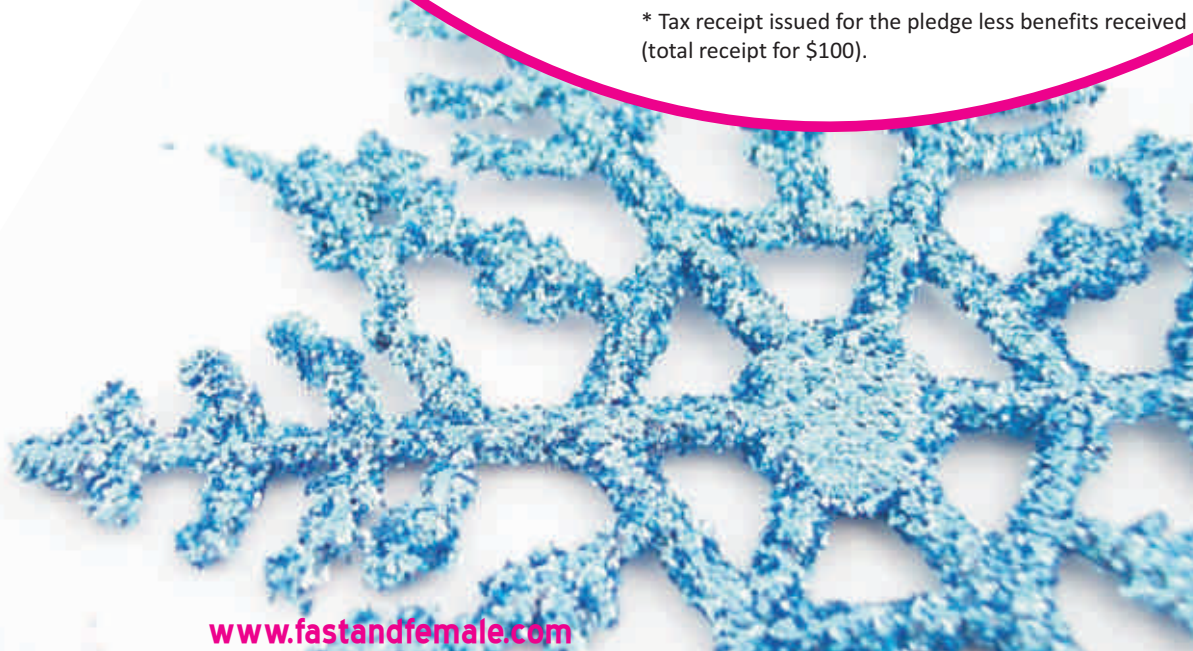




This Holiday...Give the Gift of Empowerment

**Donate \$150 to Fast and Female before December 15, 2008
and receive a tax receipt* as well as
a FREE Fast and Female Toque and Buff (\$50 value)!**

* Tax receipt issued for the pledge less benefits received
(total receipt for \$100).



About Fast and Female

Fast and Female is a not-for-profit organization started by **Olympic Gold Medalist in cross-country skiing Chandra Crawford** in 2005.

Fast and Female's mission of "Empowerment Through Sport" is accomplished through fun-filled, all-day events featuring skiing, biathlon, yoga, hip hop dancing, healthy eating and inspirational presentations.

Fast and Female is about more than a great time on skis; it's about building confidence and leadership skills in girls and young women while showing them how much they have to gain from an active lifestyle.

Success in the short-term means getting more girls hooked on cross-country skiing. In the long term, Fast and Female will become a nation-wide wellness program with benefits for girls and young women across the country. The young girls who attend Fast and Female events today will lead it in the future.

The fulfilment of Fast and Female's mission is made entirely possible thanks to the financial and in-kind support of public and private business partners as well as individual donors.

Contributions to Fast and Female can be directed through:

- ▶ Corporate Sponsorships
- ▶ Official Supplier Partnership (in-kind services and goods)
- ▶ Friends of Fast and Female (VIP membership club)
- ▶ Individual donations
- ▶ Merchandise purchases (www.fastandfemale.com)
- ▶ Grants and funds





CROSS COUNTRY CANADA SKI DE FOND CANADA
#100-1995 Olympic Way, Canmore, Alberta, T1W 2T6
TEL: 403-678-6791 FAX: 403-678-3644
E-mail: info@cccski.com Web Page: www.cccski.com

DONATION FORM

TO WHOM IT MAY CONCERN:

I/we, _____, enclose the sum of \$ _____ directed to Cross Country Canada ("CCC") as a donation to be used for a purpose or program related to the national objectives and mission of CCC. I/we would ask that the funds be specifically directed to the **Fast and Female fundraising initiative to finance the gifts for the participants, cover the operating costs of the event, and subsidize the travel of the selected participants.**

I/we confirm that this donation is freely given with no actual or implied requirement that relates to the use of the funds. I/we understand that, while CCC will make every effort to use the funds donated for the purpose or program indicated above, CCC has sole discretion in the use of donated funds.

Signature of donor(s): _____

Date: _____

AMOUNT: \$ _____

Method of payment:

Cheque. Please make cheque payable to "**Cross Country Canada**".

VISA / MASTERCARD#: _____

Expiry date: _____

Name on card (please print): _____

Signature: _____

Charitable donation tax receipt to be issued in the name of:

NAME: _____

ADDRESS: _____ CITY: _____

PROVINCE: _____ POSTAL CODE: _____

Please return to:

FAST AND FEMALE

#134, 901 Benchlands Trail

Canmore, AB T1W 2Z8

Phone: (403) 678-4806

Email: info@fastandfemale.com