# Miles	# Miles	# Miles	# Miles	Total Miles in 10 Days	Total Miles * Pledge Amount
		<p>Anyone can sponsor your running and support LIFT! Ask family and friends if they're willing to donate \$1, \$5, or \$10 for every mile you run in 10 days! Then, keep track of the miles you run (you don't have to run every day) and record here. Once you finish your 10 days, tally your miles and let your sponsors know how many miles you ran.</p> <p>They can then donate to LIFT on the website at liftfh.org or via venmo @LIFT-FieldHockey. All donations go directly to programming for LIFT Field Hockey, a 501(c)(3) non profit and are tax deductible as allowed by law.</p>											
												TOTAL \$ RAISED:	