

Second Annual  
**Free Throws for Fibrosis!**  
Saturday November 8, 3:00-6:00pm

Name \_\_\_\_\_

Number of Baskets Completed \_\_\_\_\_

I am participating in the Free Throws for Fibrosis free throw contest. Proceeds will benefit Traverse City Pulmonary Fibrosis Support Group, local community, and Pulmonary Fibrosis Foundation. You can sponsor me for an amount per basket, or you can simply pledge a flat contribution regardless of the baskets I make. After the event, Free Throws for Fibrosis will email or mail you to tell you how many baskets I made and collect your contribution. Contributions can be made by check payable to Utopia Foundation (include my name in the "memo" field, or by credit card at [utopiafound.org/free-throws-fibrosis](http://utopiafound.org/free-throws-fibrosis). All contributions are tax-deductible to the extent allowed by law.

Individual will shoot 100 baskets, groups will shoot a combined total of 300 baskets

Thank You!



Pledge Form For

Name:                     [Participant's Name]

	Name of Sponsor	Sponsor mailing address	Sponsor email*	Pledge per basket	Flat-Rate pledge	Amount Collected from Sponsor
1						
2						
3						
4						
5						
6						
7						
8						

9						
10						
11						
12						
13						
14						
15						
16						
17						
18						

Name: **[Participant's Name]**

\*Email address will only be used for invoicing after the event.

# Participants

To reach our goal, we encourage that each participant finds  
10 sponsors.

Please Bring this form to the event, Free Throws for Fibrosis on  
Saturday November 8th.



# Second Annual Free Throws for Fibrosis

Saturday, November 8

Free Throws for Fibrosis is a community event created to raise money to support the Pulmonary Fibrosis Foundation. It is held in memory of Gary Talbot, who was an avid basketball player and passed away from Pulmonary Fibrosis in April 2013.

Participants will raise money by shooting free throws. Proceeds will benefit Traverse City Pulmonary Fibrosis Support Group, the local community, and Pulmonary Fibrosis Foundation in their mission to help find a cure or treatment. This event is open to anyone in the community both competitive player and non-athletes ages 10-100. The day will be a family-fun event with food, basketball, music, silent auction, and prizes.

Participants will register prior to the event to shoot 100 free throws as an individual – or register as a group (3 or more members) to shoot 300 combined free throws, and secure monetary pledges from family, friends, and community for each basket they make.

Our goal is to raise awareness of the disease, Pulmonary Fibrosis while also raising \$13,000 to benefit the local support group, 2X \$1000 grants to participating and eligible 501-c-3 groups, and Pulmonary Fibrosis Foundation. Thank you very much for your participation!



# Rules

1. Students may start collecting pledges as soon as they register and receive the pledge sheet.  
**Reminder: Pledge sheet need to be turned in on event day Saturday November 8th .**
2. Pledges may be made by anyone with a valid email or mailing address: friends, neighbors, family, co-workers.
3. **Each sponsor making a pledge write their own name, pledge per basket, or flat-rate pledge mailing address and email.** Participants may collect the pledge in advance but must turn those in with pledge sheet on the day of the event, November 8th
4. Participants should arrive at the GT Bay YMCA at 3pm on Saturday November 8. Participants will be assigned a court and a specific time for their free throw session upon arrival.
5. On the event day each participant will shoot during a specific time period on the designated court. An official counter at each basket will document the amount of baskets made during the participant's time period, Individual will shoot 100 baskets, groups will shoot a combined total of 300 baskets. The participant will receive 5 warm-up shots prior to their free throw attempts.
6. Upon Completions of the 100/300 free throw attempts, the participants will submit their basket made log. A volunteer will record each participant's total on their pledge sheet. Free Throws for Fibrosis will then invoice sponsors and collect pledges from those specified on the pledge form. No "re-do's" on the 100/300 free throws will be allowed. Participants are encouraged to wear comfortable clothes.

We look forward to all our participants having a great time! For questions and concerns or to volunteer, email the Project Manager [Freethrows4pf@gmail.com](mailto:Freethrows4pf@gmail.com)

Free Throws for Fibrosis is a benefit event to raise money and awareness for Pulmonary Fibrosis. Pulmonary Fibrosis Foundation or the YMCA is responsible for any injury occurred during event or while participating at the event

