

**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! Tell your friends, family, and network that you've stepped up for type 1 diabetes (T1D) and joined this year's Sun Life Ride to Defeat Diabetes for JDRF and then take our simple 10-day fundraising challenge to raise \$1,000.

- DAY 1**
SHOW YOUR COMMITMENT
\$100
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.
- DAY 2**
GET SOCIAL
\$125
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!
- DAY 3**
REACH OUT TO FAMILY
\$150
Reach out to five close family members and ask them to donate \$50 each, getting you \$250 closer to your goal.
- DAY 4**
TURN TO YOUR FRIENDS
\$200
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. \$100 closer to goal already!
- DAY 5**
ASK YOUR NEIGHBOURS
\$250
Safely visit five neighbours and ask each to donate \$10 each, adding another \$50 to your goal.
- DAY 6**
ASK FIVE CO-WORKERS TO SPONSOR YOU FOR \$10 EACH
\$300
Ask five co-workers to give \$10 each. That gives you another \$50 towards your goal.
- DAY 7**
ASK YOUR BOSS TO MAKE A DONATION
\$400
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!
- DAY 8**
REACH OUT TO YOUR COMMUNITY
\$450
Connect with five people you know from your child's school, teammates, or your place of worship, and ask each to donate \$20 each. \$100 closer!
- DAY 9**
DONATE YOUR BIG DAY TO T1D
\$475
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.
- DAY 10**
HOST AN FUNDRAISER
\$500
Consider hosting a garage sale, putting on a virtual concert or art show or even a team spirit day at work 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 October!