

Walk4Life & 5K Run

FUNDRAISING TIPS - For Walkers and Runners

The following tips will help you as you strive to meet your personal fundraising goal:

- ◇ **Set a goal.** Write the number on your sponsor sheet. Be sure to let your sponsors know that their contribution helped.
- ◇ **Start your Sponsor Sheet with a generous pledge.** Most people will follow the example of the first pledge on your walk form or online fundraising page.
- ◇ **Sponsor yourself.** Others will appreciate that you are devoting both your time and your finances.
- ◇ **Dedicate your walk or run to someone who has been touched by an unplanned pregnancy,** to teenagers who need to hear the sexual risk avoidance message, or to a man or woman who has been impacted by abortion. *Please maintain confidentiality when needed.
- ◇ **Contact everyone who sponsored you last year.** Thank them for their support and ask for their contribution again. *Ask for a specific amount,* such as \$50 or \$100; if they can't donate that much, they will offer what they can.
- ◇ **Make an announcement** at your social club, service club or small group at church.
- ◇ **Be enthusiastic when asking for support.** Let people know that their money makes a difference in the lives of babies, women, teenagers, men, and families in our community. For more information about Life Network visit www.lifenetworkfriends.com.
- ◇ **Use special occasions.** If you have a birthday, anniversary or other special occasion coming up, ask for Walk4Life & 5k Run sponsoring in lieu of gifts.

“With every \$150 raised, My Life Clinic is able to perform 1 pregnancy test and 1 ultrasound for a woman at no cost to her.”