

**MOVE WORK ASIDE.
MOVE FOR A CURE.**



10 DAYS, 10 WAYS TO RAISE \$1000

Fundraising can seem daunting, but it doesn't have to be. The key to fundraising success is simple—you just need to ASK! Rally your friends, family, co-workers and share that you're moving work aside to move for a cure at this year's **Sun Life Ride to Defeat Diabetes for JDRF** and then take our simple 10-day fundraising challenge to raise \$1000.

1 DAY 1: SHOW YOUR COMMITMENT

Your supporters are more likely to give if they see that you have too. Lead by example and kick start your fundraising by making a \$50 (or more) donation to your own campaign. Watch as others follow your lead.

2 DAY 2: GET SOCIAL

Customize your personal fundraising page with your T1D story and a photo. Customize your URL to better help direct donors to your fundraising site. Post a link on LinkedIn, Facebook, or Twitter, and ask your network to please support your fundraising efforts for JDRF. If ten people donate \$20, you've just raised \$200!

3 DAY 3: REACH OUT TO FAMILY

Reach out to five close family members and ask them to donate \$50 each, getting you \$250 closer to your goal.

4 DAY 4: TURN TO YOUR FRIENDS

Ask four friends to donate \$25 each. Send them an email from your Participant Centre to ask for support and give your friends a safe, secure, and easy way to make a credit card donation to your fundraising efforts. You're \$100 closer to your goal already!

5 DAY 5: ASK YOUR NEIGHBOURS

Visit five neighbours and ask them to donate \$10 each, adding another \$50 to your goal.

6 DAY 6: ASK FIVE CO-WORKERS TO SPONSOR YOU FOR \$10 EACH

Ask five co-workers to give \$10 each. That gives you another \$50 towards your goal.

7 DAY 7: ASK YOUR BOSS TO MAKE A DONATION

Ask your company for a contribution of \$100. And don't forget to check if your company has a matching gift program too: matching programs are a great way to double your donations!

8 DAY 8: REACH OUT TO YOUR COMMUNITY

Connect with five people you know from your child's school, teammates, or your place of worship, and ask each to donate \$20. You're \$100 closer to your goal!

9 DAY 9: DONATE YOUR BIG DAY TO T1D

If you have a birthday or anniversary approaching, ask your friends and family to support you with a donation in lieu of gifts and see your total climb at least \$50.

10 DAY 10: HOST A FUNDRAISER WITH YOUR COLLEAGUES

Consider organizing a company BBQ, raffling a day off, or even hosting a team spirit day where your co-workers pay \$5 each to wear their favourite team's jersey! Don't be afraid to get a little creative to get the last \$50 (or more!) in donations to meet your \$1000 goal!

And just like that you've done it! You've stepped up for T1D research and raised \$1000 for your Ride campaign! Way to go! We can't wait to move work aside and move for a cure with you this fall, or whenever you choose to Ride Your Way!

