



# HOW TO RAISE \$ \_\_\_\_\_ IN 10 DAYS

Asking for donations in support of Parkinson's research can be challenging when you're first getting started. Follow these tips to help you reach – and surpass your goal!

Please encourage online donations. Guide supporters to visit your personal page and make a donation.

DAY	REACH OUT TO	\$
1	<b>Make Your Very Own \$__ Pledge</b> <i>Your network will be more likely to give if they see that you have.</i>	
2	<b>Ask Family Members</b> <i>Reach out to __ family members for \$__ each and invite them to join you.</i>	
3	<b>Ask Close Friends</b> <i>Reach out to __ close friends for \$__ each and invite them to join you.</i>	
4	<b>Get Social</b> <i>Ask additional family and friends via social media! Post a link to your personal page on Facebook, Twitter, Instagram, Blog, etc. and let people know that any donation adds up. If 10 people donate \$25 each, that's \$250 in support of research!</i>	
5	<b>Ask Your Colleagues/Company/Boss</b> <i>Find out if your company will sponsor you and if they can match what you raise. Ask if you can accept donations in exchange of a Dress Down Day you'll organize. If 10 co-workers pay \$10 each to wear jeans to work on a designated day, that's \$100!</i>	
6	<b>Ask Your Neighbors</b> <i>Reach out to __ neighbors for \$__ each and invite them to join you.</i>	
7	<b>Ask Your Community</b> <i>Ask __ contacts for \$__ each for support, including a league, club, group, place of worship that you are part of.</i>	
8	<b>Ask Businesses You Frequently Visit</b> <i>Ask __ businesses for \$__ each to contribute, including your doctor, dentist, dry cleaners, nail salon, hair salon, etc.</i>	
9	<b>Place a Donation Canister in the Community</b> <i>Ask a local business that you frequently visit, if you can place a canister to collect change in support of your efforts. Think of the library, coffee shop, cafeteria at school/work, etc.</i>	
10	<b>You're Doing an Amazing Job! But Let's Pause, Track, and Brainstorm Today</b> <ul style="list-style-type: none"> <li>• Login to your Participant Center and see how you're doing. Thank those who already gave, and ask if their Employer has a Matching Gifts Program. Send reminders to contacts who have not yet donated.</li> <li>• Brainstorm other ways you can fundraise—from an Art Show to a Zumbathon, the possibilities are endless.</li> </ul>	

**REGISTER/DONATE ONLINE @ [WWW.TEAM-PARKINSON.ORG](http://WWW.TEAM-PARKINSON.ORG)**

## **TEAM PARKINSON RUN/WALK/CHEER/GIVE**

Team Parkinson has been an event of The Parkinson Alliance since 2000. We proudly guarantee that 100% of net proceeds go directly to Parkinson's research.

P.O. Box 308, Kingston, New Jersey 08528  
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