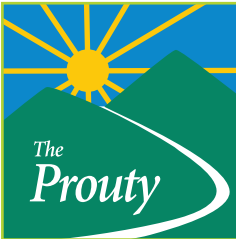


• MAY 2019 BIKE •

Prouty

B I N G O

Ride to work or school	Make a personal donation to The Prouty 2019	Join a group ride	Bike at least 10 miles in one day	Bike in the rain
Ride to the grocery store	Ride the Chieftain Hill	Fundraise \$350 this month	Read the Cycling Safety & Etiquette PDF on The Prouty website (TheProuty.org)	Ride with kids
Attend a Prouty Kick-Off Party	Familiarize yourself with the emergency shelters along your Prouty route (look at route maps)		Visit my local bike shop	Ask a co-worker to donate \$25 to The Prouty
Install a light on your bike so you are safe on the road	Participate in Bike to Work Day (May 17)	Ride a new bike route	Raise \$100 in a day for The Prouty	Encourage a friend to join The Prouty 2019
Get donations from 10 donors this month	Explain to someone at work or school that you are cycling The Prouty & what Prouty is	Change a flat tire	Go mountain biking	Say hello to another cyclist

Get any 5 in a row and you'll be entered in a drawing!
 Drawing winners get their pick between a Prouty baseball shirt, Prouty tote, Prouty trucker hat or the 2019 Prouty bike jersey.

To be entered in the drawing, return your BINGO board to Omer & Bob's in Lebanon, NH by Friday, June 7th or email a scanned copy to info@theprouty.org

NAME: _____ PHONE #: _____

PROUTY EVENT: _____

• MAY 2019 WALK •

Prouty

B I N G O

Walk a new route/trail	Make a personal donation to The Prouty 2019	Get a friend to sign up to walk The Prouty with you	Walk to school or work	Apply sunscreen on your walks/hikes
Wear reflective gear when walking for high visibility	Read the Walking Safety & Etiquette PDF on The Prouty website (TheProuty.org)	Fundraise \$350 this month	Take a hike with someone new	Walk around town to do your errands today
Attend a Prouty Kick-Off Party	Walk the distance you will be walking in The Prouty		Break in some new walking/running shoes	Ask a co-worker to donate \$25 to The Prouty
Explain to someone at work or school that you are walking The Prouty & what Prouty is	Pick up a bag full of trash on your walk	Decorate a water bottle to walk with at The Prouty	Raise \$100 in a day for The Prouty	Encourage a friend to join The Prouty 2019
Get donations from 10 donors this month	Walk with a buddy 	Take 10,000 steps (roughly 5 miles) for three days in a row	Read the Puppy Protocol on The Prouty website (TheProuty.org)	Say hello to another walker 

Get any 5 in a row and you'll be entered in a drawing!
 Drawing winners get their pick between a Prouty baseball shirt, Prouty tote, Prouty trucker hat or the 2019 Prouty bike jersey.

To be entered in the drawing, return your BINGO board to Eastern Mountain Sports in West Lebanon, NH by Friday, June 7th or email a scanned copy to info@theprouty.org

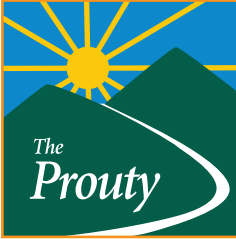


NAME: _____ PHONE #: _____

PROUTY EVENT: _____

• MAY 2019 GOLF •

Prouty

B I N G O

Use the short range practice course	Make a personal donation to The Prouty 2019	Invite a kid to play golf with you	Play a round of golf with your three Prouty teammates	Play a round of golf at the club using only five selected clubs
Play a round with 36 or fewer putts	Play a round with a new friend	Fundraise \$350 this month	Look for some lost balls along the fairways	Prepare for Golf The Prouty by buying two dozen of your favorite balls
Attend a Prouty Kick-Off Party	Play a short round in the evening. At HCC holes 1-5 have neat lighting.		Practice your putting at HCC's practice green	Ask a co-worker to donate \$25 to The Prouty
Play a round with strangers	Try out some new putters at Golf & Ski warehouse	Practice your bunker shots	Raise \$100 in a day for The Prouty	Encourage a friend to join The Prouty 2019
Get donations from 10 donors this month	Regrip all of your clubs 	Walk or run the Hanover golf course in the early morning	Play a round with your children 	Go to the practice range at Fore-U

Get any 5 in a row and you'll be entered in a drawing!
 Drawing winners get their pick between a Prouty baseball shirt, Prouty tote, Prouty trucker hat or the 2019 Prouty bike jersey.

To be entered in the drawing, return your BINGO board to Golf and Ski Warehouse in Lebanon, NH by Friday, June 7th or email a scanned copy to info@theprouty.org

NAME: _____ PHONE #: _____

PROUTY EVENT: _____

• MAY 2019 ROW •

Prouty

B I N G O

On the UVRF Facebook page, post a food you would like to see at Row The Prouty SAG stop	Make a personal donation to The Prouty 2019	Ask a buddy to join you rowing or erging	Row or erg at least an 8K	Explain to someone at work or school that you are rowing The Prouty & what Prouty is
Email a fellow rower and ask them to join The Prouty 2019	Row or erg on a rainy day	Fundraise \$350 this month	Read the Rowing Safety & Etiquette PDF on The Prouty website (TheProuty.org)	Say hello to another rower
Attend a Prouty Kick-Off Party	Do ten power tens for your favorite cancer survivor		On the UVRF Facebook page, post a picture of yourself training to Row The Prouty	Ask a family member to donate \$25 to The Prouty
Post about The Prouty on your own Facebook page	Tell a new friend or teammate why you Prouty	Row or erg with someone you haven't in a while	Raise \$100 in a day for The Prouty	Encourage a friend to join The Prouty 2019
Get donations from 10 donors this month	Row or erg ½ The Prouty distance you plan to row	Make a list of people that you are rowing in honor or in memory of	Get a friend to register to Row The Prouty	Decorate a water bottle for Row The Prouty

Get any 5 in a row and you'll be entered in a drawing!
 Drawing winners get their pick between a Prouty baseball shirt, Prouty tote, Prouty trucker hat or the 2019 Prouty bike jersey.

To be entered in the drawing, return your BINGO board to L.L. Bean in West Lebanon, NH by Friday, June 7th or email a scanned copy to info@theprouty.org

NAME: _____ PHONE #: _____

PROUTY EVENT: _____