

Join us for the  
**2020 TAMMY FOURNIER FUN & FITNESS FOR THE FOUNDATION**

Walk or run with sister Altrusans around the hotel and surrounding area – pick your own pace and do the circuit one time, or as many as you like to get in your miles! Or join us for a session of chair stretching and yoga before breakfast.

Check the Conference Handbook for time and where to gather. If you would like to ask friends, family, co-workers, etc., to sponsor you, just fill out the sponsor pledge at the bottom of this sheet.

If you'd rather roll over and hit the snooze button, you can still contribute and be with us in spirit!

\_\_\_\_\_ Yes, I want to participate in the \_\_\_\_\_ walk/run OR \_\_\_\_\_ chair stretch and yoga, and here's my pledge of \$\_\_\_\_\_.

\_\_\_\_\_ I'll be there in spirit, but still snoozing. Here's my pledge of \$\_\_\_\_\_.

Name: \_\_\_\_\_ Altrusa Club: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

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

**SPONSORSHIP:**

The following people agree to sponsor \_\_\_\_\_ as a participant for the benefit of the Altrusa International Foundation:

Name and Pledge

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

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

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

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

Please include payment. Make payable to ***Altrusa International Foundation*** and mail to:

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250 Sneden Street  
Bishop, CA 93514

Phone: 760-937-1176 (cell)  
or 760-873-7360 (office)  
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