

# farmgirlfit

## PENNIES FOR PULLUPS 2016

### What Is It?

Pennies for Pull-ups is the annual charity fundraiser of Farmgirlfit. Each year this is how Farmgirlfit celebrates their anniversary: a challenge for the members, and an opportunity to give back to the community that has supported them. This year is the *5th Anniversary for the Spokane location and 2nd in Coeur d'Alene!*

### How Does It Work?

Each day for the entire month of October, Farmgirlfit members are challenged to complete the number of pull-ups corresponding to the date:

- October 1<sup>st</sup> – do 1 pull-up
- October 2<sup>nd</sup> – do 2 pull-ups
- October 3<sup>rd</sup> – do 3 pull-ups, and so on, until
- October 31<sup>st</sup> – do 31 pull-ups!

By the end of the month, if a member completes the FULL challenge, she will have done **496 pull-ups!** There's also a bonus option to complete 4 more on the last day to join the **500 Club**.

*For every pull-up completed during the month, Farmgirlfit will donate 1 penny (\$0.01) to a local charity. Last year, Farmgirlfit members completed 72,865 pull-ups!*



**Will YOU match Farmgirlfit's pledge, by sponsoring me 1¢ for EVERY pull-up I complete in October?**  
*With a max of 500 pull-ups, that means up to a \$5.00 donation from you!*

### Who Benefits?

This year, 100% of the funds raised will be divided evenly between 2 locations of the **Union Gospel Mission**: the Crisis Shelter for Women and Children (in Spokane) and the Center for Women and Children (in Cd'A). Both of these locations exist to provide safe healthy refuge for women and children in need in our local community. Services range from basic necessities (warm meals and clean clothes) to counseling, life skills coaching, and job training.

### Donation Collection

I will come collecting the first week of November. **Payment can be made via Cash, Check (payable to Farmgirlfit **OR** to Union Gospel Mission), or PayPal to [info@farmgirlfit.com](mailto:info@farmgirlfit.com). For PayPal, please specify it for "Friends and Family."**