

HOW TO RAISE \$1,000 IN 10 DAYS

Every dollar you raise for the Rise Up Against Addiction 5K brings us closer to ending the devastation of addiction in America. But where to start? Follow our guide for turning daily small asks into a big fundraising success.

DAY ONE: MAKE A PERSONAL DONATION

Lead by example! Your network will be more likely to give if they see that you have, too.

DAY 1: \$25



DAY 2: \$125

DAY TWO: SOCIAL SHARING

Post a link to your page on Facebook and Twitter. Let people know no donation is too small.

DAY THREE: YOUR BOSS

Ask for a company contribution of \$50—or better yet, find out if they'll match what you raise!

DAY 3: \$175



DAY 4: \$425

DAY FOUR: BUSINESS PARTNERS

Ask 5 companies that your business works with to sponsor you for \$50.

DAY FIVE: WORKPLACE EVENT

Ask if you can hold an event at work to solicit donations, like a "dress down day."

DAY 5: \$450



DAY 6: \$575

DAY SIX: YOUR FAMILY

Reach out to 5 family members, asking for \$25 each.

DAY SEVEN: YOUR BFFS

Ask 10 close friends to each make a \$20 donation.

DAY 7: \$775



DAY 8: \$875

DAY EIGHT: YOUR NEIGHBORS

Ask 4 neighbors for \$25 each.

DAY NINE: YOUR COMMUNITY

Your book club, your bowling league—ask 10 people in your circle to chip in \$5 each.

DAY 9: \$925



DAY 10: \$1,000

DAY TEN: THE HOME STRETCH

Ask three business you frequent—like a nail salon or dentist's office—to contribute \$25 each.

DONE! YOU'VE RAISED \$1,000.