BIST
Brain Injury Society of Toronto

Heroes Run, Walk, Roll OR Bike - September 24, 2023 | Wilket Creek Park | www.bist.ca/5k

Hero First and Last Name:

Name	Address	Postal Code	Email	Amount	Paid
			Total		

Continue on 2nd sheet if needed.

Donations of $20 or more will receive a tax receipt by mail/email. Please bring your completed pledge form and fundraising total to the registration desk on the day of the event, or you will not be in attendance, please call 416-830-1485 to make other arrangements.