

Remember, you are asking for donations to support Special Olympics Virginia, not yourself. The moment you limit who you ask, you limit the amount you can raise.

- Find out if your company has a **matching gift program**. Matching gifts can double your fundraising efforts.
- Ask your friends to **contribute** to your fundraising goal **instead of purchasing a gift** for your birthday, anniversary or other special occasion.
- **Write a letter or email** explaining your participation and your Special Olympics experiences, and send it to everyone in your address book. Include information on where to send donations and ask everyone to forward it to one friend.
- Host a **fundraising party** and ask attendees to pledge their support.
- Create a **buddy system!** Ask someone who cannot participate with you to help you collect donations.
- **Give something up** – movie, manicure or dinner at an expensive restaurant – and contribute the money you saved to your fundraising goal.
- **Suggest a friendly competition** between your team members. Set weekly and monthly goals to beat and recognize the team member who reaches each goal first.
- Ask **one person a day** to donate to you and support Special Olympics Virginia.



How to raise \$200 in one week

Day 1: \$25

Sponsor yourself

Day 2: \$40

Ask 2 relatives for \$20

Day 3: \$45

Ask 3 friends for \$15

Day 4: \$40

Ask 4 coworkers for \$10

Day 5: \$25

Ask 5 neighbors for \$5

Day 6: \$25

Ask your best friend for \$25

Day 7: \$200

Mission Accomplished!