

# farmgirlfit

## PENNIES FOR PULLUPS 2015

### 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 **4th Anniversary for the Spokane location and 1st 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 56,318 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 donated to **ParaSport Spokane**. Based in Spokane, but servicing the entire Inland Northwest, ParaSport Spokane provides training and competitive athletic opportunities for youth and adults with physical disabilities, utilizing adaptive sports to promote success, self-worth and independence.

### Donation Collection

I will come collecting the first week of November. **Payment can be made via Cash, Check (payable to Farmgirlfit), or Paypal to [info@farmgirlfit.com](mailto:info@farmgirlfit.com)**