

19<sup>th</sup> Annual



# STRIKE OUT HEART DISEASE



**BOWLING FOR FUN & FUNDS**

**Saturday, Feb. 12, 2011**

2:00 P.M.

**EL-RA BOWL**

1942 Center Ave., Janesville

- Bowl for fun...all ages and skill levels welcome.  
Bumper bowling available for beginners.  
All bowling lanes used are smoke-free.  
Money raised helps support research in Wisconsin and heart health education in North Rock County.

### ADVANCE REGISTRATION ENCOURAGED!

Bowl as an individual or team up with friends, family or co-workers. \$25 or more in pledges entitles you to 3 games of bowling, shoe rental, a bowling towel, and hours of fun.

ç Bowlers are encouraged to get pledges for each pin they drop in a three-game series, or straight donations.

### EARN GREAT PRIZES!

RAISE (PER INDIVIDUAL)	EARN
\$25 in Pledges/Donations .....	Commemorative Bowling Towel
\$50.....	Short Sleeve T-shirt
\$100.....	Long Sleeve T-shirt
\$250.....	Sweatshirt
\$500.....	Jacket
\$700+ .....	Walnut plaque

- All prizes are cumulative.

### FUN/FUND RAISING TIPS

1. Set a personal goal and sponsor yourself.
2. Bowl in honor or memory of a special person.
3. Tell sponsors that 1 in 3 adults has heart disease.
4. List your biggest donations/pledges first.
5. Get extra sponsor sheets and ask family/friends to help.
6. Ask your employer about matching gifts.

### IS THERE SOMEONE SPECIAL IN YOUR LIFE?

You Can Participate in His/Her Honor or Memory.

Is a friend, co-worker or relative recovering from a heart attack, heart surgery or stroke?

Would you like to pay special tribute to someone who has died from heart disease or stroke?

Then dedicate your event to that person and collect donations or pledges "In Honor Of" or "In Memory Of" your Special Someone.

**Collect \$700...**and get an engraved, heart-shaped walnut plaque with your name and the name of your Special Someone.

Please complete the boxed section of the registration form.

### STRIKE OUT HEART DISEASE HOTLINE:

752-6573 (Bill Breidenstein)

Bring attached pledge sheets with you on Sat., Feb. 12



Cooperating in Business & Industry with



United Way of North Rock County

## 2011 STRIKE OUT HEART DISEASE REGISTRATION FORM 2011

\_\_\_\_\_ I will collect \$25 or more in donations. (get free registration and the commemorative bowling towel.

\_\_\_\_\_ I will captain a team of 5 bowlers, (including myself) and encourage each bowler to collect at least \$100 in pledges.

I plan to participate In Honor Of or In Memory Of someone. (Print his/her name exactly as it should appear on the plaque):

Name \_\_\_\_\_

After I turn in my \$700 in pledges, please send the plaque to (Give your name if you wish to deliver it yourself):

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Clothing Size: Med Lg X-Lg XX-Lg

Check one: Individual Team

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

Team Member Names 1. \_\_\_\_\_

2. \_\_\_\_\_ 3. \_\_\_\_\_

4. \_\_\_\_\_ 5. \_\_\_\_\_

The name of my team is: \_\_\_\_\_